

STRAUB MEDICAL CENTER

Soy-Free Diet

INDICATIONS:

The soy-free diet is used for those diagnosed with soy allergy/hypersensitivity or for those with suspected soy allergy. This diet eliminates all sources of soy and soy protein. These instructions should be followed completely unless your physician advises to begin to include soy products. *Reading food labels for ingredients to avoid is very important in following a soy-free diet.*

FOOD INGREDIENTS TO AVOID

- Eda-Mame (soybeans in pods)
- Hydrolyzed soy protein
- Kinnoko flour
- Kyodofu (freeze-dried tofu)
- Miso, soy miso
- Modified food starch
- Natto
- Okara (soy pulp)
- Shoyu sauce
- Soy albumin
- Soy concentrate
- Soy flour, soybean flour
- Soy milk, soybean milk
- Soy nuts
- Soy protein, soy protein isolate
- Soy sauce
- Soy sprouts
- Soybean granules
- Supro
- Tamari
- Tempeh
- Tofu
- Yakidofu

FOODS WHICH MAY CONTAIN SOY:

- Baked products, baking mixes
- Batter fried or breaded foods
- Frozen dinners
- Hydrolyzed vegetable protein
- Infant cereals
- Luncheon meats, hotdogs
- Natural flavorings
- Oriental foods
- Processed meats
- Ready-to-eat cereals
- Salad dressings and sauces
- Soups
- Vegetable broth, vegetable gum, vegetable starch

NOTE: Most soy allergic individuals may safely eat products with soy oil and soy lecithin.

SUBSTITUTIONS: Many health food stores carry a variety of baked goods and other products that are soy free. Other products are available from mail-order companies.