

Soy Allergy

Contain Soy:

Edamame (soybeans in pods)	Soy sauce
Hydrolyzed soy protein	Soy sprouts
Kinnoko flour	Soya
Kyodofu (freeze dried tofu)	Soya Flour
Miso	Soybeans
Natto	Soybean granules
Okara (soy pulp)	Soybean curd
Shoyu sauce	Soybean flour
Soy albumin	Soy lecithin*
Soy bran	Soybean paste
Soy concentrate	Supro
Soy fiber	Tamari
Soy flour	Tempeh
Soy formula	Teriyaki sauce
Soy grits	Textured soy flour (TSF)
Soy milk	Textured soy protein (TSP)
Soy miso	Textured vegetable protein (TVP)
Soy nuts	Tofu
Soy nut butter	Yakidofu
Soy protein, soy protein concentrate, soy protein isolate	Yuba (bean curd)

**Products that are covered by the FDA labeling laws and contain soy lecithin must be labeled "contains soy".*

May Contain Soy:

Artificial flavoring
Asian foods (e.g. Japanese, Chinese, Thai, etc.)
Hydrolyzed plant protein
Hydrolyzed vegetable protein (HVP)
Natural flavoring
Vegetable broth
Vegetable gum
Vegetable starch

Should be Safe:

Soy oil
Vegetable oil derived from soy