

SOY Allergen Card

Ingredients to avoid if you are allergic to soy*:

Bean curd
Endamame
Hydrolysed plant protein
Hydrolysed soy protein
Hydrolysed vegetable protein
Miso
Natto
Okara
Soja
Soy
Soya
Soyabean
Soybean
Tamari
Tempeh
Textured vegetable protein
Tofu
Yuba

Products which might contain soy include:

Vegetable stock
Vegetable broth
Vegetable gum
Vegetable starch
Flavouring (natural/artificial)

Any food containing soy or soy derivatives must be avoided (eg soymilk, soy sauce, soy flour).

Research studies indicate that most individuals who are allergic to soy can safely eat soy lecithin and soyabean oil.

*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with soy allergy. It is NOT meant to replace medical advice given by your doctor.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

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