

SOY Allergen Card



Any food containing soy must be avoided including*:

Bean curd
Edamame
Hydrolysed plant protein
Hydrolysed soy protein
Hydrolysed vegetable protein
Miso
Natto
Okara
Soja
Soy/soya
Soy cheese
Soy desserts
Soy flour
Soy ice-cream
Soy infant formula
Soy milk
Soy protein isolate
Soy Sauce
Soy yoghurt
Soybean paste
Soybean sprouts
Tamari
Tempeh
Teriyaki
Textured vegetable protein
Tofu
Yuba

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking soy.

Products and foods which might contain soy include:

Asian soups and dishes	Flavoured milk drinks
Baked/bakery foods (e.g. cakes, biscuits, muffins, pastries, crackers, bread, pies, slices)	Gelato/sorbet
Bread/breadcrumbs	Lollies/confectionery
Bread mixes	Mayonnaise
Cereals (incl. infant cereals)	Meat substitutes
Chocolate	Pancakes
Chocolate flavourings	Pizza
Chocolate nut spread	Plant-based milks (e.g. almond milk)
Crumbed foods	Salads
Dairy substitutes (e.g. cheese, ice cream, milk, yoghurt)	Sauces and gravy
Flavourings (natural/artificial)	Soup mixes
	Stock cubes
	Taco shells
	Vegetable stock
	Vegetable broth
	Vegetable gum
	Vegetable starch
	Vegetarian/vegan foods

Research studies indicate that most individuals who are allergic to soy can safely eat soy lecithin (Additive No 322) and soy bean oil.

FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic. There are many strategies you can put in place to help reduce the risk of an allergic reaction including anaphylaxis.

When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code below for Chef Card information.
- Have an appropriate snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

When buying packaged food:

- Always read the ingredient list on the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

Allergens found in other products:

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).



**Scan the QR code for more information
or call 1300 728 000 or visit
www.allergyfacts.org.au**