

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
Soy bean paste
Soy bean sprouts
Soy flour
Soy protein isolate
Soya
Soyabean
Soybean
Tamari
Tempeh
Teriyaki
Textured vegetable protein
Tofu
Yuba



Products which might contain soy include:

Cakes and baked goods
Cereals
Chocolate
Deli salads
Flavourings (natural/artificial)
Mayonnaise
Meat substitutes
Sauces and gravy
Pancakes
Pizza
Soup mixes
Stock cubes
Taco shells
Vegetable stock
Vegetable broth
Vegetable gum
Vegetable starch

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 (Additive No 322) and soy bean 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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