

# 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](http://www.allergyfacts.org.au)**



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