



## SOY Allergen Card



### Any food containing soy must be avoided including\*:

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

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

**\*This is not a complete 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.**

### Products and foods which might contain soy include:

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

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## 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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