

Identifying Soy

Avoid foods with these ingredients:

Gum Arabic
Bulking agent
Carob
Emulsifier
Guar gum
Hydrolyzed vegetable protein
(HVP)*(can be soy or wheat)
Lecithin* (can be soy or egg)
Miso
Protein extender
Soy Flour
Soy nuts
Soy panthenol
Hydrolyzed (plant/ soy/ vegetable)
protein
Miso
Shoyu sauce
Soy (albumin/ flour/ grits/ nuts/ milk
sprouts)
Soy sauce
Soybean oil
Stabilizer
Soy protein (concentrate, isolate)
Soybean (granules, curd)
Starch
Textured vegetable protein (TVP)
Thickener
Tofu
Vegetable gum
Vegetable starch
Tamari
Tempeh

Avoid unless known to be soy free:

Vegetable broth
MSG (Monosodium glutamate)
Natural flavorings
Anything with un-identified vegetable
sources
also may contain soy...
Band-Aids, envelopes, stamps, stickers,
Glues, Adhesives, Blankets, Body
lotions and creams, Dog food, Enamel
paints, Fabric finishes, Fabrics,
Fertilizers, Flooring materials,
Lubricants, Nitroglycerine, Paper,
Printing inks, Soaps, Playdough

Tolerated by some soy-allergic individuals:

Soy lecithin
Soybean oil