

Soy Elimination Diet

This diet eliminates all foods containing soy protein.

Read the ingredient lists on food products and avoid foods that contain the following:

Soy (soy albumin, soy fiber, soy flour, soy grits, soy granules, soy milk, soy nuts, soy panthenol, soy sprouts)	Soy sauce	Modified vegetable protein
Soybeans (curd, granules)	Shoyu sauce	Textured vegetable protein (TPV)
Soya protein	Edamame	Tofu/Tempeh/Miso/Natto
Soy protein (concentrate, isolate)	Hydrolyzed soy/plant protein (HPP)	Tamari
	Hydrolyzed vegetable protein (HVP)	Carob
		Gums (acacia, guar, tragacanth)

The following may indicate the presence of soy protein:

Flavoring (natural and artificial); Vegetable broth, gum, starch; Emulsifiers; Protein/protein extender

The following food products are likely to contain soy, so check the ingredient list:

Asian/Chinese food	Fruit products, processed	Pies
Baked goods (if soy flour is used)	Granola	Pizza (frozen/restaurant)
Bouillon cubes	Gravy/Sauce mixes	Salad dressing
Breads (high protein type)	Hamburgers in restaurants	Sauces/Toppings (barbecue, chocolate, nacho, steak, Worcestershire)
Breaded meat/fish/poultry	"High protein" noodles/pasta	Shortening (Crisco)
Cake/cookie/pancake mixes	Hot dogs	Soups, dried/canned
Candies	Ice cream	Stews (commercial)
Canned tuna	Infant soy formulas	Sweet and sour sauce
Cereals (with soy flakes/soy flour/lecithin)	Liquid/powdered meal replacers	Tofu/Tofutti/Tofulite (soy ice cream)
Cheeses, imitation	Macaroni & cheese mixes	Trail mixes
Coffee substitutes	Margarine	Vegetables, processed (e.g., Tater Tots)
Cold-pressed soybean oil	Meats (lunchmeats, sausages, ham, hamburgers)	Vegetable oil, oil sprays, and shortening
Cookies	Meat substitutes (Bac0s, vegetarian "meats")	Whipped toppings
Crackers	Mexican food	
Doughnuts	Milk substitutes	
Fast food	Non-dairy creamer	
Frozen TV dinners	Peanut butter (some low-fat brands)	

Soy may be used as flour, milk, nuts, or meat substitute. When in doubt, check the ingredient list!

*Studies show that most individuals who are allergic to soy may safely eat soybean oil (but not cold pressed, expeller pressed, or extruded).

*Most individuals who are allergic to soy can safely eat soy lecithin.