



# Guidelines for Managing Food Allergies

# Soy Allergies

Remember to **ALWAYS** read food labels carefully and watch for **hidden allergens**. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to soy:** (This is not an exhaustive list.)

**Joell Eifert**, former Extension specialist, Food Science & Technology Department, Blacksburg

**Abigail Villalba**, former Extension specialist, Virginia Seafood Agricultural Research and Extension Center, Hampton

Reviewed by **Lester Schonenberg**, Associate Extension Specialist, Department of Food Science and Technology, Virginia Tech

<b>Margarines</b>	<b>Soy protein isolate</b> (can be found in many seasonings)
<b>Meat substitutes</b>	
<b>Miso</b>	<b>Soy sauce</b>
<b>Soy</b>	<b>Tamari (soy) sauce</b>
<b>Soybeans</b>	<b>Tempeh</b>
<b>Soy-based infant formulas</b>	<b>Teriyaki sauce</b>
<b>Soy flour</b>	<b>Texturized vegetable protein</b>
<b>Soy milk</b>	<b>Tofu</b>
<b>Soy nuts</b>	<b>Vegetable gum</b>
	<b>Vegetable starch</b>

### Substitutes

- Meat
- Other grain flours (other than soy flour)
- Other vegetable oils
- Alternative food sources that provide important nutrients if avoiding soy**
- Protein:** meats, poultry, fish, dairy products, dried beans (other than soybean), nut butters

Note: Most commercial soybean oil is highly refined and most allergenic proteins have been removed. However, if the words “cold-pressed” or “expeller-pressed” are on the label to describe the oil, the allergens may have not been removed and the oil should be avoided. Calling the manufacturer may be the only way to know definitively if the protein has been removed.