



Chrisana Ogilvie-McDaniel, MD, Thomas A. Scott, MD and
Heather Vas, PA-C
Allergy and Asthma
3311 E. Murdock
Wichita, KS 67208

How to Read a Label for a Soy-Free Diet

Avoid Foods That Contain Any of These Ingredients

- Hydrolyzed soy protein
- Miso
- Shoyu sauce
- Soy (albumin, flour, grits, nuts, milk, sprouts)
- Soybean (granules, curd)
- Soy protein (concentrate, isolate)
- Soy sauce
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu

Label Ingredients That May Indicate the Presence of Soy Protein

- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Natural flavoring
- Vegetable broth
- Vegetable gum
- Vegetable starch

**Studies show most soy allergic individuals
may safely eat soy lecithin and soy oil.**