Avoiding Soy

Soy Products

- Edamame
- Soy “meat” – meatless products made of TVP
- Soybeans
- Soy bran
- Soy cheese
- Soy ice cream
- Soy yogurt
- Soy infant formula
- Soy nut butter
- Soy nuts
- Soy sauce
- Shoyu sauce
- Soya flour
- Soybean oil
- Soybean paste (sometimes referred to as miso)
- Soy milk
- Soy protein powder
- Tamari
- Tempeh
- Textured soy flour (or TSF)
- Textured soy protein (or TSP)
- Textured vegetable protein (or TVP)

Soy Derivatives

- Hydrolyzed soy protein (HSP)
- Lecithin (often derived from soy but may also be derived from sunflower or eggs)
- Monosodium glutamate (MSG)
- Natural flavoring (contact the manufacturer if really sensitive to soy)
- Soy albumin
- Soy concentrate
- Soy fiber
- Soy protein isolate

Ingredients Likely to Contain Soy

- Fish sauce
- Gelatin
- Oyster sauce
- Teriyaki sauce
- Vegetable broth
- Vegetable gum
- Vegetable oil (this may indicate the possibility of soy oil)
- Vegetable starch
- Vitamin E (always contact the manufacturer to verify the source)

Notes