

## Soybean / Soya bean - Free Diet Sheet

Please use this diet sheet under the supervision of a registered dietitian

	Foods Allowed	General Foods Restricted
<b>Milk and Dairy:</b>	All milk and dairy is allowed in a soy free diet except those listed under foods restricted.	<p>All milk and dairy is allowed in a soy free diet except those listed under Restricted - Specific: Milk and Dairy.</p> <p><i>Specific foods</i>            Butter (dairy)            Chocolate            Milk / Cream substitute</p>
<b>Bread and Cereal:</b>	All breads and cereals are allowed in a soy free diet except those listed under foods restricted.	<p>No breads and cereals are restricted in a soy free diet except those listed under specific foods restricted (Breads and Cereals).</p> <p><i>Specific foods</i>            Biscuits / Cookies            Bread            Bread (buns)            Bread (rolls)            Bread (white)            Flour products            Wheatburger</p>
<b>Vegetables:</b>	All fresh, frozen or canned vegetables and their juice extracts are allowed, unless they are prepared or combined with soy or products of soy.	<p>No fresh, frozen or canned vegetables and their juice extracts are restricted, unless they are prepared or combined with soy or products of soy, e.g. soya sprouts or mixed sprouts.</p> <p><i>Specific foods</i>            Burger (vegetable)            Textured vegetable</p>
<b>Legumes:</b>	All plain legumes (except soy and tofu)	<p>All legume dishes prepared or combined with soy or products of soy.            Edamame, Shoyu sauce, Soya cheese, Soya milk, Soya nut butter, Soya sprouts, Soya yoghurt, Tempeh, Teriyaki sauce.</p> <p><i>Specific foods</i>            Natto            Soy milk / Soya milk            Soya (Tofu) / Soya Bean Curd            Soya bean paste / Miso (fermented)            Soya condiments            Soya oil / Soy oil            Soya sauce / Soysauce / Soy sauce            Soya sausage            Soybean lecithin            Textured vegetable protein / TVP (soya)</p>

<b>Fruit:</b>	All fresh, frozen or canned fruit and their juice extracts are allowed, unless they are prepared or combined with soy or products of soy.	No fresh, frozen or canned fruit and their juice extracts are restricted, unless they are prepared or combined with soy or products of soy.
<b>Meat, Poultry &amp; Fish:</b>	All unprepared fresh or frozen meat, poultry and fish. All plain eggs are allowed in a soy-free diet.  Fish canned in water.	Any Meat, poultry and fish prepared or combined with soy. Eggs prepared or combined with soy or soy products.  <i>Specific foods</i> Cold cuts Meat (hamburger patties) Meat (paste) Meat (pate) Meat (processed) Meat (sausage) Wieners
<b>Nuts &amp; Seeds:</b>	All plain, pure nuts and seeds All pure nut and seed oils All pure nut and seed butter  Tahini Almond butter Peanuts Peanut butter	Nuts of undisclosed origin
<b>Fats &amp; Oils:</b>	Butter Cream Pure vegetable, nut or seed oil with their sources revealed (except soya) Lard and meat drippings Gravy from meat drippings Pure olive oil spray Peanut oil	Salad dressings with unrevealed oil source Margarine unless source of oil is revealed to be soya free Vegetable oil Shortening Vegetable oil sprays besides olive oil spray  <i>Specific foods</i> Margarine
<b>Spices &amp; Herbs:</b>	All pure herbs and spices and blends of herbs and spices without added oil are allowed in a soy free diet.	Seasoning packets with oils that are not specified Sauces containing soya BBQ Oriental Worcestershire sauce HVP, HPP, TVP
<b>Miscellaneous:</b>	Plain sugar Honey Molasses Maple syrup Corn syrup Pure baking chocolate Cocoa Artificial sweetener Dura lam and illine	All other chocolate, marzipan, cookies and candies unless sources are revealed to be soya free

**Specific foods**

Baby foods  
Baker's asthma  
Chocolate substitute  
Hot dogs  
Hydrolysed vegetable protein / HVP  
Marzipan / Almond paste  
Oriental cooking  
Oriental food  
Pizza  
Shoyu  
Skin cream / moisturiser  
Stock cubes (Bouillon)  
Tamari  
Toiletries  
Wide range food  
Worcestershire sauce

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**Unreferenced Sources / Other:**

Cake icing  
Canned fish in oil  
Cheese substitutes  
Chocolate bars (unless sources are revealed)  
Commercial fruit products  
Commercial vegetable products  
Dessert mixes (unless indicates soy free)  
Frozen desserts (unless indicates soy free)  
Frozen dinners (check, may contain)  
Frozen french fries  
Ice-cream ( unless indicates soy free)  
Imitation bacon bits  
Kinnoko flour  
Kyodofu  
Minced beef (check, may contain)  
Natto  
Natural flavouring  
Oiled or polished fruit  
Oiled or polished vegetables  
Okara  
Salad dressing (containing soy)  
Soy grits, soy meal, soya albumin, soya bran, soya concentrate, soya fibre, soya formula.  
Soybean granules  
Supro  
Tamari  
Textured soy flour  
Vegetable oil sources (as soya oil is often included in the blend)  
Yakidofu  
Yuba

Soybeans are often used in the manufacturing of machine oils, printers ink and stockfeed.

Soya proteins may also be found in adhesives, blankets, body lotions and creams, enamel paints, fabric finishes, fabrics, fertilizers, flouring materials.

The following may contain soya: gum arabic, margarine, mono or diglyceride, olein, vitamin E, modified food starch.

Soy lecithin may be used in some asthma inhalers, e.g., Flovent.

#### Ingredient terms to avoid on labels

Carob  
Edamame (fresh beans)  
Enzyme active soy flour  
Hydrolyzed soy protein  
Miso  
Natto  
Okara (soy pulp)  
Olestra  
Shoyu  
Soy albumin  
Soy bran  
Soy butter  
Soy flakes  
Soy flour  
Soy grits  
Soy isolate fiber/soy protein isolate  
Soy milk  
Soy nut  
Soy oil  
Soy Oligosaccharides (SOS)  
Soy protein  
Soy Protein Concentrate (SPC)  
Soy sauce  
Soy sprouts  
Soya Bean Curd  
Soya bean paste  
Soya flour  
Soya nuts  
Soya panthetol  
Soya protein  
Soya protein isolate or concentrate  
Soya sauce  
Soyabean curds  
Soyabean granules  
Soybean  
Soybean oil  
Soymilk powder  
Soynut butter  
Tempeh  
Teriyaki  
Textured Soy Flour  
Textured soy protein  
Textured Soy Protein Concentrate  
Tofu  
Yuba

#### Label Alerts

avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

See <http://AllAllergy.net> - Food Alerts, and, <http://www.safetyalerts.com>

## Substitutes

### Nutritional Substitutes

Soybeans alone, eliminated from a diet don't cause a vitamin or nutrient deficiency. However, because soybeans are in so many commercially produced products eliminating these foods could result in a vitamin deficiency.

### Reminders

Medic Alert ?

Cross reactivity ?

### Free-from Recipes and Related Information

[http://allallergy.net/recipes/recipes\\_soya.cf](http://allallergy.net/recipes/recipes_soya.cf)