



University of Michigan
Food Allergy Center

Soy Allergy Helpful Hints

Soy Allergy: You have been diagnosed with a soy allergy. The only treatment for soy allergy is to strictly avoid all food products that contain soy as an ingredient. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain soy as an ingredient must list the word “soy” or “soybean” on the product label.

Label reading tips: Any of the following foods or ingredients listed on the label indicates the presence of soy or soy ingredients and must be avoided.

- Edamame
- Miso
- Natto
- Shoyo sauce
- Soy (fiber, flour, grits, nuts, sprouts)
- Soy protein (concentrate, hydrolysate, isolate)
- Soy sauce
- Tamari
- Tempeh
- Textured vegetable protein (TVP)
- Tofu (soybean curd)

Other products that may contain soy: Baking mixes, breads, cookies, crackers, canned broth and soups, canned tuna and meat, breakfast cereal, protein bars and snacks, reduced fat nut butters, processed meats and hot dogs.

Usually Safe: Soybean oil and soy lecithin are safe for most people with a soy allergy.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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