



Soybean Diet Information

Sensitivity to peanuts (a legume) is more common, but soybean (also a legume) sensitivity is prevalent as well. If a person is sensitive to one legume they could be sensitive to another and some others are navy, kidney, string and pinto beans, chickpeas (garbanzo beans), lentils, and peas.

Soybeans are widely cultivated in the United States and many uses have been found for them in both food and non-food products. The food products are derived from extensive processing to produce a texture and appearance similar to conventional foods and are readily available in most supermarkets, check labels.

READ LABELS to see if there is presence of soy because, ingredients in products may be changed by manufacturers without warning. Also remember to check ingredients in fast foods, like meat and buns.

FOOD GROUPS	FOODS ALLOWED	FOODS to AVOID
Breads and Grains	breads, rolls, bagels, crackers, waffles, and pancakes <u>NOT</u> containing soy flour or soy milk; most hot cereals (oatmeal), dry cereals <u>NOT</u> containing soy	breads, rolls, hamburger and hot-dog buns, crackers, stuffing, pancakes, and waffles <u>WITH</u> soybean flour or milk; processed breakfast cereals; English muffins; granola and natural cereals; grits; cream of wheat
Starches	rice; potato; sweet potato; soy-free noodles and pasta; macaroni	soy-containing pasta; store bought pasta and rice in sauces; instant potatoes; canned and dry pizza mixes
Vegetables	All with exceptions	soy sprouts; canned and frozen vegetables in any sauce or breaded (Asian)
Fruits	All	fruits in commercial baked goods
Milk and milk products	Cow's milk; cheese; yogurt	soy milk; coffee substitutes; non-dairy creamers; milk substitutes (like ProSobee, Isomil); soy cheese or yogurt; some processed cheeses

Meat and Meat products	beef, chicken, pork, turkey, and fish <u>WITHOUT</u> soy added; eggs; all nuts except soy nuts	meat (hamburger) extenders; tofu; veggie burgers, other frozen patties; lunch meats; hot-dogs; sausage; meat loaf; canned tuna in vegetable oil
Fats and Oils	butter	vegetable oil or sprays; margarine, mayonnaise, salad dressing; Crisco
Desserts and Sweets	homemade ice cream or candy, pastries, puddings, pies, cakes, doughnuts, frostings made <u>WITHOUT</u> soy; honey; jelly; jam; molasses; sugar	non-dairy whipped topping; commercially prepared cakes; dumplings; ice cream; ice cream cones; pies; puddings; pastries; frostings; doughnuts; sauces; cookies; creamy; gelatin desserts; Soya ice cream products; chocolate candy; gelatin, hard, or nut candy; fudge; pancake syrup; chocolate chips; semi-sweet chocolate; caramels
Snack foods	popcorn popped with corn or canola oil, rice cakes	pretzels; potato chips; corn chips
Seasonings and condiments	homemade salad dressing and mayonnaise; pure spices and seasonings; pure beef or chicken broth	soy sauce; Teriyaki sauce; some steak sauces; Worcestershire sauce; flavor enhancers; sandwich spreads
Beverages	Cow's milk; coffee; tea; fruit juices; carbonated beverages; vegetable juices	coffee substitutes; drink mixes (like lemonades); beer; wine; vodka
Miscellaneous	homemade soup; noodle soups made <u>WITH</u> soy-free noodles	store bought soups; canned and dry mixes; noodle soups with soy; Tempe; Miso; soy nut butter (similar to peanut butter); some baby foods

Some non-food products containing soybean:

oils inks
 soap crayons
 cosmetics solvents
 resins clothing

plastics bio-diesel

Remember to read labels. Items to look for on label are:

Vegetable broth Hydrolyzed soy protein
Vegetable gum Soy albumin
Vegetable starch Natural flavoring
Hydrolyzed plant protein lecithin
Hydrolyzed vegetable protein
Textured vegetable protein (TVP)

For additional help and information go to:

www.foodallergy.org
The Food Allergy and Anaphylaxis Network

www.aaaai.org
American Academy of Allergy, Asthma & Immunology