

# Food Allergy: Soy

## Identifying Soy on Food Labels

All foods that contain soy that are protected by the food and drug administration (FDA) labeling laws must state “contains soy.” Unfortunately, there are many products not covered by these allergen laws. Because of this it is important for child care providers to be aware of how to identify soy by reading food labels. Foods that are not covered by these labeling laws include the following: cosmetics, personal care products, prescriptions, over the counter medication, supplements, pet food, toys and crafts.

Source: American Academy of Pediatrics

## Be Aware

1. Children who are allergic to cow’s milk are also commonly allergic to soy protein.
2. Soy lecithin comes from soy and contains very low amounts of soy protein. For this reason, children who are allergic to soy are often not allergic to soy lecithin.
3. Baby formulas sometimes have soy proteins.

Source: American Academy of Pediatrics

## Foods that Contain Soy

Bean curd, edamame, hydrolyzed soy protein, kinnoko flour, kyodofu, miso, natto, okara, shoyu sauce, soya, soya flour, soybean, supro, tamari, tempeh, teriyaki sauce, textured soy flour (TSF), textured soy protein (TSP), textured vegetable protein, tofu, yakidofu, yuba (bean curd)

Source: Food Allergy Research and Education

## May Contain Soy

- Artificial flavoring
- Asian foods
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Natural flavoring
- Vegetable broth
- Vegetable gum
- Vegetable Starch

## Should be Safe

- Soy oil (except cold pressed, expeller pressed or extruded soybean oil)
- Vegetable oil derived from soy

Source: Food Allergy Research and Education