

WHERE IS SOY HIDDEN?

Artificial meats	Ice Cream
Bakery goods	Non-dairy creamers
Cake mixes	Shortening
Cereals	Nuts (roasted)
Potato chips	Hamburger patties
Corn chips	Chocolate
Soy sauce	Candy
Steak sauce	Canned meats
Teriyaki sauce	Canned soups
Worcestershire sauce	Crackers
Tofu (Miso)	Gravies & mixes
Canned tuna	Processed foods
Margarine	Seasoned salt
Snack bars	Bouillon cubes
TV dinners	Seasoning sauces
Ice cream	Oriental / Asian foods
Salad dressing	Breads
Chewing gum	Diet drinks
Imitation milk	Frozen desserts
Breaded foods	Baby formulas
Liquid and powdered meal replacers	

*** ALWAYS READ THE LABELS!**

SOY OIL

While soy oil does not contain soy protein, which is the cause of soy allergy, some people who are very sensitive to soy may experience problems with soy oil.

EATING OUT

Eating in restaurants almost always means a soy exposure. Most restaurants and fast-food chains cook with soy or soy flour. Soybean flour is now used by many bakers in dough mixtures for breads, cakes, rolls and pastries.

HELPFUL WEBSITES

Kidsallergystop.com
Allergygrocery.com
Foodallergygourmet.com
Foodallergy.com

MEDICATIONS

Some medications may contain soy such as Atrovent and Benadryl Fastmelts or birth control pills. Talk to your pharmacist to confirm if soy is present.

READING LABELS

If an ingredient list says a product "may contain" or "does contain" soy or soy derivatives, do not eat it. Effective January 1, 2006 products covered by FDA labeling that contain soy lecithin must now be labeled "contains soy".

NON-FOOD ITEMS CONTAINING SOY

Vitamin E	Glycerin
Atrovent inhaler	Soaps
Cosmetics adhesives	Clothing
Diet aids	Pet foods
Massage creams	Toys
Varnish	Telephones
Craft materials	

So don't eat any of these items!

Grocery items with NO SOY!

Three musketeers candy bar
Mott's apple/Berry sauce
Sweet cream butter
VanCamp's Beanee Weenee
Annie's Salad Dressing
(balsamic vinaigrette, Ranch & raspberry)
Wonder bread & frozen bagels
Pepperidge Farm plain & wheat bagels
Rice-A-Roni
Great Value Pancakes (Walmart)
Honey Bunches of Oats Cereal
Kellogg's Raisin Bran
Rice Crispiess
Rice Chex
Cheerios
Grey Poupon with Horseradish
A-1 Steak Sauce
Cinnamon Toast Crunch Cereal Bars
American Beauty Spaghetti
Kraft macaroni and cheese
Peter Pan Peanut Butter
Cape Cod potato chips
Snyder's Sourdough pretzels
Fritos (original)
Frito Lay Sun Chips
Amy's organic Soups
Dinty Moore Beef Stew
Jello
Bobili Pizza Crust
Good Seasons Italian Salad Dressing

*** ALWAYS CHECK LABELS AS INGREDIENTS ARE ALWAYS CHANGING!**

SOY CROSS REACTIVITY

If you have a soy allergy, be aware that it reacts with other foods such as; peanuts, peas, chickpeas, lima beans, strings beans.