

Soy-Free Diet

Starting a soy-free diet may seem daunting, but this guide should help you through the transition. Luckily today there are plenty of companies making food and products with allergies and intolerances in mind. Soy is one of the main allergies/intolerances, and plenty of brands exclude soy and soy derivatives from their products. Eliminating soy from your diet has never been easier!

Let's start with soy products and ingredients to avoid:

- Bean curd
- Edamame
- Hydrolyzed soy protein
- Kinnoko flour
- Kyodofu
- Miso
- Natto
- Okara
- Shoyo sauce
- Soy albumin
- Soy bran
- Soy cheese
- Soy fiber
- Soy flour
- Soy grits
- Soy ice cream
- Soy lecithin
- Soy meat substitute
- Soy milk
- Soy nuts
- Soy/Soybean oil
- Soy protein concentrate
- Soy protein isolate
- Soy sauce
- Soy sprouts
- Soy yogurt
- Soya
- Soybean (curd/granules)
- Soybean paste
- Supro
- Tamari
- Tempeh
- Teriyaki sauce
- Textured soy flour
- Textured soy protein
- Textured vegetable protein
- Tofu
- Yakidofu
- Yuba

All of these products are soy and should be **avoided**. Some products are not direct soy derivatives but are likely to contain soy. These should be eaten with caution after you check the ingredient list. If you see any of the ingredients listed above, the food is not soy-free.

Here are some products likely to contain soy:

- Asian cuisine
- Baked goods
- Candy
- Canned meat and tuna
- Canned soup and broth
- Cereal
- Cheese substitutes
- Dairy substitutes
- Desserts
- Flavorings

- Frozen foods
- Glycine max
- Hydrolyzed vegetable protein
- Infant formula and baby foods
- Margarine and butter substitutes
- Mayonnaise
- Meat substitutes
- Medications and vitamins
- Mono-diglyceride
- Monosodium glutamate (MSG)
- Pasta
- Processed meat
- Protein bars and snacks
- Protein powder and shakes
- Salad dressing
- Sauces
- Vegetable broth
- Vegetable gum
- Vegetable oil
- Vegetable oil sprays
- Vegetable starch

This may seem like a lot of things, but they are not guaranteed to contain soy. The foods listed above MAY contain soy and should be eaten with caution. There could be foods not listed here that may also contain soy. Always make sure to check the ingredients before eating. If the ingredient list says “may contain soy” it is not safe to eat. “May contain soy” generally means that the food itself is free of soy, but it has come into contact with soy on the manufacturing equipment. This is known as “cross-contact” or “cross-contamination”. It is important to avoid cross-contamination when following this diet.

Some brands are dedicated to being soy-free. **Here are a few of them:**

- Enjoy Life
- Cybele’s Free to Eat
- Made Good
- Ian’s Foods
- Sun Butter
- Abe’s
- Without A Trace

There are plenty of brands that are not dedicated to being soy-free but they make certain soy-free foods. These foods can be eaten as long as they don’t contain a soy ingredient. Always use your best judgment. If you are unsure about a certain food containing soy and you don’t have access to the ingredient list, it is best to avoid eating it.

Here are some soy-free recommendations from our patients:

- Bragg’s Organic Coconut Liquid Aminos (good replacement for soy sauce)

- Chobani Greek Yogurt
- Sour Patch Kids
- Follow Your Heart Soy-Free Vegenaise
- Earth Balance Soy-Free Buttery Spread
- Amy's Macaroni & Cheese – Frozen
- Jif Natural Peanut Butter
- Pacific Foods Broth
- Unreal Dark Chocolate Almond Butter Cups
- Albanese Gummi Bears
- Nature's Path Organic Frosted Toaster Pastries
- Beyond Meat
- Franklin Farms Chickpea Tofu
- Miso Master Organic Chickpea Miso
- Ocean's Halo Soy-Free Sauces
- Amy's Frozen Pizza

There are lots more soy-free products on the market, these are just some recommended to us by other patients.

Certain medications and vitamins may contain soy. It is important to check the ingredient list or check with the pharmacist to ensure soy-free status.

If you are ever unsure about the soy-free status of a product, feel free to contact the company or manufacturer directly to confirm.

Eating soy-free is not as scary as it may seem. **Just remember to always check the ingredients!**

Pinterest is a great resource for finding soy-free recipes.

Helpful links:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/soy-allergy-diet>

<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

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