

Soy Elimination Diet

Following a soy elimination diet means removing all soy foods and any product containing soy protein from your diet. **By law, any manufactured food containing soy protein must say so clearly in or under the ingredient list.**

Soy is added to an increasing number of processed foods. Snack bars and breakfast cereals are frequently soy-fortified, but soy can also be found in a wide variety of foods, including baked goods, snack bars, meal replacements, canned tuna, crackers, sauces, pastas, and soups. Read all labels carefully.

The boxes below contain lists of soy foods and ingredients to look for, as well as some common places soy may hide:

Soy Foods and Ingredients	
<ul style="list-style-type: none">• Edamame (fresh soy beans)• Miso• Natto• Shoyu• Soy• Soy albumin• Soy cheese• Soy fiber• Soy flour• Soy ice cream• Soy milk• Soy nuts	<ul style="list-style-type: none">• Soy protein (hydrolyzed, isolate, concentrate)• Soy sauce• Soy sprouts• Soy yogurt• Soya• Soybean (curd, granules)• Tamari• Tempeh• Textured Vegetable Protein (TVP)• Tofu

NOTE: highly refined soybean oil is generally considered safe, and will not be highlighted on food labels. Soybean oils labeled *cold pressed*, *expeller pressed* or *extruded* may contain some soy protein.

Places Soy Protein May Hide
<ul style="list-style-type: none">• Asian foods• Soybean oil (cold pressed, expeller pressed, or extruded)• Tuna, canned (in water or oil)• Vegetable gum• Vegetable broth• Vegetable starch