



# Soy



## Quick Facts

- Soy comes from soybeans, a type of legume. Soybeans can be made into flour, soymilk, tofu, oil, and other products.
- Soy is considered a priority allergen by Health Canada.

## Be Allergy-Aware

- Read ingredient labels every time you buy or eat a product.
- Do the Triple Check and read the label:
  - Once at the store before buying it.
  - Once when you get home and put it away.
  - Again before you serve or eat the product.
- Always carry your epinephrine auto-injector.
- For tips on eating out, visit our guide for dining out with food allergies.
- Check with manufacturers directly to see if the product is safe for you even if your allergen is not listed on the ingredient list.
- Be careful when buying products from abroad since labelling rules differ from country to country.

## To Report a Reaction

If you believe you may have reacted to an allergen not listed on the packaging, you can report it to the Canadian Food Inspection Agency, which may issue a product recall. Find out more on our Food Labelling page at [www.foodallergycanada.ca](http://www.foodallergycanada.ca).

## Other names for soy

- Bean curd (dofu, kori-dofu, soybean curds, tofu)
- Edamame
- Glycine max
- Kinako
- Kouridofu
- Miso
- Hydrolyzed soy protein

- Natto
- Nimame
- Okara
- Soya, soja, soybean, soyabeans
- Soy protein (isolate/concentrate), vegetable protein
- Tempeh
- Textured soy flour (TSF), Textured soy protein (TVP)
- Yuba

### **Possible sources of soy**

- Mono-diglyceride
- Baby formulas
- Baked goods and baking mixes like breads, bread crumbs, cereals, cookies
- Breaded foods
- Bean sprouts
- Beverage mixes
- Chili, pastas, stews, taco filling, tamales
- Canned tuna, minced hams
- Chewing gum
- Chocolate candies and chocolate bars
- Cooking spray, margarine, vegetable shortening, vegetable oil
- Deli meat and processed meats
- Diet drinks, imitation milk
- Dressings, gravies, marinades
- Frozen desserts, soy ice cream, soy pudding, soy yogurt
- Hydrolyzed plant protein (HPP), hydrolyzed soy protein (HSP), hydrolyzed vegetable protein (HVP)
- Imitation crab and other imitation fish
- Monosodium glutamate (MSG)
- Processed and prepared deli meats, e.g. burgers, meat substitutes, patties, wieners
- Vegetarian meat substitutes
- Sauces such as soy, teriyaki and Worcestershire
- Seasonings
- Snack foods like candy, candy bars, popcorn, energy bars
- Soy "cheese"
- Soups, broths and soups mixes, miso soup
- Spreads, dips, mayonnaise, peanut butter
- Thickening agents
- Vegetarian dishes

### **Non-food sources of soy**

- Cosmetics, soaps
- Craft materials, crayons, paint
- Glycerine
- Pet food and milk substitutes for young animals
- Printing ink
- Medications, vitamins, herbal supplements
- Candles