

Avoid foods with the following ingredients:
SOY FREE

- Anything with soy, soya, soja, or shoyu in the name
- Anything with lecithin in the name*
- Anything with vegetable, plant, or bean in the name*
- Anything with guar in the name*
- Anything with xanthan or zanthan in the name*
- Anything with vitamin E or toccopherol in the name*
- MSG (mono sodium glutemate)*
- natural and artificial flavor or flavorings*
- tofu
- miso
- tempeh
- edemame
- mono-diglyceride*
- natto
- okara or akara
- yuba
- glycerine*
- tamari
- teriyaki*
- isolates*
- olean
- gum arabic
- bulking agent*
- carob

- emulsifier*
- protein or proteins*
- protein extender*
- stabilizer*
- starch*
- thickener*
- TVP(textured vegetable protein)*
- HVP(hydrolized vegetable protein)*
- alkyd resin solution
- quaternary ammonium salts
- quaternary ammonium compounds, ethyldimethylsoya, alkyl, etsoyethyldimonium
- alkyd resin
- linseed oil, polymer with pentaerythritol, phthalic anhydride, oil, styrene and vinyltoluene
- soyaethyl morpholinium ethosulfate
- morpholinium compounds
- ethyl sulfates
- soyatrimonium chloride
- quaternary ammonium compounds
- trimethylsoya
- alkyl chlorides
- quaternium-9

*NOTE: Not always do these products contain soy. However, unless they are labeled specifically that they do not contain soy or a soy containing product, or you can contact the manufacturer directly and they tell you the product does not contain soy or a soy containing product, assume that it does contain soy or a soy containing product. This means that it must list the name of the product that it has in it(i.e. vegetable oil, canola oil, and/or sunflower oil). If it does not list a specific name, even if it does not list that the product contains soy in the allergen warning section, do not eat/use if you have a soy allergy! Some soy products are still considered safe for most people with soy allergies, or the company uses an uncommon name for soy, and therefore they are not required to list their foods/products as containing soy if they fit that criteria at this time.