



Soybeans—Soy is used as a substitute in flours, oils, milks, nuts, meats, and other products. There are numerous items you may come into contact with each day, both foods and non-foods. The following is not a comprehensive list. Please be sure to always read food and product labels.

Foods Containing Soy

- Asian cuisine (including Chinese, Indian, Indonesian, Thai and Vietnamese)—even if you order a soy-free item, there is high risk of cross-contact
- Baked goods and baking mixes
- Bouillon cubes
- Canned broths and soups
- Canned tuna
- Candy
- Cereal
- Cheese
- Chocolate
- Cookies
- Crackers
- Crisco
- Deli meats
- Edamame
- Energy bars or nutrition bars
- Gravies
- Hamburger meat with soy protein fillers
- Hamburger buns made with added soy flour
- Ice Cream
- Imitation dairy foods
- Infant formula
- Margarine
- Mayonnaise
- Nutrition supplements
- Pasta
- Peanut butter and peanut butter substitutes
- Protein powders made soy protein powder
- Sauces, gravies, and soups
- Sausages and hot dogs made with soy protein fillers
- Sherbet
- Smoothies
- Tofu
- Vegetable broth, gum, oil, starch
- Vegetarian meat substitutes
- Worcestershire Sauce

Products Containing Soy

- Adhesives
- Candles
- Clothing
- Cosmetics
- Moisturizers
- Oils
- Paints
- Pet food
- Play-Doh
- Soaps