

NORTH KITSAP EAR, NOSE AND THROAT
KITSAP ALLERGY CARE

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FOOD ALLERGIES / INGREDIENTS TO AVOID
SOY ALLERGY

Ingredients Containing Soy:

- Hydrolyzed soy protein
- Miso – a paste made of rice, barley and / or soybeans; used as a seasoning often in Japanese cuisine
- Shoyu sauce- a type of soy sauce
- Soy – flour, albumin, grits, nuts, milk, sprouts
- Soy protein concentrate, soy protein isolate
- Soy sauce
- Soybean, soybean granules, soybean curd
- Tamari – a type of soy sauce, mostly produced in Japan
- Tempeh – similar to tofu
- Textured vegetable protein, aka TVP
- Tofu

Foods **MAY** contain soy:

- Bulking agent
- Emulsifier
- Guar gum, gum Arabic, vegetable gum
- Hydrolyzed vegetable protein
- Hydrolyzed plant protein
- Lecithin
- Mono - & di – glycerides
- MSG (monosodium glutamate)
- Natural flavoring
- Shortening
- Stabilizer
- Thickeners
- Tocopherols/ vitamin E
- Vegetable broth
- Vegetable oil
- Vegetable starch

Foods Commonly Containing Soy:

- Baked goods including cakes, cookies, muffins, breads
- Baking mixes and canned frosting
- Breakfast cereals, instant breakfast drinks
- Breading mixes, stuffing mixes
- Canned puddings
- Canned and packaged dinners like spaghetti or macaroni and cheese
- Canned tuna packed in oil
- Chocolate chips, chocolate bars
- Imitation meats and seafood
- Meat fillers
- Margarine, shortening, cooking spray, vegetable oil
- Snack foods including crackers, chips, pretzels
- Soy and teriyaki sauces
- So milk, yogurt, non-dairy creamers
- Tofu, miso, tempeh
- Vitamin supplements

Also found in non food items:

- Lip balms
- Lotions

Helpful websites for food allergies:

<http://www.foodallergy.org/home>

<http://www.niaid.nih.gov/topics/foodAllergy/Pages/default.aspx>

<http://www.mayoclinic.com/health/food-allergy/DS00082>

<http://home.allergicchild.com/allergies/>

OCT_2013