



## WHAT IS SOY?

**SOY** is a product that comes from soybeans, a member of the legume family and a common ingredient in many food products.

## WHERE IS SOY FOUND?

Common food products made from soy include **TOFU**, some **DAIRY-FREE MILK**, **SOY SAUCE**, **TERIYAKI SAUCE** and **EDAMAME**.

Soy can also be found in certain baked goods, cereals, condiments, deli and processed meats, and frozen food products.

## WHAT FOODS ARE SOY-FREE?

There are many foods that are almost always soy-free. *Fresh fruits and vegetables, fresh meat and fish, and most dairy and grain products* are typically free from soy.



Soy allergies are much more common in babies and young children, and many will grow out of this allergy as they age.

## WHAT IS A SOY ALLERGY?

A **SOY ALLERGY** is when a person's immune system reacts negatively to the proteins found in soy products. Soy allergies can be both mild and severe.

## CROSS-CONTAMINATION

For those with a soy allergy, even a small amount of soy can cause an allergic reaction.

Cross-contamination is the transfer of a harmful ingredient from one food product to another. Soy cross-contamination can occur when a soy-free food is **PROCESSED OR PREPARED** closely to a **SOY-CONTAINING FOOD**.



People who are allergic to soy may not need to avoid soybean oil or soy lecithin, a food additive derived from soybean oil. Soy oils tend to be processed in a way that removes all of the proteins that can trigger allergic reactions. If you have a soy allergy, speak with an allergist before eating anything containing soy oils or soy lecithin.

## AVOIDING SOY IN YOUR DIET

To avoid consuming soy, it is important to:

- Carefully read the ingredients listed on food labels and look for "**MAY CONTAIN**" statements
- Prepare food in a **CLEAN KITCHEN** away from soy products
- Learn about possible **HIDDEN SOURCES** of soy in the foods you eat



To learn about the possible hidden sources of soy in foods, visit <https://foodallergyca.ca/allergies/soy>.