

Living with a Soy Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that manufacturers are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes “*When in doubt, throw it out.*” A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains soy, do not eat the food. Manufacturers change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *always* important to read food labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

Special note - Highly refined soybean oil and soy lecithin are not considered allergic. Depending on your sensitivity, you may or may not be able to tolerate these. Soybean oil that is cold pressed, expeller pressed or extruded is still considered allergenic in foods.

Here are some hidden sources of Soy:

- Asian Cuisine
- Vegetable Broth, Gum or Starch
- Flavorings
- Margarine
- Sauces & Salad Dressings
- Vegetarian “meat”
- Protein bars
- Cereal bars
- Processed foods
- Breads, pasta, chips

Heat & Eat: Amy's® Soy Free:

- 3 Cheese Penne Bowl
- Bean & Cheese Burrito*
- Bean & Rice Burrito*
- Black Bean Tamale Verde
- Burrito Especial
- Cheese Pizza in a Pocket Sandwich
- Garden Vegetable Lasagna
- Indian Palak Paneer*
- Indian Vegetable Korma*

- Light & Lean Bean & Cheese Burrito
- Light & Lean Cheese Pizza (single serve)
- Light & Lean Italian Pizza (single serve)
- Light & Lean Spinach Lasagna
- Mushroom & Olive Pizza (1/3 of pizza)*
- Roasted Vegetable Tamale
- Southern Dinner
- Southwestern Burrito
- Stuffed Pasta Shells Bowl
- Vegetable Lasagna*

*Available in Canada

Using Exchanges:

If a recipe calls for soy products, simply substitute these foods for an equivalent exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
2 T Granola*	2/3 C Fiber One® or 1 starch exchange
½ C Kashi® GoLEAN (all varieties)	2/3 C Fiber One® or ½ C Kashi® Heart to Heart
1 Kashi® Waffle	½ packet Kashi® GoLean Oatmeal or 1 starch exchange
Kashi® TLC Crackers – country cheddar, Honey Sesame, Toasted Asiago	Kashi® TLC crackers – Original 7 grain, Fire Roasted Veggie
Nature Valley® Crunchy Granola Bar	2/3 C. Fiber One® Cereal or 1 starch exchange
4 oz Boca Crumbles	¾ C Kidney beans or 1 protein exchange
1 Progresso® 100 cal soup – some varieties	1 Progresso® 100 cal soup – Homestyle Vegetable & Rice, Italian Style Vegetable, Zesty! Southwestern Style Vegetable, Vegetable & Noodles, Vegetable, Reduced Sodium Tomato Parmesan, French Onion, Minestrone, Hearty Penne, Garden Vegetable, Vegetable Italiano
3 Morningstar Farms® Buffalo Veggie Wings	2/3 C Black Beans or 1 protein exchange
1/3 C edamame (edible portion)	½ C chickpeas (garbanzo beans) or 1 protein exchange
Tempeh (cooked) ½ C or 3 oz	½ C lentils or 1 protein exchange
Tofu (regular) – 6 oz	½ C lentils or 1 protein exchange
Veggie Burger – 1 ½ Patties	2/3 C Black Beans or 1 protein exchange

Veggie Chik'n Patty – 1 Patty	½ C chickpeas (garbanzo beans) or 1 protein exchange
Veggie Hot dogs – 1 ½ links	Black Beans, cooked – 2/3 C or 1 protein exchange
Veggie Sausage Links – 3 links	Kidney Beans, cooked – ¾ C or 1 protein exchange
¾ oz Genisoy® Soy Crisps (about 10)	Kashi® Heart to Heart - ½ C - Honey Toasted Oat or 1 starch exchange
3 T (3/4 oz) Soy nuts	½ oz Almonds (12) or 1 nut exchange
Fiber One® 90 Calorie Bar (all varieties)	Phase 1 Snack or 1 fruit + ½ nut exchange
PowerBar® Pria® (all varieties)	Phase 1 Snack or 1 fruit + ½ nut exchange
Balance Bar® Gold & Original (all varieties)	Phase 2 Snack or 1 dairy + 1 fruit exchange
Kashi GOLEAN Bar (all varieties)	Phase 2 Snack or 1 dairy + 1 starch exchange
Luna® Protein (all varieties)	Phase 2 Snack or 1 ½ fruit + 1 nut exchange
Odwalla Bar!® (all varieties)	Phase 2 Snack or 1 starch + 1 nut exchange
Pure Protein® Bar (50 g) (all varieties)	Phase 2 snack or 1 protein + 1 fruit exchange
½ C Cascadian Farm® Multi Grain cereal	Kashi® Heart to Heart - ½ C, Fiber One® (original) - 2/3 C, Kashi® Whole Grain Puffs - 1 C or 1 starch exchange
Silk® chocolate soy milk	1 dairy exchange or 1 C 1% or skim milk, 1 ½ C Almond milk, ¾ C Rice Milk (unsweetened)
English Muffin – ½ whole*	Whole Wheat Bread* – 1 slice or 1 starch exchange
Cheddar Soy Cheese – 1 oz	Galaxy Nutritional Foods® Rice Slices Cheddar Flavor – 2 slices or 1 dairy exchange
Pita Chips* -10	Stacy's® Simply Naked Pita Chips – 6 or 1 starch exchange
Mozzarella Soy Cheese – 1 oz	Galaxy Nutritional Foods® Rice Shreds Mozzarella – ½ C or 1 dairy exchange
Soy Milk – 1 C	1 dairy exchange or 1 C 1% or skim milk, 1 ½ C Almond milk, ¾ C Rice

	Milk (unsweetened)
Soy Milk Cappuccino – 12 oz	1 dairy exchange or Cappuccino made with skim, 1%, almond or rice milk (unsweetened)
Soy Milk Latte – 12 oz	1 dairy exchange or Latte made with skim, 1%, almond or rice milk (unsweetened)
Soy Yogurt – 6 oz	1 yogurt – nonfat or light – 6oz or 4oz SO Delicious® Coconut Milk Yogurt – Vanilla, Blueberry, Plain or 1 dairy exchange
Soy Sauce	Soy Free Soy sauce or Coconut Secrets® Coconut Aminos, mushroom Stir-fry sauce, Asian Black Vinegar, oyster sauce or chicken, beef or vegetable stock
Worcestershire Sauce	Soy Free Worcestershire Sauce or Lea & Perrins® Reduced Sodium Worcestershire Sauce
1/4 C cream of chicken soup - reduced sodium*	Pacific® Natural Foods – Cream of Chicken Soup – ¼ C
Miso Soup – 1 ½ C	1 ½ C Broth (chicken, beef, or vegetable) + free veggies – your choice

**some varieties, always read the food label*