

# Soy Allergy



An allergy to soy is one of the 8 most common food allergies. Soy products can lead to a serious reaction if accidentally ingested by an allergic child while at school.

**The FDA requires that labels clearly identify the top 8 food allergens (i.e.: Contains- Soy), but care should still be taken when reading labels.**

Sometimes the presence of soy protein is obvious on a food label. Other times terms may be unfamiliar. Read carefully. The following may include soy protein\*:

Edamame, Soy Sauce, Hydrolyzed Soy Protein, Soybean (Granules, Curds), Miso, Tamari, Shoyu Sauce, Tempeh, Soy (Albumin, Flour, Grits, Milk, Nuts, Sprouts), Textured Vegetable Protein (TVP), Soy Protein (Concentrate, Isolate), Tofu, Hydrolyzed Vegetable Protein (HVP), Vegetable Gum, Natural and Artificial Flavoring, Vegetable Starch, Vegetable Broth, Hydrolyzed Plant Protein (HPP)

**This is not a complete list!**

Source: MA Dept. of Ed. *Managing Life Threatening Allergies in Schools*

## Soy-Free Snack Ideas

### FRUIT

- Fresh Fruit
  - Bananas
  - Kiwi
  - Melon
  - Raisins
  - Berries
- Apple Sauce
- Dried Fruit
- 100 % Fruit Leather
- Fruit Cups

### DAIRY

- Yogurt
- Cottage Cheese
- String Cheese

### VEGETABLES

- Carrot Sticks, Baby Carrots
- Celery Sticks
- Cherry Tomatoes
- Bell Pepper Slices
- Snap Peas

### OTHER POSSIBLE SNACK IDEAS

**(Always verify ingredients, as brands vary!):**

- Crackers
- Pretzels
- Cereals
- Plain Popcorn
- Gelatin
- Hummus
- Guacamole
- Oatmeal



**\*Call the manufacturer's hotline if unsure of an allergen or to clarify "natural flavoring"**