

ENT & Audiology Associates
Allergy Department

FOOD CONTACT LIST: SOY

Soy may be found in the following:

- Bakery products: flour, protein fillers or oil in many products
- Sauces: soy oriental, gravies, Worcestershire sauce
- Cereals: as protein filler
- Salad dressings: as emulsifier
- Meats: cold cuts, sausage, wieners, hamburger extenders
- Candies: soy flour and oil in some candies
- Milk substitutes: soybean milk, nondairy creamers
- Desserts: ice cream, iced milk, sherbets
- Soups: as thickener in some soups
- Nuts: as oil in roasting
- Shortenings: many commercial shortenings and oils
- Fried products: corn chips, potato chips, fried potatoes