

READ

THE LABEL,

FIND THE

SOY



Foods That Contain Soy



Hydrolyzed vegetable protein



Shoyu sauce



Edamame



Natto



Miso



Textured vegetable protein



Bouillon cubes and canned broths



Tempeh



Tofu



Soy lecithin

Note: Several of these products might be safe for babies older than one year. You may confirm their safety with a pediatrician before serving them to a one-year-old.

Avoid Products With The Following Labels



- 1 Ingredients listing any soy-based products
- 2 Processed in facilities that contain soy
- 3 The equipment used for processing also processes soy

References

1. Manage Your Child's Soy Allergy; Children's Hospital Los Angeles
2. A Guide To Foods Rich In Soy; UCSF Health
3. Soy Allergen Avoidance List; Kids With Food Allergies