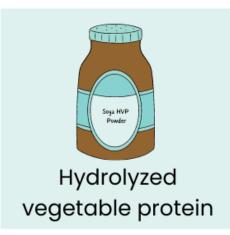




Foods That Contain Soy











Miso



Textured vegetable protein





Tempeh



Tofu



Soy lecithin

older than one year. You may confirm their safety with a pediatrician before serving them to a one-year-old.

Note: Several of these products might be safe for babies

Avoid Products With The Following Labels



soy-based products 2 Processed in facilities

Ingredients listing any

- that contain soy 3 The equipment used for
- processing also processes soy

1. Manage Your Child's Soy Allergy; Children's Hospital Los Angeles

treatments_0085081/

- 2. A Guide To Foods Rich In Soy; UCSF Health
- 3. Soy Allergen Avoidance List; Kids With Food Allergies

Mom Junction

Source: https://www.momjunction.com/articles/serious-symptoms-soy-allergy-baby-