



SOY PRODUCTS

Edamame
Soybeans
Soy bran
Soy cheese
Soy ice cream
Soy yogurt
Soy infant formula
Soy nut butter
Soy nuts
Soy sauce
Soy
Shoyu sauce
Soya flour
Soybean oil
Soybean paste
Soy milk
Tamari
Tempeh
Textured soy flour or
(TSF) Textured soy protein
(TSP) Textured vegetable
protein (TVP) Tofu

SOY DERIVATIVES

Hydrolyzed soy protein (HSP)
Lecithin (often derived from
soy but may be derived from
egg)
Monosodium glutamate
(or MSG)
Soy albumin
Soy concentrate
Soy fiber
Soy protein isolate
Soy protein concentrate
Soy isolate fiber

INGREDIENTS THAT SOMETIMES CONTAIN SOY

Plant-Based “meat” products
Fish sauce
Gelatin
Oyster sauce
Teriyaki Vegetable broth
Vegetable gum
Vegetable oil
Vegetable starch
Vitamin E