

# Soy-Free Guide

## What is soy?

Soy is a product that comes from soybeans, a member of the legume family and a common ingredient in many food products.

## Where is soy found?

Common food products made from soy include **tofu**, some **dairy-free beverages**, **soy sauce**, **teriyaki sauce**, and **edamame**. Soy can also be found in certain baked goods, cereals, condiments, deli and processed meats, and frozen food products.

## What foods are soy-free?

There are many foods that are almost always soy-free. **Fresh fruits** and **vegetables**, **fresh meat** and **fish**, and **most dairy** and **grain products** are typically free from soy.



Learn more about Soy at  
[Food Allergy Canada](https://www.foodallergy.ca)



Soy allergies are much more common in babies and young children, and many will grow out of this allergy as they age.

## What is a soy allergy?

A soy allergy is when a person's immune system reacts negatively to the proteins found in soy products. Soy allergies can be both mild and severe.

## Avoiding soy in your diet

To avoid consuming soy, it is important to:

- Carefully read the ingredients listed on food labels and look for "**May Contain**" statements.
- Prepare food in a **clean kitchen** away from soy products.
- Learn about possible **hidden sources of soy** in the foods you eat.

## Cross-contamination

For those with a soy allergy, even a small amount of soy can cause an allergic reaction. Cross-contamination is the transfer of a harmful ingredient from one food product to another. Soy cross-contamination can occur when a soy-free food is **processed or prepared closely to a soy-containing food**.



People who are allergic to soy may not need to avoid soybean oil or soy lecithin, a food additive derived from soybean oil. Soy oils tend to be processed in a way that removes all of the proteins that can trigger allergic reactions. If you have a soy allergy, speak with an allergist before eating anything containing soy oils or soy lecithin.