

Allergy Elimination Diet

Soy-Free Diet

*all soybeans and soybean products are eliminated from the diet. All labels on foods must be read for products containing soy or ingredients that may contain soy. Soy is used freely as filler and often is not marked on packages. Possible sources of soy in foods include vegetable protein, lecithin, flour, and vegetable oil. Read every label, since it is impossible to list all sources of soy. The composition of any food product maybe changed without notice. For nebulous ingredients such as “vegetable protein”, check with the food manufacturer for possible soy.

Types and Amounts of Food	Include	Omit
Soups as desired	*Soups prepared without soy or soy products	*Soups containing soy or soy products
Meat and meat substitutes 2-3 servings (5 oz. total)	*Beef, chicken, ham, kidney, lamb, liver, pork, turkey, veal, fish *Sausage and luncheon meats made without soy filler *Eggs, peanut butter *Cheese, cottage cheese	*Cold cuts or sausages containing a soy additive *Hamburger with soy protein *”Vege burgers” made with textured vegetable protein *Products fried in soy oil *Fish canned in soy oil
Potato and potato substitutes 1 or more servings (1/4 cup each)	*White and sweet potatoes, macaroni, noodles, rice, spaghetti	*Spaghetti made with soy flour *Products cooked with soy oil or soy margarine
Vegetables 2 or more servings (1/4 cup each)	*Any canned, cooked, frozen or raw vegetables (include 1 serving dark green or deep yellow vegetable daily for a source of vitamin A.)	*Soybeans, soybean sprouts *Vegetables prepared with soy sauce
Breads 3 or more servings	*Breads and rolls prepared without soybean flours	*Soy bread *”Cornmeal bread” *Breads containing soy oil

Cereals 1 or more servings (1/2 cup)	*Cooked or ready-to-eat cereals without soy	*Cereals containing soy flour, soy oil, vegetable protein
Fats 3 or more servings (1 tsp each)	*Butter, cream, bacon, margarine, shortening or oils that do not contain soy	*Soybean oil, margarine or shortening, salad dressing containing soybean oil as an ingredient
Fruits and fruit juices 2 or more servings (4 oz. of juice or <u> </u> cup fruit each)	*All (include 1 serving citrus fruit or juice daily for a source of Vitamin C)	* None
Desserts in moderation	*Gelatin, custard, cornstarch puddings *Homemade ice cream, sherbet, cake, cookies, pastries,	*Commercial ice cream *Most commercial bakery products (Soybean flour is often added to bakery products to keep them moist)
Milk 3 or more servings (8 oz. each)	*Milk, 2% milk, skim milk, evaporated milk, non-fat dry milk powder	*Soy milks such as Isomil, ProSobee, Nursoy, Soyala Commercial milkshakes
Beverages	*Water as desired, tea, carbonated beverages, fruit drinks, coffee	*Excessive use of sugared and caffeinated drinks
Miscellaneous	*Salt (iodized), sugar honey, jelly ,syrup, chocolate, cocoa *Catsup, mustard, olives, pickles, vinegar, pepper, herbs, spices	*Lecithin (derived from soybeans, often used in candy) *Soy sauce, Worcestershire sauce, steak sauce *Toasted soybeans *Caramel candies *Excessive use of salt or sugar