

# IDENTIFYING SOY ALLERGENS

Soy comes from soybeans (a type of legume), which can be made into flour, soy milk, tofu, oil and a variety of other products. Soy is considered a key allergen under the Australia New Zealand Food Standards Code.

Any food, food ingredient or ingredient component can cause severe allergic reactions, including life-threatening anaphylaxis, but most food allergies in Australia are caused by peanuts, tree nuts, milk, eggs, sesame seeds, fish, shellfish, soy, lupin and wheat. A person with a soy allergy may (or may not) be allergic to other legumes (e.g. peanuts).

The Food Standards Code requires these foods to be declared on labels whenever they are present as ingredients or as components of food additives or processing aids; if the product is not labelled, allergen information must be made available to consumers when they ask for it.

It is critically important that food businesses are aware of any allergens in the products they prepare and sell. To do so, Food Handlers must read the ingredient labels of all pre-made foods or ingredients that come into the business.

Many food businesses delegate these responsibilities to the back-of-house employees who prepare or cook the food, under the supervision of a kitchen manager who coordinates how the information is recorded, stored and communicated.



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Food businesses should avoid using any products that do not have an ingredient list, and should be aware that manufacturers may occasionally change their recipes or use different ingredients for variations of the same product. Some products use other names for soy on their labels. If you see any of the “other names for soy” in the list of ingredients on a product, you should assume that the product contains the allergen.

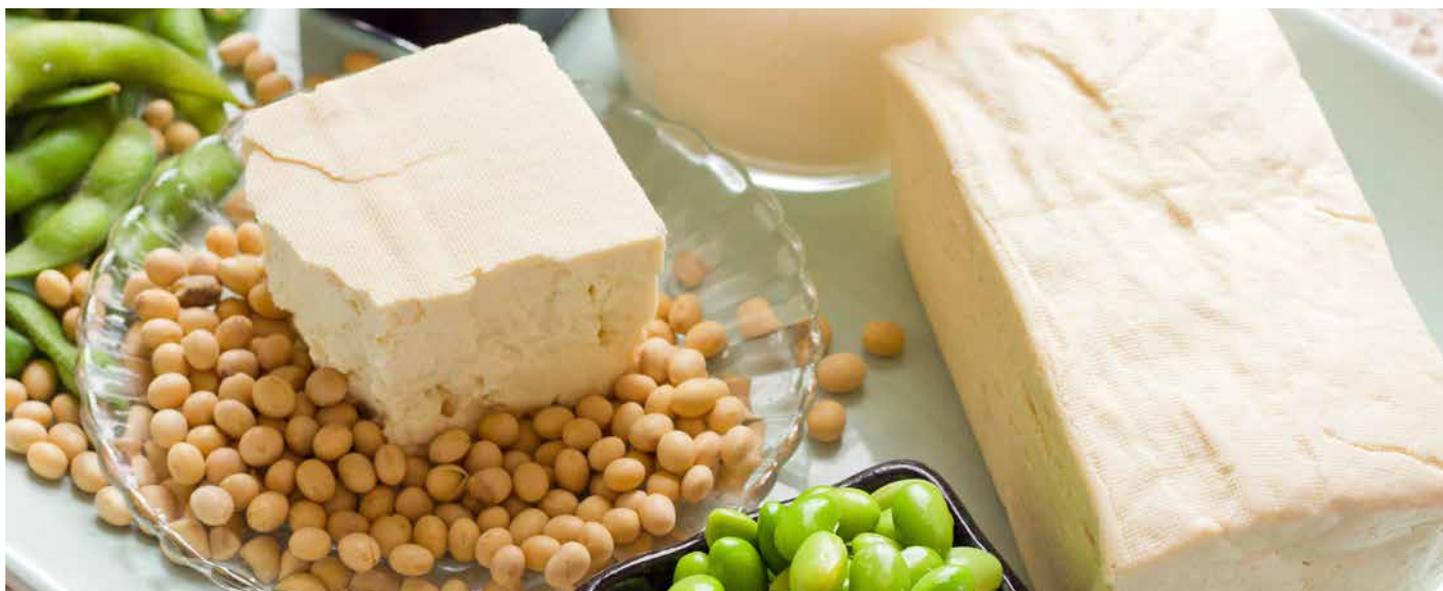
It is worth noting that refined soybean oil (not cold-pressed) and soy lecithin (a food additive derived from soybean oil) typically do not contain enough soy protein to cause an allergic reaction; however, always double check with the customer to confirm whether or not these products are safe to use in their meal, as they are not completely protein-free and some individuals may still have a reaction.

## Other names for soy

- bean curd (e.g. dofu, kori-dofu, soybean curds, tofu)
- textured soy flour, textured vegetable protein, textured soy protein
- soya, soja, soybean, soya beans
- soy protein (isolate/concentrate), vegetable protein
- hydrolysed soy protein
- edamame
- kinako
- miso
- natto
- nimame
- okara
- tempeh
- tamari
- yuba
- glycine max



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## Some foods and products that contain (or may contain) soy

- baked goods and baking mixes (e.g. breads, breadcrumbs, cereals, biscuits)
- baby formulas
- bean sprouts
- vegetarian dishes
- crumbed meats and fish
- chili, pastas, stews, taco shells, taco fillings
- processed meats (e.g. luncheon meats, burgers, meat substitutes, patties, wieners)
- imitation crab and other imitation fish
- canned tuna, minced hams
- frozen desserts, soy ice cream, soy pudding, soy yogurt
- soy “cheese”
- soups, broths, soup mixes
- cooking spray, margarine, vegetable shortening, vegetable oil
- sauces (e.g. soy, teriyaki, Worcestershire, black bean sauce, hoisin sauce)

- hydrolysed plant protein (HPP), hydrolysed soy protein (HSP), hydrolysed vegetable protein (HVP)
- vegetable starch, vegetable gum, vegetable extract
- dressings, gravies, marinades
- spreads, dips, mayonnaise, peanut butter
- chocolate nut spread, chocolates, sweets
- chewing gum
- beverage mixes
- diet drinks, imitation milk
- monosodium glutamate (MSG)
- thickening agents, emulsifiers
- food additives (e.g. mono-diglyceride)
- seasonings

*Note: This is not a complete or comprehensive list of ingredients to avoid. Food and food products purchased from other countries are not always produced using the same manufacturing and labelling standards as in Australia.*