



SOYA - FREE DIET

If there is a sensitivity to Soya avoid the following:

Bakery goods:

Occasionally Soya bean flour is used as an ingredient of dough mixtures for bread, rolls, cakes and pastries. This keeps them moist, saleable for several days longer

Sauces:

Soya sauce, Lea & Perrin's Sauce, Worcestershire Sauce

Salad dressings:

Many salad dressings and mayonnaise contain Soya oil but only state on the label that and they contain vegetable oil

Meats:

Pork, sausage and luncheon meats may contain Soya beans

Butter and margarine:

Oleo margarine and butter substitutes

Sweets:

Soya flour is used in hard sweets, nut sweets and caramel. Lecithin is invariably derived from Soya bean and is used in sweets to prevent drying out and to emulsify the fats

Milk:

Soya milk substitute

Ice cream

Fresh Soya sprouts:

These are often served as a vegetable, especially in Chinese dishes

Soya Bean products:

e.g. Textured vegetable protein (T.V.P.)

Some soups

IN SUMMARY, remember that Soya is often used as Soya flour, Soya oil, milk substitute, and as a replacement for nuts, try and anticipate any inadvertent contact with Soya beans and their products.