

Soy-restricted Diet Information

Source of soy: Soy is a legume and is increasingly found in processed foods in the United States. Soy products and ingredients include:

- Soy flour
- Soy sprouts
- Soy milk
- Soy nuts, granules
- Soy protein
- Textured vegetable protein (TVP)
- Hydrolyzed plant, soy, & vegetable proteins
- Natural & artificial flavorings
- Vegetable gum & starch

Soy-containing foods:

- Miso
- Soy sauce
- Worcestershire sauce
- Tofu
- Tamari
- Tempeh
- Vegetable broth
- Some baked goods

What people need to know: Most people with soy allergies may be able to tolerate soy lecithin and soy oils. These substances are fat-based and most people are allergic to soy protein.

HMR[®] product restrictions:

The following products contain soy protein or soy ingredients:

- HMR 120 Shakes
- HMR 500 Chicken Soup
- All HMR BeneFit[®] Bars
- Mexican-Style Bean and Beef Enchiladas with Sauce
- Vegetable Stew with Beef
- Savory Chicken (soy flour)
- Five-Bean Casserole (soy sauce)
- Turkey Chili with Beans
- Mushroom Risotto
- Beef Pot Roast with Vegetables and Gravy (soy protein)
- Beef Stroganoff with Noodles (soy sauce & soybean oil)
- Pasta Fagioli (vegetarian sausage)

The following products contain soybean oil or lecithin derived from soy:

- HMR 500, 800, and 70 Plus Shakes
- Chicken Creole
- Cheese and Basil Ravioli with Tomato Sauce

The following products may be used without restriction:

- Chicken with Barbeque Sauce with Rice and Beans
- Chicken Pasta Parmesan
- Lasagna with Meat Sauce
- HMR Multigrain Hot Cereal

Background Information:

Allergy to soy most often occurs in infants and is often outgrown by age two. Occasionally this allergy persists into adulthood.

Studies show that people who are allergic to soy are reacting to the protein found in soy, and many may be able to safely tolerate soy lecithin and soy oil. These ingredients are processed to remove soy protein. Patients need to be clear as to whether they need to avoid only soy protein and can have these other soy-based ingredients in their diet. If they are sensitive to all soy ingredients, they cannot have soy oils and soy lecithin.

Sometimes women with a history of estrogen-receptor positive breast cancer are advised to avoid soy. There is a school of thought that the phyto-estrogens in soy may promote the growth of these cancer cells, although studies are inconclusive to date. They should consult with their physician as to whether they need to avoid all soy products or only those that contain soy protein.