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Soy Food Avoidance

All Soy Should Be Organic/GMO-Free

Food/Ingredients:

1. Soy, soya, soybean, shoyu
2. Soy cheese, soy meats, vegetarian burgers, soy cheese, soy nut butter, soy milk, soy yoghurt
3. Soy protein/soy protein isolate
4. Tofu, edamame, miso, tempeh, natto
5. TVP (Textured vegetable protein), TSF (textured soy flour), TSP (textured soy protein), HVP (hydrolyzed vegetable protein).
6. Soy ice cream, Tofutti

Condiments/Oils:

1. Soy sauce, Tamari, Teriyaki
2. Soybean oil
3. "Vegetable": oil, protein, shortening, broth, etc.
4. Partially hydrogenated soybean oil
5. Natural/artificial flavoring

Supplements:

1. Soy isoflavones
2. Soy Lecithin
3. Vitamin E capsules