Soy Sources and Hidden Sources

Soy Ingredients on Labels and Packages

The following are common ingredients that you may read on packages and labels. They may be from soy, but can also be from other sources:

- Bouillon
- Hydrolyzed plant protein (HPP)
- Hydrolyzed vegetable protein (HVP)
- Lecithin
- Mono- and di-glycerides
- MSG (monosodium glutamate)
- Natural flavor
- Teriyaki sauce
- Textured plant protein
- Textured vegetable protein (TVP)
- Vegetable broth
- Vegetable oil
- Vegetable protein concentrate

These ingredients are created from soy that has been processed in some way:

- Hydrolyzed soy protein (HSP)
- Soy (albumin, cheese, fiber, grits, milk, nuts, sprouts, yogurt, ice cream, pasta)
- Soy lecithin (see above)
- Soy protein (concentrate, hydrolyzed, isolate)
- Soybean oil (see above)

These ingredients may or may not contain soy. Call the manufacturer of the product of interest to find out the source of the ingredient.

- Bulking agent
- Emulsifiers
- Gum arabic
- Guar gum
- Lecithin
- Mixed tocopherols (types of Vitamin E)
- Natural flavoring
- Stabilizer
- Thickener
- Vegetable gum, starch, shortening, or oil
- Vitamin E

Other Names for Soy

Soy is a common ingredient in many Asian cuisines, and may be identified by its name in other languages. Some of the names for soy are:

- Bean curd
- Bean sprouts
- Edamame (fresh soybeans)
- Kinako
- Miso (fermented soybean paste)
- Natto
- Nimame
- Okara
- Shoyu
- Soy sauce
- Soya
- Soybean (curds, granules)
- Tamari
- Tempeh
- Tofu (dofu, kori-dofu)
- Yuba

Common Soy Foods

- Soybean sprouts
- Soy cheeses
- Soy flakes
- Soy grits
- Soy milk
- Soy noodles
- Soy nuts
- Soy sauce
Food Sources of Soy

The following commercially prepared foods either always contain soy or may contain soy. Note that this is a partial list only. Read ingredients carefully. If in doubt, don't eat it!

- Baked goods and baking mixes
- Bouillon cubes
- Breakfast cereals
- Butter substitutes
- Candies and caramels
- Cheese substitutes
- Chicken (raw or cooked) that is processed with chicken broth
- Chicken broth
- Chocolate
- Coffee substitutes
- Deli meats/cold cuts
- Energy bars, nutrition bars
- Hamburger extenders
- Ice cream
- Imitation dairy foods, such as soy milks, vegan cheese, or vegan ice cream
- Infant formulas
- Lecithin
- Macaroni
- Margarine
- Margarine
- Mayonnaise
- Meatloaf
- Meat products with fillers, for example, burgers, hot dogs or sausages
- Milk substitutes
- Nutrition supplements (vitamins)
- Peanut butter and peanut butter substitutes
- Processed cheeses
- Protein powders/shakes/supplements
- Salad dressings
- Sauces, gravies, and soups
- Sherbets, sorbets
- Smoothies
- Vegetable broth
- Vegetarian meat substitutes: veggie burgers, imitation chicken patties, imitation lunch meats, imitation bacon bits, etc.
- Vegetable oils

Non-Food Sources of Soy

Around the home

- Artificial fire logs
- Candles
- Carpet backing
- Cleaning products
- Crib mattresses
- Inks and Toners
- Pet food
- Synthetic fabrics
- In the medicine cabinet
- Cosmetics
- Hand sanitizer
- Lotion
- Medications, vitamins, and supplements (used as fillers and bulking agents)
- Shampoo and conditioner
- Soap
- In the toybox
- Crayons
- Modeling dough
- Puzzles, games, or board books printed with soy-based inks
- Stuffed animal filling
- Industrial, auto, and building supplies
- Diesel additives
- Engine oils and lubricants
- Fertilizer
- Flexible foam used in furniture padding
- Insecticides and fungicides (soy oil may be used as a natural alternative)
- Plastics
- Solvents: paint stripper, graffiti remover
- Soy biodiesel
- Spray foam insulation
- Stains and sealers
- Waxes