



Soya

Planning Your Diet



Eating and Cooking without Soya

If your results have shown an **ELEVATED** reaction to soya it is recommended that you avoid or reduce your consumption of soya.

Soya is favoured by vegetarians as it is an excellent source of protein, is low in saturated fats and is cholesterol free.

For vegetarians whose main source of protein is soya, it is important that protein is supplemented through alternative food sources.

Foods to avoid

Soya can be found in many foods such as:

- Soya beans, green soybeans (eg in edamame)
- Soya sauce (tamari, shoyu, teriyaki sauce)
- Soya yoghurt, dairy-free yoghurts
- Soya milk, dairy-free milks, coffee substitutes, non-dairy creamers
- Soya-nut butter
- Soya nuts
- Some processed cheeses
- Tofu and tofu products, textured vegetable protein
- Vegetarian and meat ready-meals
- Hot dogs, sausages
- Instant potatoes, dry pizza mixes
- Vegetarian 'meat' products such as veggie burgers and veggie sausages
- Some breads, bread rolls and crackers may contain soya
- Canned and packaged foods
- Biscuits, frozen foods, pizzas and noodles
- Pancake mixes
- Chocolate, breakfast cereals, ice-cream, margarine, sweets
- Infant formulas, soya-based
- Non-dairy frozen desserts
- Tuna (canned, "packed in water"- read the fine print: most contain vegetable broth, which is made from soybeans)
- Oyster sauce (most brands contain soya protein)
- Vegetable broth (frequently contains hydrolysed vegetable protein from soya)
- Non-dairy whipped topping
- Commercially made cakes, dumplings, ice-cream cones, pies, puddings, doughnuts
- Pretzels, potato crisps, corn chips
- Worcestershire sauces, some steak sauces
- Commercial soups



Note: Soya may be hidden in many foods and so it is important to always read the food ingredient labels carefully before purchase. Across is a checklist of the main product ingredients that may contain soya.



What to look for (and avoid) on food ingredient labels:

Soya protein is derived from soya bean and is processed into:

- **Soya mince**
- **Soya flour**
- **Soya cream**
- **Soya oil** (*though safe for the majority of soya-intolerant people*)
- **Soya cheese**
- **Soya nuts**
- **Soya meal**
- **Soya chunks**
- **Soyafibre**
- **Soya lecithin** (*extracted from soya oil, though safe for the majority of soya-intolerant people*)
- **Soya yoghurt**
- **Soya milk**
- **Soya sprouts**
- **Soya margarine**
- **Soya isolate fibre** (also known as structured protein fibre [SPF])
- **Soya flour** (used in most muffins, some doughnuts, many breads and other bakery goods)
- **Soya grits**
- **Soya protein isolates** (isolated soya protein)
- **Soya protein, textured**
- **Soya flakes**
- **Soya sauces**
- **Shoyu**
- **Miso**
- **Tamari**
- **Tempeh**
- **Teriyaki**
- **Tofu**
- **Textured Vegetable Protein (TVP)**
- **Natto**
- **Yuba**
- **Hydrolysed vegetable protein (HVP)**
- **Okara**
- **Soya bran**
- **Textured soya flour (TSF)**





Alternative foods to eat and useful tips for soya-free baking

It is relatively easy to avoid soya unless you are a vegetarian or vegan who relies on soya as a meat substitute, however the following foods are all soya-free:

- Breads, rolls, bagels, crackers, waffles, pancakes not containing soya flour or soya milk
- Cereals not containing soya such as *Weetabix*, porridge oats
- Rice, wild rice, brown rice, potato, sweet potato, soya-free noodles, macaroni, pasta, couscous
- Grains such as quinoa, amaranth, millet and buckwheat
- Lentils, beans eg kidney beans, aduki beans and chickpeas
- Fresh, frozen and canned vegetables
- Fresh, cooked, canned and dried fruits
- Cow's, goat's, sheep's milk, cheese and yoghurts
- Rice, oat, almond, coconut, hazelnut, quinoa and hemp milks
- Plain meats, most cheeses, eggs
- All nuts except soy nuts, seeds
- Home-made ice-cream, pastries, puddings, puddings, pies, cakes, doughnuts
- Home-made sauces
- Honey, jelly, jam, sugar
- Home-made popcorn, rice cakes
- Butter
- Soya-free spreads
- Avocado, tahini (sesame paste) and nut butters
- Home-made salad dressing and mayonnaise
- Fresh spices and seasonings
- Fresh beef or chicken stock
- Coffee, tea, fruit juices, carbonated beverages, vegetable juices
- Home-made soups, noodle soups made with soya-free noodles
- Vegetable oils (rapeseed, sunflower) and olive oil
- Cashew, almond and oat cream (*eg Oat Supreme*)
- Soya-free ice-cream (*eg Oat Supreme*)



Refer to **Food Directory – Vegetables; Soya-free Meal ideas** and **Websites for free-from foods** for further information.

Soya-free Recipes

Almond/ Cashew Cream

(an alternative vegan cream)

Ingredients:

- 1 cup almonds or cashews
- ½ cup water
- ½ teaspoon vanilla, optional
- 1 tablespoon maple syrup, optional

Blend together, chill and serve.

Note: 1 cup = 250 ml

Homemade Vanilla Ice Cream

Ingredients:

- ½ pint (250ml) single/light cream
- small tin of condensed milk
- 1-2 teaspoons vanilla extract (according to taste)

Preparation:

Pour all ingredients into a mixing bowl and mix until smooth.

Transfer the whole mixture into an ice cream maker and freeze according to the manufacturer's instructions.

Carrot, Apple and Raisin Cake

Ingredients:

- 225g/8oz self-raising flour
- ½ tsp baking powder
- ½ tsp salt
- 1 tsp ground cinnamon
- 5 tbsp vegetable oil
- Grated zest of 1 orange plus 4 tbsp juice
- 140g/5oz muscovado sugar
- 140g/5oz finely grated carrot
- 1 medium eating apple, peeled, cored, and grated
- 85g/3oz raisins
- 50g/2oz pumpkin seeds
- Icing sugar, for dusting

Preparation:

1. Heat oven to 180°C/fan 160°C/Gas mark 4.
2. Grease a 20cm round cake tin. Mix the flour, baking powder, salt and cinnamon in a large bowl.
3. In a separate bowl mix together the oil, orange juice and sugar
4. Add the orange mixture to the flour along with the grated carrot and apple, orange zest, raisins and pumpkin seeds.
5. Then stir until really well mixed. Spoon into the prepared tin.

Bake for 50 mins – 1 hr until the cake pulls from the side of the tin. Cool on a rack before removing from the tin. Dust with icing sugar and serve.

Grocery List for Soya-Free Diet

Many foods contain **Soya** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves

Tomatoes

Avocado

Radish

Beetroot

Onions

Cabbage

Mushrooms

Peas

Sweetcorn

Broccoli

Cauliflower

Garlic

Carrots

Green beans

Sweet potatoes

Baking potatoes

Oranges/satsumas

Strawberries

Raspberries

Blueberries

Bananas

Apricots

Frozen fruit

Dried fruit

Meat, Fish, Eggs and Alternatives

Chicken

Turkey

Beef (occasional)

Wild game

Fresh fish – cod, haddock, tuna, salmon, mackerel, trout

Tinned fish – pilchards, salmon, sardines, tuna (occasionally)

Prawns

Eggs

Beans and Pulses

Kidney/haricot/pinto/cannellini/ aduki/black-eye/butter beans

Mixed organic beans

(tinned is fine)

Chickpeas

(add to soups & salads)

Lentils (mix with rice)

Dairy and Dairy Alternatives

Milk – skimmed, semi-skimmed

almond/rice/coconut/oat milk

Cheese (in moderation)

Cottage cheese

Feta / Mozzarella

Goat / Sheep milk

Natural bioyoghurt

Organic Spread (eg Pure, Biona)

Butter

Fruit yoghurts (in moderation)

Rice and Pasta

Wholewheat or spelt pasta

Basmati or brown rice

Organic Buckwheat pasta or

Brown rice pasta

Brown rice spaghetti (Waitrose)

Rice or buckwheat noodles

Quinoa

Spaghetti

Bread and Snacks

Seeded or Granary bread

Rye or Pumpernickel bread

(eg Schneider Brot rye bread)

Village Bakery Borodinsky bread

Livwell bread & multigrain buns

Oatcakes (eg Nairns)

Rice Cakes

Ryvita – seeded or plain Multigrain

Corn Thins (eg Realfoods)

Snacks

Dips – hummus, guacamole

Raw nuts – brazils, almonds,

cashew, pecans, walnut

Raw seeds – pumpkin, sunflower,

sesame, flax/linseed,

Whole Earth peanut butter

Bounce Protein Balls

Wholebake 9Bar snacks

Fruit conserve

Dressings – dairy free

mayonnaise (eg Plamil, Granovita),

olive oil & balsamic vinegar

Breakfast cereals

Homemade muesli

(oats, rye and barley flakes,

buckwheat flakes, rice flakes, flaked

coconut, raisins, dried dates,

pumpkin & sunflowerseeds, nuts)

Porridge or millet (warmed with milk)

Oat cereal (eg Oatibix)

Cornflakes / Rice Crispies /

Shreddies

Doves Farm Rice &

Buckwheat Cereal

Drinks

Fruit juice – orange, apple, tomato

WATER

Smoothies (eg Innocent)

Herbal teas – peppermint, fruit tea

Rooibosch

