

Item	Foods to Enjoy	Foods to Avoid
Vegetables	<ul style="list-style-type: none"> • Fresh, frozen and canned vegetables and their juices 	<ul style="list-style-type: none"> • Vegetable dishes made with soy or unknown ingredients • Commercial vegetable products; Soy sprouts, mixed sprouts
Fruit	<ul style="list-style-type: none"> • Fresh, frozen and canned fruits and their juices 	<ul style="list-style-type: none"> • Some commercial canned fruit products • Fruit dishes containing soy products
Salads	<ul style="list-style-type: none"> • Salads with allowed ingredients 	<ul style="list-style-type: none"> • Salads with sprouts • Salads containing soy, tofu or unknown ingredients • Salads containing imitation bacon bits • Salad dressing containing soy
Grain Products	<ul style="list-style-type: none"> • All grain products with allowed ingredients 	<ul style="list-style-type: none"> • Commercial and homemade breads and baked goods containing soy • Baking mixes, pancake mixes* • Cereals, infant cereal containing soy, mixed grain cereals • English muffins, multigrain bread* • Granola, granola bars* • High protein flour and bread* • Soy flour, soy grits • Stuffing • Some frozen French fries, soy pasta
Milk & Alternatives	<ul style="list-style-type: none"> • All with allowed ingredients 	<ul style="list-style-type: none"> • Soy milk or beverage • Milk or cream replacers • Soy cheese, tofu cheese, cheese substitutes • Soy yogurt
Meat & Alternatives	<ul style="list-style-type: none"> • Fresh, frozen meat, poultry, fish • Fish canned in water • Plain eggs • Plain legumes except soy and tofu • Plain pure legumes (lentils, beans, peas) • Plain, pure nuts and seeds • Pure nut and seed oils and butters (almond, tahini, peanut butter) 	<ul style="list-style-type: none"> • Meat, poultry, fish dishes with soy • Meat products that may contain soy including: cold cuts, luncheon meat, hamburger patties, meat pies, minced beef, sausages, imitation bacon bits (check label) • Soy products – Edamame, tofu, textured vegetable protein, miso, vegetarian meat replacers, veggie burgers, soy nuts, tempeh • Meat extenders, paste or pâté • Tuna or fish canned in oil

Item	Foods to Enjoy	Foods to Avoid
		<ul style="list-style-type: none"> • Eggs, legume dishes prepared with soy, nuts or mixes containing soy • Nuts or oils from undisclosed origin • Bean mixtures, mixed beans, mixed bean salads
Soups	<ul style="list-style-type: none"> • Homemade meat, poultry, vegetable soup stocks 	<ul style="list-style-type: none"> • Some bouillon cubes, commercial soups, dried soup mix packages
Oils & Fats	<ul style="list-style-type: none"> • Butter, cream, gravy made with meat drippings, lard • Peanut oil, pure olive oil spray • Pure vegetable, nut or seed oils with specified source • Cocoa butter • Homemade salad dressing with allowed ingredients 	<ul style="list-style-type: none"> • Margarine unless oil sources known • Soy oil, vegetable oil, vegetable oil spray, soy butter, shortening • Salad dressing with soy, soy oil, or unknown oil
Desserts & Sweets	<ul style="list-style-type: none"> • Homemade desserts, cookies, candies, cakes, muffins made with allowable ingredients • Soy free ice cream, frozen desserts and dessert mixes • Corn syrup, molasses, maple syrup, plain sugar, honey, • Pure chocolate, cocoa, jams, jellies 	<ul style="list-style-type: none"> • Cake icing, chocolate, chocolate bars, cookies, candies • Frozen desserts made with soy
Fluids	<ul style="list-style-type: none"> • Tea, herbal tea, coffee • Carbonated beverages • Fruit juice 	<ul style="list-style-type: none"> • Coffee replacements • Eggnog, milkshakes, some malted and chocolate drinks • Soy-based infant formula • Nutritional supplements such as Boost
Miscellaneous	<ul style="list-style-type: none"> • Pure herbs, spices • Blends of herbs, spices without added oils • Ketchup, mustard, pickles, relish, Tabasco®, vinegar 	<ul style="list-style-type: none"> • Hydrolyzed plant protein (HPP) • Hydrolyzed vegetable protein (HVP) • Texturized vegetable protein (TVP) • Imitation bacon bits • Sauces: barbeque, oriental, soy, tamari, miso, Worcestershire • Seasonings with undisclosed ingredients • Some frozen French fries • Chewing gum (check label)

Notes: *Check label for sources of soy listed in Miscellaneous section.

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN) *Soy Free Diet*, 2012
- Government of Canada, Health Canada, "Soy - A priority food allergen", 2017