

# Soy-Free Start-Up Shopping Guide

*Excerpted from The Soy Deception,  
by David Brownstein, M.D. and Sheryl Shenefelt, C.N.*

## **Always Read Labels**

Do *not* purchase foods that contain any form of soy flour, isolate, concentrate, lecithin, or protein. Be wary of baby formulas, baked goods, crackers, marinades and sauces, mayonnaise, soups, dressings, veggie burgers, meat substitutes, dairy substitutes, ice cream, protein powders, and protein bars that may have soy.

## **Look At Allergen List On Labels**

Since soy is one of the top eight allergens, manufacturers are now required to state on the label if there are any soy ingredients, just as they must identify the other major food allergens - milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, and wheat.

## **Limit Processed And Packaged Foods**

By limiting processed and packaged foods, you help to ensure you are not ingesting soy. Soy flour, soybean oil, soy protein, and soy lecithin are common ingredients in many foods. Making foods at home from fresh ingredients or eating at restaurants you trust is highly recommended.

### **Avoid Soy Infant Formula**

Soy infant formula is not a good choice for babies even if they cannot be breastfed or cannot tolerate cow's milk formulas. For more information on alternatives, please refer to the children's health section at [www.westonaprice.org](http://www.westonaprice.org).

### **Foods You Can Eat**

Foods that you can eat include any items that do not contain soy or any soy derivative. Also, fermented forms of soy including miso, natto, and tempeh can be included in moderation. It is important to know whether the places you are going will have foods that you can eat.

### **Avoid Protein Bars And Powders**

Most protein bars and powders use non-fermented soy as the source of protein. Be sure to double check labels and call manufacturers to be certain there is no soy protein isolate or concentrate in the product.

### **Try Coconut Milk**

If you are avoiding dairy, instead of using soy milk, a healthy alternative is coconut milk. Rich in medium-chain-fatty acids and lauric acid, coconut milk is a wonderful health food. It's great in smoothies, for homemade ice cream, to make cream sauces, or in oatmeal!