

SOY

Most people react to the protein portion of soy. Usually soy fat/oil does not cause reactions. Fermented soy as is found in traditional Asian diets are also better digested and tolerated. SOY, DAIRY and WHEAT proteins all use the same digestive enzymes and is the reason why most people who have problems with one of these foods, usually end up having to avoid the other two as well.

RAW SOY	FERMENTED SOY	FAT	SUBSTITUTES
Soy Milk Soy Cheese Soy Ice-cream Soy Sauce Soy Beans Soy Flour Soy Protein	Miso Tofu Tempeh Tamari	Lecithin (<i>emulsifier</i>) Soy Bean Oil	Rice milk Almond milk Hazelnut milk Other nut milks Coconut milk/cream Oat milk Pea Protein Sprouted Rice Protein Sorbets without milk Coconut ice-cream Fruit popsicles Nut cheeses

SOY **may** also be found in the following foods:

- Breads
- Gluten Free products
- Bologna, Cold meats, Salamis, Hams, Bacon, Sausages
- Cakes, Cookies, Biscuits
- Baking mixes, pancake mixes
- Seasoned/flavoured potato chips

Lecithin as an emulsifier is found in a lot of food products including chocolate. Very rarely do we find this to be a problem. However, each person is different and it's always best to follow the advice of your healthcare practitioner.