Soy Allergy

While soy may not be our main food source it is used in a lot of the products we eat making it difficult for people to avoid it. Knowing some of the names that soy goes under can help when reading labels. A few of the terms are edamame, tofu, and bean curds and some products to avoid are bean sprouts, meal replacement bars, sauces, vegetarian dishes, and meat with fillers.

Net Nutrition can help you eliminate the products that contain soy. Also, meeting with Sue Philbrook, Union Drive Marketplace Food Service Supervisor in charge of special diets, can help you make out a menu for the dining centers to make sure the foods you eat are safe. You can contact her through email at sueph@iastate.edu or phone at 515-294-4109.

For more information:

NetNutrition - Resource for finding foods safe to eat

USDA Food Allergies – Excellent resource on finding out more information

Food Allergies and Anaphylaxis Network - Good resource for learning key words used on labels