

SOYBEANS PAGE 1

SOYBEAN

Soybeans are often used in processed foods and can also be chemically converted into plastic. When purchasing prepared foods, consider soy as a possible ingredient if the label says “*vegetable oil, vegetable broth or textured vegetable protein*”. Most restaurants and fast-food chains cook with soy oil or flour. Soybean flour is used by many bakers in dough mixtures (breads, cakes, rolls, biscuits, crackers, and pastries), to keep them moist and fresh for longer.

Soy derivatives: lecithin and glycerin.

COMMON FOOD WITH SOY

Artificial meats and nuts

Baby foods

Bakery goods

Cake mixes

Candies:

 Caramels

 Carob chips

 Chocolate chips

 Hard candies

 Nut candies

Coffee substitute

Custard

Cereal

Energy Bars

 Power Bar, Slimfast

Fried in soy oil:

 Corn chips

 Potato chips

Pastas:

 Macaroni

 Noodles

 Spaghetti

Peanut butter (some)

Processed cheeses (some)

Salad dressings

Sauces

 Soy sauce

 Steak sauce

 Worcestershire sauce

Tortilla chips

Ice cream (diary and tofu)

Margarine/ butter substitutes

Meats

 Canned meats and fish

 Hamburgers (fast food)

 Luncheon meats

 Pork-link sausages

Milk substitutes:

 Infant formulas

 Non-dairy creamer

 Soy Milk

Medications

 Nitroglycerin

Nuts

 Any roasted in soy oil

 Soy bean

Oil

 Crisco

 Spry

Soups

Tofu

Tuna (packed in vegetable oil)

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Other Nonfood Sources:

Adhesives
Automobile parts
Blankets
Candles
Dog Food
Linoleum
Lubricating oil

Soap
Telephones
Textile finishings
Toys
Varnish
Vitamins
Massage Cream

Printing Ink
Paint
Cosmetics