



## Natural Life Consulting, LLC

7 Hodges Street, North Andover, MA 01845

339-368-7551 fax: 978-409-1269

<http://NaturalLifeConsulting.com>

### FOOD INGREDIENTS CONTAINING SOY

#### Ingredients which MAY contain soy (call the manufacturer):

Akara  
Beans, fermented  
Diglycerides  
Edamame  
Fish sauce  
Glycine max  
Hydrolyzed plant protein  
Hydrolyzed soy protein  
Hydrolyzed vegetable protein  
Isolates  
Isolated vegetable protein  
Lecithin  
Low fat oils  
Kyodufu  
Margarine  
Mayonnaise  
Methylcellulose  
Miso  
Monodiglyceride  
Monosodium glutamate  
Natto  
Okara  
Oyster sauce  
Shoyu sauce  
Soya  
Soya flour  
Tamari  
Tempeh  
Textured soy protein  
Textured vegetable protein  
Tofu  
Yaki dofu  
Yuba

Vegetable broth  
Vegetable fat  
Vegetable gum  
Vegetable meal  
Vegetable oil  
Vegetable protein  
Vegetable starch  
Natural flavor  
Flavoring

NOTE: the FDA does not require soybean oil to be listed on labels