

## Soy Allergies

UNI Dining Services is more than happy to assist you with avoiding soy products.

Please ask a manager of the residential restaurant where you dine for assistance with your allergies. If you would like to set up an appointment with the Dining Services Dietitian at UNI Dining Services, please call (319) 273-2205 or email her at: [Lisa.Krausman@uni.edu](mailto:Lisa.Krausman@uni.edu).

Be aware that nutrient analysis, ingredient and allergen information will be on our web site under daily menus: <http://www.uni.edu/dor/dining.shtml>. Click on 'Menus' in the right hand column then choose a venue. Click on the big red apple for a food made available during that meal. To view nutrient analysis and ingredients click on your food of choice. There is a possibility that formulations may change from manufacturers, so **do not hesitate** to ask questions while in the dining commons.

### **When in the UNI residential restaurants, be aware to:**

- Currently, the dining commons uses **soybean, canola and olive oils** for any recipe that calls for oil. Additionally, we purchase many items that contain soybean oil in them.
- **Avoid any sauces** as there is a great possibility that soybean oil is an ingredient. Check with the cook for ingredients if there is a sauce that you would like to try.
- Avoid any foods that are **deep fried** as the oil for deep frying is soy based.
- If there is a stir-fry area, ask for a clean pan and use olive oil. If you do not see it, please ask the staff for assistance.
- **Pasta** will have oil added to keep it from sticking together. Ask the cook what type of oil is used to ensure you are not consuming any soy. Pan spray does contain soybean oil. Always ask the chef or head cook.
- **Breads** tend to have soy in them. If there is a type of bread that is safe for you, please talk to a manager about the possibility of us purchasing that bread for you.
- The **many of the mixes** used in the bakery contains soybean oil and soy flour.
- If you have a favorite soy free salad dressing, please talk to a manager about the possibility of us purchasing that bread for you. The dining commons always have balsamic vinegar and olive oil available.
- Soy is also referred to as soya, soybean, or Glycine max.
- In the U.S., approximately 79% of all edible oils consumed is soybean oil. It is most commonly used in food manufacturing and food service operations.

- **The grill oil and pan spray that is used in the kitchen for most recipes contains soybean oil.** Speak to the cook to see if something can be done on the side with olive oil for you.
- If you have a soy allergy, avoid the following ingredients, and keep in mind that this is not a complete list\*

<ul style="list-style-type: none"> <li>• Edamame soy bean</li> <li>• Hydrolyzed soy protein</li> <li>• Lecithin</li> <li>• Miso</li> <li>• Modified food starch</li> <li>• Natto</li> <li>• Shoyu sauce</li> <li>• Soy albumin</li> <li>• Soy beans (curds, granules)</li> </ul>	<ul style="list-style-type: none"> <li>• Soy concentrate</li> <li>• Soy cheese</li> <li>• Soy flour</li> <li>• Soy grits</li> <li>• Soy meat, soy meal</li> <li>• Soy milk, soy ice cream</li> <li>• Soy nuts</li> <li>• Soy oil</li> <li>• Soy protein concentrate</li> </ul>	<ul style="list-style-type: none"> <li>• Soy protein isolate</li> <li>• Soy sauce</li> <li>• Soy sprouts</li> <li>• Soy yogurt</li> <li>• Tamari</li> <li>• Tempeh</li> <li>• Textured soy protein (TSP)</li> <li>• Textured vegetable protein (TVP)</li> <li>• Tofu</li> </ul>
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The following are label ingredients\* that *may* contain the presence of soy protein:

Hydrolyzed plant protein Hydrolyzed vegetable protein Natural flavoring Vegetable broth Vegetable gum Vegetable starch
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\*A special thanks to Julia Salmon, MS, RD for giving permission to reprint this material

### **Eating out at a Restaurant**

If you are dining out at a restaurant, you may want to make a card (adjust accordingly to your allergies/reactions) on your computer that states:

<p>I must <b>avoid soybean, soybean oil, lecithin, TVP and tofu.</b> Please inform me if any food I ordered contains any of these allergens. Cross contamination of utensils, gloves and equipment can cause me to (list reaction here). Thank you very much.  <b>Name</b> (gives reference to cook/manager)</p>
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- This gives the wait staff a quick education especially if there has been no food allergy/food intolerance training in that restaurant.

### **Menu Options for Soy Allergy Menu**

UNI Dining Services is more than happy to assist you but you do need to communicate with our staff so you will have options available.

**Disclaimer**

*The possibility exists that manufacturers may change their formulation without our knowledge. UNI Dining Services will assume no liability for any adverse reactions that may occur in the residential restaurants.*

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