

Eating Soy-Free at UMass



Questions or concerns

Please ask the cashier to radio the manager so they can assist immediately.

Items from the Kitchen

If you see an item with soy at a station next to a food you would like but worry about cross contact, please ask the staff to get a portion of the desired item from the kitchen for you.

Identifying Soy as an Allergen

UMass Dining identifies the soy allergen for any product that contains soy oil, soy lecithin or soy protein.

Sushi

The crab sticks used contain soy. If you have a severe allergy, call ahead at least 1 hour in advance to request your sushi is made separately to avoid cross contact. Soy sauce is not in the recipe but it is served on the side for self-service. Please inform the manager of the facility if you have a soy allergy so precautions can be made to ensure your safety.

Canola and Olive Oils

These oils are used in the dining commons recipes. No soy oil is used as an ingredient in recipes.

Please note that cooking does not destroy allergens.

Breads

Breads that are purchased may have soy in them. Check the UMass Dining app/web site to see if the UMass Bake Shop breads have soy in them.

Desserts

Desserts may also have soy ingredients due to purchased mixes. Some recipes made from scratch may not contain soy in them. Please check our website, app or menu identifier to view ingredients and/or allergens.

Fresh Fruit

Fresh fruit is always soy free, however if fresh fruit is below the desserts/other menu items with soy and you fear cross contact, please ask a manager to get fruit from the kitchen.

Avoid Deep-Fried Foods

As the deep fryer may be contaminated with soy from other products.



Hidden Soy Ingredients

If you have a soy allergy, avoid the following ingredients, and keep in mind that this is not a complete list:

- Edamame Soy Bean
- Hydrolyzed Soy Protein
- Miso
- Natto
- Shoyu Sauce
- Soy Albumin
- Soy Beans
- Soy Concentrate
- Soy Cheese
- Soy Fiber
- Soy Flour
- Soy Grits
- Soy Meat, Soy Meal
- Soy Milk, Soy Ice Cream
- Soy Nuts
- Soy Oil
- Soy Protein Concentrate
- Soy Protein Isolate
- Soy Sauce
- Soy Sprouts
- Soy Yogurt
- Tamari
- Tempeh
- Textured Soy Protein (TSP)
- Textured Vegetable Protein (TVP)
- Tofu

Hidden Soy Ingredients

The following are label ingredients that may contain the presence of soy:

- Hydrolyzed Plant Protein
- Hydrolyzed Vegetable Protein
- Lecithin
- Modified Food Starch
- Natural Flavoring
- Vegetable Broth
- Vegetable Gum
- Vegetable Starch

Thank you to Julia Salomon, MS, RD for giving permission to reprint this material.