

# 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 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.

## Asian & Stir Fry Stations

Avoid these stations as they use many sauces/ingredients that contain soy.

**Please note that cooking does not destroy allergens.**

## Breads

Purchased breads may have soy in them. Check the UMass Dining app/website 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.

## Canola and Olive Oils

These oils are used in the dining commons recipes. No soy oil is used as a main ingredient in recipes but could be an ingredient in foods that we purchase.

## 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 soy:

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

**Please note that cooking does not destroy allergens.**