

# Eating Soy-Free at UMass



## Questions or Concerns

Please ask the cashier to call 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 a manager or supervisor 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 surimi (crab sticks) at the Sushi station contain soy. If you have a severe allergy, ask the manager the meal before to request that 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 if you have a soy allergy.

## Asian & Stir Fry Stations

Avoid these stations as they use many sauces/ ingredients that contain soy. If you want a stir fry without soy allergens, please speak to the manager of the dining commons.

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



## Breads/Desserts

Please check the menu identifiers or UMass Dining app/website to view ingredients and/or allergens. Deli/Grill Stations – breads/rolls are in the package so you can review the ingredients.

## 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 have been in contact with soy from other products.



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## Hidden Soy Ingredients

If you have a soy allergy, avoid the following ingredients.

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
- Hydrolyzed Plant Protein
- Hydrolyzed Vegetable Protein
- Lecithin
- Modified Food Starch
- Soy Yogurt
- Tamari
- Tempeh
- Textured Soy Protein (TSP)
- Textured Vegetable Protein (TVP)
- Tofu
- Natural Flavoring
- Vegetable Broth
- Vegetable Gum
- Vegetable Starch

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