

MILK AND SOY FREE DIET

Where Is Soy Found?

A great many foods already in your kitchen cupboard contain products that contain some type of soy food. Listed below are the terms associated with soy foods:

- **Hydrolyzed vegetable protein (HVP)** is a protein obtained from any vegetable, including soy beans that are a flavor enhancer that can be used in soups, broths, sauces, gravies, flavoring and spice blends, canned and frozen vegetables, meats and poultry.
- **Lecithin** is extracted from soybean oil and is used in foods that are high in fats and oils to promote stabilization, antioxidation, crystallization, and spattering control. It is used as an emulsifier in chocolate. Most infant formulas contain soy lechithin.
- **Miso**, used to flavor soups, sauces, dressings, marinades and pâtés, is a rich, salty condiment made from soy beans and a grain such as rice.
- **Mono-diglyceride**, another soy derivative, is used for emulsion in many foods.
- **Monosodium glutamate (MSG)** may contain hydrolyzed protein which is often made from soy.
- **Natto**, more easily digested than whole soy beans, is made of fermented and cooked whole soy beans.
- **Natural flavors**, listed on ingredient labels may be a soy derivative.
- **Soy cheese**, a substitute for sour cream or cream cheese, is made from soy milk.
- **Soy fiber** whether okara, soy bran, and soy isolate fiber are used as food ingredients.
- **Soy flour**, whether natural, defatted, and lecithinated, is made from finely ground roasted soy beans. They are often used to give a protein boost to recipes.
- **Soy grits**, made from toasted coarsely cracked soy beans, is used as a flour substitute.
- **Soy meal** and soy oil are used in a number of industrial products, including inks, soaps, and cosmetics.
- **Soy milk** is used alone or can be made into soy yogurt, soy cheese, or tofu.
- **Soy oil**, the natural oil extracted from whole soy beans, is the most widely used oil in the United States. Soy oil is used to make most margarines, Crisco and other vegetable shortenings, prepared pasta sauces, worchestershire sauce, salad dressings, mayonnaise, canned tuna, dry lemonade mix, and hot chocolate mix. Most commercial baked goods like breads, rolls, cakes, cookies, and crackers contain soy oil. Some prepackaged cereals are also made with soy oil.
- **Soy protein** can be labeled as soy protein concentrate, isolated soy protein, textured soy protein (TSP), and textured soy flour (TSF). Textured soy flour is widely used as a meat extender. Most soup bouillons contain some form of soy protein. Many meat alternatives contain soy protein or tofu.
- **Soy sauces**, the most common being Tamari (a by-product of making miso), Shoyu (a blend of soy beans and wheat), and Teriyaki (with added sugar, vinegar and spices), are dark brown liquids made from soy beans that have undergone a fermenting process.
- **Soy yogurt**, made from soy milk, is an easy substitute for sour cream or cream cheese. Non dairy frozen desserts are made from soy milk or soy yogurt.
- **Tempeh**, a traditional Indonesian food, is a chunky, tender soybean cake.
- **Tofu**, also known as soybean curd, is a soft cheese-like food made by curdling fresh hot soy milk with a coagulant. It is a bland product that easily absorbs the flavors of other ingredients with which it is cooked. When mixed with other ingredients it can simulate various kinds of meat.
- **Vegetable oil**, a generic term, is usually 100 percent soy oil or a blend of soy oil and other oils.
- **Vegetable protein** is often the term used for soy protein.
- **Vitamin E** contains soy bean oil.

Where is Milk Found?

Avoidance is the key as with any allergy. Besides not drinking milk, a person allergic to milk proteins needs to read product labels carefully. Milk may be a hidden allergen in many processed meats including bologna, hot dogs, pepperoni, salami, and sausage.

These ingredients may contain milk protein –

- ammonium,
- butter,
- artificial butter,
- butter solids/fat,
- calcium,
- caramel color,
- caramel flavoring,
- casein,
- caseinate,
- ammonium caseinate,
- calcium caseinate,
- hydrolyzed casein,
- iron caseinate,
- magnesium caseinate,
- potassium caseinate,
- rennet casein,
- sodium caseinate,
- sodium caseinate solids,
- zinc caseinate,
- cheese,
- cream,
- curds,
- flavoring,
- high protein flour,
- lactalbumin,
- lactalbumin phosphate,
- lactoferrin,
- lactaglobulin,
- lactose,
- magnesium,
- margarine,
- milk,
- buttermilk,
- milk derivative,
- milk fat,
- milk protein,
- milk solids,
- skim milk,
- powdered milk,
- dried milk,
- dry milk solids,
- sour milk solids,
- hydrolyzed milk protein,
- natural flavoring,
- Opta (fat replacer),
- Simplese (fat replacer),
- sour cream solids,
- whey,
- delactosed whey,
- demineralized whey,
- whey protein concentrate,
- whey powder,
- and yogurt.

Be aware that "non-dairy" products may contain casein.

Milk and Soy Free Foods here at Hy-Vee! (*indicates product located in HealthMarket)

BREAD

- Rudi's Organic Bakery – Hamburger Buns (frozen)
- Alvarado Street Bakery – Sprouted Bagels, Whole Wheat Bread* (frozen)
- Panne Provincio-Artisan Breads (Organic) – All flavors (Fresh in our Bakery Department)
- Hy-Vee English Muffins – All flavors (found in our Dairy Department)
- Farm Country – Bread Crumpets (found in our Dairy Department)

COLD CEREAL

- Organic Weetabix Cereal*
- Erewhon – The Original Crispy Brown Rice*
- Barbaras- Shredded Spoonfuls*
- Back to Nature
 - Classic Granola*
 - Apple Strawberry*
 - Apple Blueberry*
 - Raisin*
- Mother's
 - Toasted Oat Bran*
 - Cinnamon Oat Crunch*
- Cascadian Farm
 - Hearty Morning Cereal*
 - Raisin Bran*
- Full Circle
 - Wheat Squares*
 - Raisin Bran*
 - Frosted Flakes*
 - Oat Bran*
- Kashi
 - Autumn Wheat*
 - Strawberry Fields*
 - 7 Grain Puffs*
 - Cinnamon Harvest*
 - Heart to Heart – Wild Blueberry Clusters*
 - 7 Whole Grain Flakes*

HOT CEREAL

- Hodson Mill
 - Oat Bran
 - Cracked Wheat Cereal
- Bob's Red Mill
 - Whole Wheat Farina Hot Cereal*
 - Creamy Rice Hot Cereal*
 - Scottish Oatmeal*
 - Creamy Wheat Hot Cereal*
- Kashi – Heart to Heart Instant Oatmeal*

- Hy-Vee Instant Oatmeal
 - Cinnamon Roll
 - Raisins, Dates, and Walnuts
 - Regular
 - Cinnamon & Spice
 - Raisins & Spice
 - Maple & Brown Sugar
 - Apples & Cinnamon

BAKING MIXES

- Hodgson Mill – Brownie Mix
- Gluten Free Pantry
 - Cake and Cookie Mix*
 - French Bread & Pizza Mix*
 - Perfect Pie Crust Mix*
 - Yankee Cornbread Mix*
 - Spice Cake & Gingerbread Mix*
- Bob's Red Mill
 - Whole Wheat Bread Mix*

BEVERAGES

- Rice Dream – All flavors
- Blue Diamond Almond Breeze – All flavors
- Pacific Natural Foods
- West Soy Rice Beverages
- Full Circle Rice Beverage

COOKING MIXES

- Hy-Vee Mashed Potato Mix
- Betty Crocker Mashed Potato Mix
- Ortega Taco Seasonings

TORTILLAS

- Hy-Vee White Corn Tortillas
- Mission Flour Tortillas

SALAD DRESSINGS

- Walden Farms Dressings
 - Italian
 - French
 - Zesty Italian
 - Raspberry

PROTEIN MIX

- MLO Brown Rice Protein Mix*

MARGARINE

- Fleishmann's Light Margarine

SNACKS

- LaraBar Snack Bars
 - Ginger Snap*
 - Cinnamon Rolls*
 - Apple Pie*
 - Cherry Pie*
 - Chocolate Coconut Chew*
- Hy-Vee Wheat Crackers – Original and Reduced Fat
- Rold Gold pretzels
 - Honey Wheat Braided Twists
 - Tiny Twists
 - Rods
 - Sticks
- Enjoy Life Snack Bars and Cookies – All Flavors*
- Back to Nature
 - Honey Graham Sticks*
- Eat Smart Veggie Crisps*
- Newman's Own Hot Salt and Pepper Round Pretzels*
 - Salted Round Pretzels*
- Kettle Brand Chips
 - Lightly Salted*
 - Salt & Fresh Ground Pepper*
 - Classic BBQ*
 - Honey Dijon*

DELI MEATS

- Dilusso Deli meats-all varieties

The following list contains Hy-Vee dairy-free, soy-free foods. This food list should not take the place of medical advice. Consult your physician if you have any questions. Please read food labels to ensure that you are selecting the correct food products. For further assistance, contact your Hy-Vee dietitian at:

Nikki Ford, MA, RD, LMNT
Registered Dietitian
5020 N 27th St
Lincoln, NE 68521
402-477-4764
1387dietitian@hy-vee.com