

FED WELL BABY SOY FREE GUIDE

CONTAINS SOY

- Edamame
- Bean curd
- Fish sauces
- Kinako
- Koya dofu
- Miso
- Natto
- Nimame
- Okara
- Soybean (curd, granules)
- Soya
- Soybean oil (contains virtually no protein but still an issue for some babies).
- Soy lecithin
- Soy protein
- Shoyu
- Supro
- Tamari
- Tempeh
- Teriyaki sauce, Worcester sauce, etc.
- Textured vegetable protein
- Tofu
- Yaki-dofu
- Yuba



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MAY CONTAIN SOY

Ingredients

- Artificial/natural flavoring
- Ascobyl Palmitate
- Autolyzed yeast
- Bulking agents
- Caprylic triglyceride
- Carob
- Citric acid
- Emulsifier
- Gelatin
- Glycine max
- Guar gum
- Gum arabic
- Hydrolyzed vegetable (plant) protein (HVP)
- Isolates
- Lecithin
- Magnesium stearate
- Methylcellulose
- Mixed tocopherols
- Mono-diglyceride
- Monosodium glutamate (MSG)
- Olea
- Rosemary extract (often in ground turkey and lunch meat)
- Stabilizer
- Starch
- Stearates
- Thiamine nitrate
- Thickener
- Tyramine
- Vegetable glycerin capsules
- Vegetable gum
- Vegetable starch
- Vegetable wax on fruits and veggies
- Vitamin E
- Xanthan gum

Foods

- Alcoholic beverages
- Asian foods
- Baked goods
- Bouillon cubes
- Candy
- Canned tuna
- Cereal
- Chewing gum
- Chicken with chicken broth
- Chocolate
- Cosmetics
- Deli meats/sausages
- Eggs (possibly from soy feed)
- Fruit drink mixes
- Instant coffee/coffee mixes
- Mayonnaise/dips
- Meat/cheese substitutes
- Medicines
- Probiotics
- Protein powders
- Sodas
- Vegetable/meat broth
- Vegetable shortening
- Vitamins



FED WELL BABY DAIRY FREE GUIDE

CONTAINS DAIRY

- Butter*
- Casein/Caseinate*
- Cheese*
- Cream*
- Curds
- Custard
- Diacetyl
- Galactose
- Ghee
- Goat products
- Half & Half
- Hydrolysates
- Kosher Dairy
- Lactalbumin
- Lactate solids
- Lactic yeast
- Lactitol monohydrate
- Lactoferrin
- Lactoglobulin
- Lactose
- Lactulose
- Milk*
- Nisin preparation
- Nougat
- Paneer
- Pudding
- Recaldent
- Rennet
- Sheep products
- Simplesse® (fat replacer)
- Whey*
- Yogurt



*Anything including this word

FED WELL BABY DAIRY FREE GUIDE

MAY CONTAIN DAIRY

Ingredients

- Artificial or natural flavors
- Caramel
- Caramel coloring
- Fat replacers
- Galactose
- High protein flour
- High Protein or protein
- Hydrolyzed vegetable protein
- Kosher Pareve
- Lactobacillus
- Lactoferrin
- Lactic acid starter culture
- Nisin
- Tagatose
- Vegetable wax on fruits and veggies

Foods

- Alcoholic beverages
- Chocolate
- Luncheon meat, hot dogs, sausages (watch deli slicers)
- Margarine
- Non-dairy products, as many contain casein
- Nougat
- Probiotics/Prebiotics
- Rice cheese
- Shellfish (dipped in milk)
- Some medications
- Soy cheese
- Tuna fish (additives)

