

## I am ALLERGIC to SOY



I cannot eat food containing **SOY** or **SOYA**, even in small amounts.

This includes soy lecithin, soybean oil, flour and sauce.

Please use clean gloves, surfaces, utensils, cookware and frying oil when preparing my meal.

**Thank you so much!**

@cmpa\_mom

## CONTAIN SOY:

Soy flour, soybean flour	Tempeh
Soy lecithin	Miso
Bean curd	Teriyaki sauce
Edamame, soy beans	Soy sauce
Soy milk	Shoyu sauce
Soybean paste	Tofu
Soy protein	Yuba
Soy nuts, soy butter	Artificial or natural flavouring

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