

Soya



Leaflet #12



Soybean



Soya

Soya is a very versatile product, and is used in many forms. Whole beans are cooked and used in salads, and are known as Edamame.

Well known in vegetarian dishes as Tofu and as a substitute for dairy milk. As a textured vegetable protein, soya is used as an alternative to meat.

Soy sauce comes in light and dark varieties, and is predominantly used in Oriental cuisine, as a flavouring and a dipping sauce.

The dried beans can be ground into flour and used in bread, cakes, pastries, and sauces.

Soya oil may be used for frying.

Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

Other names to look for:

Soy, Soya
Soya bean
Soya milk
Soya flour
Soya protein
Soya protein isolate
Textured vegetable protein
Hydrolysed vegetable protein
Soya oil
Soya lecithin E322
Tempeh
Miso
Edamame
Tofu