

# FOOD ALLERGY

EQUAL  
EATS

## I have a soy allergy.

I cannot eat food containing **soy or soybeans**, even in small amounts, or I will have a severe allergic reaction and require medical attention.



### Soy can be found in:

- Tofu
- Edamame
- Soy sauce
- Soy milk
- Soybean oil
- Soy flour
- Soy protein
- Miso

### Does this food contain soy?

**Caution!** Please use clean gloves, utensils, surfaces, and cookware when preparing my meal.  
**Thank you!**

English

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