

## **Soya can be present in the following:**

- **Bakery products** – Soya flour is used extensively in the bakery industry and is present in many breads, cakes and biscuits.
- **Vegetable protein** – Hydrolysed vegetable protein (HVP) and textured vegetable protein (TVP) can both be derived from soya.
- **Lecithin** - Lecithin (E322)
- **Soya oil** – Refined soya oil is likely to be safe for the vast majority of people with soya allergy. It is used in many foods including salad dressings and margarine.
- **Soya sauce** – Also known as soy sauce. This is widely used in Far Eastern recipes and is also commonly used to add a savoury flavour to soups, gravies, stews and sauces.
- **Tofu** – Another name for soya bean curd.