

Crawford & Fitch - Ear, Nose and Throat

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SOY

Soybeans have been grown in Asia for centuries, especially in China, where they have provided the bread, protein and oil. Since the beginning of the 19th century, American farmers have grown soybeans for livestock, feed or for fertilizer.

Chemists have also found many uses for soybeans, which are proving to be a bonanza. Ford Motor Company uses them to make plastic window frames, steering wheels, gearshift knobs, distributors, upholstery fabric, and other parts. Rubber substitutes and lecithin in leaded gasoline are also made from soybeans.

Many new food and industrial uses of soy can be expected. If you remember that soybeans are used as flour, oil, milk, nuts and meat extenders, it will be possible to anticipate most new food contacts. When purchasing prepared foods, consider soy as a possible ingredient if the label says vegetable oil, vegetable broth or textured vegetable protein.

Eating in restaurants almost always means a soy exposure, as most restaurants and fast-food chains cook with soy oil or flour. Soybean flour containing only one percent oil is now used by many bakers in dough mixtures for breads, cakes, rolls, and pastries, to keep them moist and fresh several days longer. The roasted beans are often used in place of peanuts on breakfast rolls. Some biscuits and several crisp crackers also contain soybean flour.

FOOD SOURCES OF SOY

Artificial meats and nuts

Baby foods (some)

Bakery goods

Cake mixes (May contain artificial fruit made from soy)

Candies:

Caramels

Carob chips

Chocolate chips

Hard candies

Nut candies

(Lecithin, derived from soy, is used in candies to prevent drying and to emulsify fats.)

Cereals

Fried products:

Corn chips

Potato chips

Pastas:

Macaroni

Noodles

Spaghetti

Peanut butter (some)

Processed cheeses (some)

Salad dressings (may contain soy oil, but list only vegetable oil on the label.)

Sauces:

Lea & Perrins

Soy sauce

Steak sauce

Tamari

Teriyaki sauce

Worcestershire sauce

Soups (may contain soy oil and/or lecithin)

Tofu:

Miso

Natto

Tempeh

Tuna (Packed in vegetable oil)

Vegetables:

Margarine or oil on vegetables

Soy Sprouts

Other Sources:

Adhesives

Automobile parts

Blankets

Candles

Tortilla chips

Ice cream (dairy and tofu)

Margarine and butter substitutes

Meats:

Canned meats and fish

Hamburgers (fast food)

Luncheon meats

Pork-link sausages

Milk substitutes:

Infant formulas

Non-dairy creamers

Soy milk

Nuts:

Any roasted in soy oil

Soy (formed to look like other nuts)

Soybeans (toasted, salted and used as nuts)

Oils (Crisco, Spry solid or liquid)

Celluloid

Cloth

Clothing

Coffee substitute

Cosmetics

Custards

Diet aids

Dog food

Enamels

Fertilizer

Fish food

Fodder

Glycerine

Illuminating oil

Lecithin

Linoleum

Lubricating oil

Make-up

Massage creams

Nitroglycerine

Paints

Paper finishes

Paper sizing

Printing ink

Soap

Telephones

Textile finishings

Toys

Varnish

Vitamins