



Soy Allergy

Dining Services at Pennsylvania College of Technology is happy to assist those individuals who need to avoid soy products/foods. A manager at each of our dining units is available to answer any questions you may have. Our Recipe/Ingredient Guide is also available on line at www.pct.edu/dining/ingredients, to assist you by listing the ingredients in our recipes. You may search for foods by name, category they are in (for example, soups, desserts, salads, etc.), the ingredient they contain, or any combination of these.

It is possible formulations change from our manufacturers, so if you are in doubt about a food, please do not hesitate to ask a manager.

Our department also offers nutrition counseling with a Registered Dietitian by appointment. If you would like to set up an appointment with the campus dietitian, Sharon Berger, RD LDN, please call (570) 327-4767 option 8.

If you have a medical condition linked with a food allergy or intolerance, it is recommended you set up an appointment with Student Health Services at (570) 327-7224.

Below are some helpful guidelines to keep in mind about avoiding soy products/foods:

- Soybeans are legumes that are widely used in processed food products. Soybeans and soybean products are found in many foods such as crackers, sauces, soups, baked goods, cereals, and certain meats like sausage or deli meats.
- All deep-fried foods are fried in 100% canola oil.
- Grill oil used in our kitchens contains soybean oil. Please check with a manager if a food can be made separately using canola oil.
- Tuna used on campus contains soy.
- Pasta is boiled with oil that contains soy.
- For stir-fry areas, you may ask for a clean pan and for your food to be cooked in olive or canola oil.
- Muffin mix, chicken, beef, and vegetable bases as well as our Ragu spaghetti and pizza sauce all contain soy.
- Ranch, thousand island, and golden Italian dressings contain soy. You may bring your favorite soy-free salad dressing into the dining units. The vegetable oil on the sandwich line in the Susquehanna room contains soybean oil. You may ask a manager for canola oil for your salad.
- Dinner rolls, white and wheat bread, and English muffins contain soy.

The following is a list of foods/ingredients (keep in mind this is not a complete list) to avoid with a soy allergy:

Hydrolyzed plant protein, hydrolyzed soy protein, hydrolyzed vegetable protein

Miso, modified food starch, tamari, tempeh, and vegetable broth may contain soy

Natural and artificial flavoring (may be soy based)

Soy flour, soy nuts, soy milk, soy sprouts, soy albumin, soy beans (including curds and granules), soy concentrate, soy cheese, soy grits, soy meat, soy meal, soy nuts, soy oil, soy sauce, soy sprouts, soy yogurt

Textured soy protein (TSP), textured vegetable protein (TVP),

Tofu (as an ingredient, may indicate the presence of soy protein)

Vegetable gum, broth, or starch

Food manufacturers may change their product ingredients without Pennsylvania College of Technology's knowledge. The College will assume no liability for any adverse reactions that may occur in any of the dining units.