

Dr. *Nancy* BECKER

EARS, NOSE & THROAT ☉ ALLERGY THERAPY ☉ FACIAL PLASTIC SURGERY

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SOYBEAN

Soybeans have been grown in Asia for centuries, especially in China. In the last few years, chemists have found many uses this bean, and soybeans are proving to be valuable in many different ways. Now the widespread use of soybean as a protein substitute, supplement or additive presents an increasing problem.

FOODS

1. **Bakery Products:** As vegetable oil, flour and protein fillers, in some breads, rolls, cakes, pastries, packaged mixes (unless otherwise stated).
2. **Sauces:** Soy, gravies, Worcestershire, etc., spaghetti and other packaged mixes unless otherwise stated.
3. **Cereals:** Check labels (e.g., lecithin, protein filler)
4. **Salad dressings/Mayonnaise:** Used as an oil, thickener and emulsifier, contained in many salad dressings and mayonnaise but label may state that it contains vegetable oil (instead of "soy" oil).
5. **Meats:** Cold cuts (luncheon meats), sausage, wieners, hamburgers, Hamburger Helper and Skillet-brand dinners may contain soybeans as protein filler or a supplement; "Proteen"
6. **Candies:** Soy flour and oil are used in hard candies, nut candies and caramels. Lecithin is invariably derived from soybean and is used to prevent drying and to emulsify the fats.
7. **Milk Substitutes:** Soybean milk (Sobe, Mull-Soy, etc.), margarines (oil, lecithin), packaged mixes (as milk), non-dairy products (Coffee Rich, etc.).
8. **Desserts:** Ice cream, Mellorine, iced milk, sherbet, etc.
9. **Diet Aids:** Liquid protein, health foods.
10. **Soups**
11. **Vegetables:** Soy sprouts or beans served in Asian dishes.
12. **Nuts:** Oil roasting of all nuts and soy nuts, themselves.
13. **Pastas:** Soybean noodles, macaroni and spaghetti, packaged mixes (unless otherwise stated).
14. **Shortenings:** Crisco, liquid shortenings and oils, etc.
15. **Cheese:** Processed cheeses.
16. **Fried Potatoes:** (home and commercial) Com chips, potato chips, fries, potatoes, etc.
17. **Drinks:** Coffee substitutes, etc.
18. **Terms:** Lecithin, hydrolyzed protein, emulsifiers.

CONTACTS

Varnish
Paints
Enamels
Printing ink
Candles
Celluloid
Cloth
Massage creams

Linoleum
Paper sizing
Blankets
Gro-Pup dog food
French's fish food
Soap
Automobile parts
Fodder

Glycerin
Nitroglycerines
Textile dressing
Lubricating oil
Illuminating oil
Adhesives
Fertilizer
Paper finishes

Ford has used soybeans to make plastic window frames, steering wheels, gear shift knobs, distributors, and other parts as well as an upholstery fabric. Some cosmetics contain soybean oil, and it is found in many plastic products such as telephones, toys, and clothing.

NEW CONTACTS

Many new contacts are to be expected.

If you will remember that it is used as

- **FLOUR**
- **OIL**
- **MILK**
- **NUTS**
- **MEAT SUBSTITUE**

it will be possible to anticipate most new food contacts.