

# ESHA Foods Containing Isoflavones

ESHA Code	Food Item Name	Gram Weight	Isoflavones	Daidzein	Genistein	Glycitein
52224	Soybean Powder, high isoflavones, non GMO, SoyLife Extra	100	12000			
52223	Soybean Powder, high isoflavones, non GMO, SoyLife Complex	100	2300	1350	250	700
52225	Soybean Powder, high isoflavones, SoyLife Focus	100	1500			
7513	Flour, soy, full fat, stirred, rstd	100	214.42	99.27	98.75	16.4
52218	Protein, soy, isolated, 873	100	200			
52219	Protein, soy, isolated, 875	100	200			
52216	Protein, soy, isolated, 891	100	200			
52217	Protein, soy, isolated, 892	100	200			
52214	Protein, soy, isolated, 930	100	200			
52215	Protein, soy, isolated, 932	100	200			
7565	Flour, soy, full fat, stirred, raw	100	184.2	71.19	96.83	16.18
62924	Bar, soy, Chocolate Temptation	60	160			
62923	Bar, soy, Marshmallow Krunch	60	160			
62925	Bar, soy, Peanut Butter Chocolate Pal	60	160			
62926	Bar, soy, Peanut Butter Pal	60	160			
62933	Drink, soy, Chocolate Daydream, fructose swtnd, dry pkt	64	160			
62932	Drink, soy, Chocolate Daydream, unswtnd, dry pkt	35	160			
62931	Drink, soy, Chocolate Daydream, w/asp, dry pkt	35	160			
62927	Drink, soy, Plain Soy, dry pkt	27	160			
62930	Drink, soy, Vanilla Pleasure, fructose swtnd, dry pkt	58	160			
62929	Drink, soy, Vanilla Pleasure, unswtnd, dry pkt	33	160			
62928	Drink, soy, Vanilla Pleasure, w/asp, dry pkt	33	160			
7514	Flour, soy, defatted, stirred	100	136.23	57.47	71.21	7.55
7014	Soybeans, mature, dry	100	131.28	46.64	73.76	10.88
7063	Soybeans, mature, dry rstd	100	131.28	52.04	65.88	13.36
7585	Soymeal, defatted, raw	100	125.82	57.47	68.35	0
7517	Protein, soy, isolate	100	102.68	33.59	59.62	9.47
1920	Drink, soy, Opti-Soy 50, natural, chocolate, pwd, scoop	35	100			
8979	Drink, soy, Opti-Soy 50, natural, plain, pwd, scoop	35	100			
1921	Drink, soy, Opti-Soy 50, natural, vanilla, pwd, scoop	35	100			
8878	Soy Nuts, bbq	28.35	78.52	33.35	40.66	4.51
62809	Soy Nuts, hickory smkd	28.35	78.52	33.35	40.66	4.51
8877	Soy Nuts, salted	28.35	78.52	33.35	40.66	4.51
62808	Soy Nuts, unsalted	28.35	78.52	33.35	40.66	4.51
21092	Soy Milk, unsweetened	244	75.23	28.4	43.6	3.23
62696	Protein, soy, natural, unprep, pwd scoop	30	72.91	23.33	43.75	5.83
62697	Shake, soy, chocolate, unprep, pwd scoop	35	72.91	23.33	43.75	5.83
62812	Shake, soy, straw banana, pwd scoop	35	72.91	23.33	43.75	5.83
62695	Shake, soy, vanilla, unprep, pwd, scoop	35	72.91	23.33	43.75	5.83
7785	Soy Milk, original	244	68.96	26.03	39.97	2.96
7802	Soy Milk, original, extra, fortified	244	68.96	26.03	39.97	2.96
7519	Tofu, dried, fzn	100	67.49	25.34	42.15	0
7508	Natto	100	59.06	21.85	29.04	8.17
497	Bar, soy, Soy Nutty	50	55.6	23.4	29.9	2.3
7015	Soybeans, mature, ckd	100	54.66	26.95	27.71	0
21090	Soy Milk, chocolate	244	50.15	18.93	29.07	2.15
7520	Tofu, fried, pce	100	49.2	17.83	28	3.37
7564	Tempeh	100	44.54	17.59	24.85	2.1
20590	Soy & Rice Milk, original, EdenBlend	241	43.88	16.57	25.43	1.88
7804	Soy Milk, vanilla	244	43.88	16.57	25.43	1.88
7803	Soy Milk, vanilla, extra, fortified	244	43.88	16.57	25.43	1.88
7503	Miso	100	43.56	16.13	24.56	2.87

6861	Soybean Sprouts, mature, fresh	100	40.72	19.12	21.6	0
7522	Tofu, fermented & salted, block	100	35.67	14.29	16.38	5
90628	Tofu, soft, w/calc sulfate & nigari, 1" cubes	100	32.25	11.99	18.23	2.03
7500	Tofu, soft, w/calc sulfate & nigari, 1/2" cubes	100	32.25	11.99	18.23	2.03
90630	Tofu, soft, w/calc sulfate & nigari, 1/4 block	100	32.25	11.99	18.23	2.03
90629	Tofu, soft, w/calc sulfate & nigari, pce 2 1/2" x 2 3/4"x 1"	100	32.25	11.99	18.23	2.03
21091	Soy Milk, original, light	244	31.35	11.83	18.17	1.35
62628	Infant Formula, w/iron, pwd, scoop, Nursoy	100	26	5.7	13.55	2.05
21093	Soy Milk, vanilla, light	244	25.08	9.47	14.53	1.08
62612	Infant Formula, w/iron, pwd, scoop, ProSobee	100	24.94	7.05	14.94	2.95
7518	Tofu, firm, prep w/nigari & calc sulfate, 1/4 block pce	100	24.87	9.44	13.35	2.08
7721	Tofu, regular, w/calc sulfate, 1/4 block	100	24.6	9.02	13.6	1.98
62615	Infant Formula, w/iron, pwd, scoop	100	24.53	6.03	12.23	2.73
5258	Soybeans, green, fresh	100	23.4	9.27	9.84	4.29
62935	Smoothie, veggie, ultra	224	20			
20405	Soy Milk, Veggie, chocolate	226.4	20			
20404	Soy Milk, Veggie, original	226.8	20			
71572	Yogurt, soy	169.8	20			
7801	Soy Milk, carob	244	16.81	7.42	9.39	0
9738	Beans, refried, black soy & black, cnd	130	14.2723	6.6176	0.9598	6.6949
5259	Soybeans, green, ckd, drained	100	13.79	6.85	6.94	0
7516	Protein, soy, conc, produced by alcohol extraction	100	13.73	6.83	5.33	1.57
7521	Tofu, okara	100	13.51	5.39	6.48	1.64
60892	Soy Nuts, chocolate cvrd	14	12.5			
7509	Vegetarian Meat, bacon, strips	100	12.1	2.8	6.9	2.4
20033	Soy Milk	100	11.07	4.45	6.06	0.56
62934	Bar, soy milk, vegetarian	41	6.5			
62611	Infant Formula, w/iron, liquid conc, ProSobee	100	6.03	1.1	2.22	
47948	Cheese Substitute, chunk, vegan	28.35	6			
60299	Infant Formula, soy, w/iron, rtf	100	4.17	1.91	2.26	0
47947	Cheese Substitute, slices, vegan	21	3			
60302	Infant Formula, soy, w/iron, rtf, Nursoy	100	2.63	0.75	1.6	0.28
7019	Peas, split, dry	100	2.42	2.42	0	0
53002	Sauce, soy, f/soy & wheat	100	2.2	0.93	0.82	0.45
90627	Sauce, soy, f/soy & wheat, pkt	100	2.2	0.93	0.82	0.45
90962	Butter Substitute, honey butter, soy, vegetarian	14	2			
90961	Butter Substitute, plain, soy, vegetarian	14	2			
47952	Cheese Substitute, Parmesan Alternative, vegan	5	2			
47944	Cheese Substitute, shreds, vegetarian	28.35	2			
47943	Cheese Substitute, slices, vegetarian	19	2			
47946	Cheese Substitute, topping, soy, vegetarian	5	2			
47949	Cream Cheese Substitute	28.35	2			
47950	Cream Cheese Substitute, garden veg	28.35	2			
47945	Cream Cheese Substitute, plain, vegetarian	28.35	2			
47951	Cream Cheese Substitute, strawberry	28.35	2			
1916	Multi Vitamin & Mineral, Opti-Women, capsule	2.85	2			
54274	Sour Cream Substitute, soy, vegetarian	28.35	2			
54275	Sour Cream Substitute, vegan	28.35	2			
11494	Beef, patty, USDA, w/veg prot, ckd f/fzn	100	1.86	0.67	1.09	0.1
11497	Beef, patty, USDA, w/veg prot, raw, fzn	100	1.14	0.35	0.77	0.02
7002	Beans, white, sml, mature	100	0.74	0	0.74	0
90199	Peas, cajan, mature, dry	100	0.56	0.02	0.54	0
7130	Peas, pigeon/, mature, dry	100	0.56	0.02	0.54	0
90198	Peas, red gram, mature, dry	100	0.56	0.02	0.54	0
7124	Beans, pinto, mature	100	0.27	0.01	0.26	0
4696	Nuts, peanuts, raw	100	0.27	0.03	0.24	0
7121	Beans, navy, mature	100	0.21	0.01	0.2	0
7217	Beans, golden gram, mature	100	0.19	0.01	0.18	0
7216	Beans, green gram, mature	100	0.19	0.01	0.18	0

7128	Beans, mung, mature	100	0.19	0.01	0.18	0
23059	Bar, granola, plain, hard	100	0.13	0.05	0.08	0
7353	Beans, bengal, mature	100	0.1	0.04	0.06	0
7000	Beans, chickpea, mature	100	0.1	0.04	0.06	0
4478	Beans, garbanzo, mature	100	0.1	0.04	0.06	0
53525	Sauce, soy, f/hydrolyzed veg prot	100	0.1	0.1	0	0
7092	Beans, kidney, all types, mature	100	0.06	0.02	0.04	0
4471	Beans, blackeyed, mature	100	0.03	0.01	0.02	0
7017	Beans, cowpeas, mature	100	0.03	0.01	0.02	0
7026	Beans, fava/broad, mature	100	0.03	0.02	0	
7025	Beans, lima, lrg, mature	100	0.03	0.02	0.01	0
7129	Beans, mungo, mature	100	0.03	0.01	0.01	
43532	Crackers, rye, crispbread	100	0.02	0.01	0.01	0
71281	Crackers, rye, crispbread, crushed	100	0.02	0.01	0.01	0
43533	Crackers, rye, Norwegian flatbread, 4.75" x 2.75" x 1/16"	100	0.02	0.01	0.01	0
71280	Crackers, rye, wafer	100	0.02	0.01	0.01	0
71279	Crackers, rye, wafer, thin	100	0.02	0.01	0.01	0
71282	Crackers, rye, wafer, triple cracker	100	0.02	0.01	0.01	0
26022	Spice, fenugreek seed	100	0.02	0.01	0.01	0
7007	Beans, kidney, red, mature	100	0.01	0.01	0	0
7005	Beans, lentils, mature	100	0.01	0	0	0.01
5010	Alfalfa Sprouts, fresh	100	0	0	0	0
7114	Beans, black, mature	100	0	0	0	0
7118	Beans, great northern, mature	100	0	0	0	0
5011	Beans, green, snap, ckd, drained	100	0	0	0	0
5009	Beans, green, snap, fresh	100	0	0	0	0
6748	Beans, green, snap, fresh, 4" long	100	0	0	0	0
7008	Beans, kidney, all types, mature, ckd	100	0	0	0	0
7047	Beans, kidney, red, mature, ckd	100	0	0	0	0
7009	Beans, lima, baby, mature	100	0	0	0	0
7010	Beans, lima, lrg, mature, ckd	100	0	0	0	0
7123	Beans, pink, mature	100	0	0	0	0
8095	Cocoa Butter, INTL	100	0	0	0	0
92783	Flavor, roasted peanut extract	100	0	0	0	0
62960	Infant Supplement, bubble gum flvrd liquid	241	0	0	0	0
62958	Infant Supplement, fruit flvrd, liquid	241	0	0	0	0
62959	Infant Supplement, grape flvrd, liquid	241	0	0	0	0
62957	Infant Supplement, unflvrd, liquid	241	0	0	0	0
57958	Lunchmeat, turkey, oven rstd, fat free, sliced	57	0	0	0	0
91073	Mustard, deli	5	0	0	0	0
44795	Oil, peanut, aromatic	100	0	0	0	0
44794	Oil, peanut, roasted	100	0	0	0	0
8012	Oil, soybean, salad or cooking	100	0	0	0	0
57955	Pastrami, beef, cured, thin sliced	57	0	0	0	0
91071	Sauerkraut	30	0	0	0	0
21112	Sea Salt	100	0	0	0	0
53439	Sea Salt, gray, Ocean Grains	100	0	0	0	0
4777	Seeds, flax/linseed	100	0	0	0	0
62881	Seeds, flax/linseed, golden	100	0	0	0	0
63080	Seeds, flax/linseed, ground	100	0	0	0	0
63081	Seeds, flax/linseed, whole	100	0	0	0	0
4545	Seeds, sunflower, kernels, dried	100	0	0	0	0
20888	Tea, black, brewed	236.8	0	0	0	0
20869	Tea, black, classic, brewed	236.8	0	0	0	0
20872	Tea, black, classic, decaf, brewed	236.8	0	0	0	0
20867	Tea, black, earl grey, brewed	236.8	0	0	0	0
20868	Tea, black, English breakfast, brewed	236.8	0	0	0	0
20866	Tea, black, Total Antioxidant, brewed	236.8	0	0	0	0
20883	Tea, chai, original, brewed w/water only	236.8	0	0	0	0

20873	Tea, chai, original, decaf, brewed	236.8	0	0	0	0
20876	Tea, green, antioxidant, brewed	236.8	0	0	0	0
20877	Tea, green, authentic, brewed	236.8	0	0	0	0
20887	Tea, green, brewed	236.8	0	0	0	0
20875	Tea, green, decaf, brewed	236.8	0	0	0	0
20886	Tea, green, echinacea mint	236.8	0	0	0	0
20870	Tea, green, Emerald Gardens, brewed	236.8	0	0	0	0
20878	Tea, green, honey lemon ginseng, brewed	236.8	0	0	0	0
20871	Tea, green, Mandarin Orchard, decaf, brewed	236.8	0	0	0	0
20874	Tea, green, mint, decaf, brewed	236.8	0	0	0	0
20879	Tea, green, Misty Jasmine, brewed	236.8	0	0	0	0
20912	Tea, herbal, Almond Sunset, brewed	236.8	0	0	0	0
20913	Tea, herbal, Bengal Spice, brewed	236.8	0	0	0	0
20909	Tea, herbal, caffeine free, brewed	236.8	0	0	0	0
20901	Tea, herbal, chamomile, brewed	236.8	0	0	0	0
20902	Tea, herbal, chamomile, organic, brewed	236.8	0	0	0	0
20905	Tea, herbal, Cinnamon Apple Spice, brewed	236.8	0	0	0	0
20893	Tea, herbal, Country Peach Passion, brewed	236.8	0	0	0	0
20894	Tea, herbal, Cranberry Cove, brewed	236.8	0	0	0	0
20862	Tea, herbal, Detox A.M., brewed	236.8	0	0	0	0
20856	Tea, herbal, Diet Partner, brewed	236.8	0	0	0	0
20853	Tea, herbal, Echinacea Complete Care, brewed	236.8	0	0	0	0
20861	Tea, herbal, echinacea, brewed	236.8	0	0	0	0
20910	Tea, herbal, Emperor's Choice, brewed	236.8	0	0	0	0
20860	Tea, herbal, GingerEase, brewed	236.8	0	0	0	0
20859	Tea, herbal, GinkgoSharp, brewed	236.8	0	0	0	0
20857	Tea, herbal, Ginseng Energy, brewed	236.8	0	0	0	0
20895	Tea, herbal, honey vanilla chamomile, brewed	236.8	0	0	0	0
20858	Tea, herbal, LaxaTea, brewed	236.8	0	0	0	0
20897	Tea, herbal, Lemon Berry Zinger, brewed	236.8	0	0	0	0
20896	Tea, herbal, Lemon Zinger, brewed	236.8	0	0	0	0
20890	Tea, herbal, Mandarin Orange Spice, brewed	236.8	0	0	0	0
20892	Tea, herbal, Mint Magic, brewed	236.8	0	0	0	0
20863	Tea, herbal, Mood Mender, brewed	236.8	0	0	0	0
20907	Tea, herbal, Orange Mango Zinger, brewed	236.8	0	0	0	0
20904	Tea, herbal, peppermint, brewed	236.8	0	0	0	0
20903	Tea, herbal, peppermint, organic, brewed	236.8	0	0	0	0
20898	Tea, herbal, Raspberry Zinger, brewed	236.8	0	0	0	0
20889	Tea, herbal, Red Zinger, brewed	236.8	0	0	0	0
20906	Tea, herbal, Roastaroma, brewed	236.8	0	0	0	0
20864	Tea, herbal, Sleepytime Extra, brewed	236.8	0	0	0	0
20899	Tea, herbal, Sleepytime, brewed	236.8	0	0	0	0
20900	Tea, herbal, strawberry kiwi, brewed	236.8	0	0	0	0
20880	Tea, herbal, Sugar Plum Spice, brewed	236.8	0	0	0	0
20852	Tea, herbal, Sunburst C, brewed	236.8	0	0	0	0
20855	Tea, herbal, Tension Tamer Extra, brewed	236.8	0	0	0	0
20911	Tea, herbal, Tension Tamer, brewed	236.8	0	0	0	0
20854	Tea, herbal, Throat Soothers, brewed	236.8	0	0	0	0
20865	Tea, herbal, Tummy Mint, brewed	236.8	0	0	0	0
20891	Tea, herbal, Wild Berry Zinger, brewed	236.8	0	0	0	0
20908	Tea, herbal, Wild Cherry Blackberry, brewed	236.8	0	0	0	0
20915	Tea, hot, English toffee, After Dinner, brewed	236.8	0	0	0	0
20881	Tea, hot, Nutcracker Sweet, brewed	236.8	0	0	0	0
20914	Tea, hot, vanilla hazelnut, After Dinner, brewed	236.8	0	0	0	0
20884	Tea, mate, Island Spice, brewed	236.8	0	0	0	0
20885	Tea, mate, Tropical Zinger, brewed	236.8	0	0	0	0
20882	Tea, mate, Verde Mist, brewed	236.8	0	0	0	0