

Soy Sauce Guide

We use **traditional soy sauce** (like Great Value Soy Sauce) as it is affordable and accessible. However, you can choose another option. Here are a few and how they differ:



Similar Swaps

***These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



LOW SODIUM

Slightly milder; may taste less “punchy”, sometimes a touch sweeter or thinner to compensate for less salt.



TAMARI

Very similar to soy sauce, slightly richer and less salty. Often gluten-free. Higher cost.



COCONUT AMINOS

Sweeter, milder, less salty, slightly tangy. Very different umami profile (more subtle). Often soy- and gluten-free. Higher cost.



LIQUID AMINOS

Slightly sweeter and milder than soy sauce, strong umami flavor. Contains all essential amino acids.



Other Options

***These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



FISH SAUCE

Very salty and pungent, strong umami flavor; doesn’t taste exactly like soy sauce.



WORCESTERSHIRE

Tangy, slightly sweet, complex with vinegar and molasses notes; less salty than soy sauce.

Soy Sauce Fact Sheet

Per 1 tbsp

Calories	Fat	Protein	Carbs	Fiber	Cost
5	0	1	1	0	0.05



- It's one of the richest natural sources of umami flavor, which can enhance the taste of foods and make meals more **satisfying**.
- Beyond Asian cuisine, it can be used in marinades, sauces, soups, dressings, and even some baked goods to **deepen flavor**.
- Fermented soy sauce contains peptides and phenolic compounds with some **antioxidant properties**, but the amount per serving is small compared with fruits or vegetables.
- People with celiac disease or gluten sensitivity should look for **tamari or gluten-free soy sauce**, which is made without wheat but still provides similar flavor.