

CANADIAN Products Not Containing Soy Ingredients

The information provided pertains only to products made and distributed in Canada. Products sold in other countries under similar brands may be made using slightly different recipes and ingredients to accommodate local needs and preferences.

Soy is among the top eight foods that account for 90% of allergic reactions to foods. For those with an allergy to soy, the Frito Lay Canada products included here **do not** contain soy and are safe to enjoy.

Click on the brand logo for specific products.

Last updated January 8, 2025



BAKEN-ETS®

BAKEN-ETS® Hot 'N Spicy Flavoured Pork Skins

BAKEN-ETS® Traditional Fried Pork Skins



CHEETOS®

CHEETOS® Cheddar Flavour Seasoned Popcorn

CHEETOS® Cheddar Jalapeno Flavour Seasoned Popcorn

CHEETOS® Crunchy Cheese Flavoured Snacks

CHEETOS® Crunchy Cheddar Jalapeno Cheese Flavoured Snacks

CHEETOS® Crunchy Flamin' Hot Cheese Flavoured Snacks

CHEETOS® Crunchy Nacho Cheese Flavoured Snacks

CHEETOS® Flamin' Hot Flavour Seasoned Popcorn

CHEETOS® Oven Baked Crunchy Cheese Flavoured Snacks

CHEETOS® Paws Sour Cream & Onion Flavoured Snacks

CHEETOS® Puffs Cheese Flavoured Snacks

CHEETOS® Puffs White Cheddar Cheese Flavoured Snacks

CHEETOS® Simply Crunchy White Cheddar Cheese Flavoured Snacks

CHEETOS® Simply Puffs White Cheddar Flavoured Snacks



CHESTER'S® Snacks

CHESTER'S® Cheese Flavoured Popcorn

CHESTER'S® Corn Twists

CHESTER'S® Corn Twists Cheese Flavoured Snacks

CHESTER'S® Corn Twists Flamin' Hot Flavoured Snacks



Dips and Salsas

DORITOS® Cool Ranch Jalapeno Flavour Dip

DORITOS® Spicy Nacho Flavour Dip

RUFFLES® Jalapeno Flavoured Dip

RUFFLES® Onion Flavoured Dip

RUFFLES® Ranch Flavoured Dip

TOSTITOS® Extra Hot Salsa

TOSTITOS® Hot Salsa

TOSTITOS® Mango Salsa

TOSTITOS® Medium Salsa

TOSTITOS® Mild Salsa

TOSTITOS® Roasted Garlic Salsa

TOSTITOS® Salsa Con Queso

TOSTITOS® Spinach Dip



DORITOS® Tortilla Chips

DORITOS® Bold BBQ Flavoured Tortilla Chips

DORITOS® Cool Ranch Flavoured Tortilla Chips

DORITOS® Dinamita Chile Lime Burn Flavoured Rolled Tortilla Chips

DORITOS® Flamin' Hot Nacho Cheese Flavoured Tortilla Chips

DORITOS® Jalapeno & Cheddar Flavoured Tortilla Chips

DORITOS® Ketchup Flavoured Tortilla Chips

DORITOS® Late Night Buffalo Hot Wings Flavoured Tortilla Chips

DORITOS® Nacho Cheese Flavoured Tortilla Chips

DORITOS® Simply Organic White Cheddar Naturally Flavoured Tortilla Chips

DORITOS® Spicy Nacho Flavoured Tortilla Chips

DORITOS® Zesty Cheese Flavoured Tortilla Chips



FRITOS® Corn Chips

FRITOS® Original Corn Chips

FRITOS® Hoops Jalapeno Flavour Corn Chips



Hickory Sticks

HOSTESS® HICKORY STICKS® Original Flavoured Potato Sticks

HOSTESS® HICKORY STICKS® Salt & Vinegar Flavoured Potato Sticks



KURKURE®

KURKURE® Chilli Chatka Flavoured Snacks

KURKURE® Masala Munch Flavoured Snacks



LAY'S® Potato Chips

LAY'S® Barbecue Flavoured Potato Chips

LAY'S® Chalet Sauce Flavoured Potato Chips

LAY'S® Cheddar Jalapeno Flavoured Potato Chips

LAY'S® China Cucumber Flavoured Potato Chips

LAY'S® Classic Potato Chips

LAY'S® Cream & Onion Ridged Flavoured Potato Chips

LAY'S® Creamy Cheddar Flavoured Potato Chips

LAY'S® Dill Pickle Flavoured Potato Chips

LAY'S® Fries 'n Gravy Flavoured Potato Chips

LAY'S® Hot 'n Sweet Chilli Flavoured Potato Chips

LAY'S® Ketchup Flavoured Potato Chips

LAY'S® Lightly Salted Potato Chips

LAY'S® Lightly Salted Barbecue Flavoured Potato Chips

LAY'S® Magic Masala Ridged Flavoured Potato Chips

LAY'S® Old Fashioned BBQ Flavoured Potato Chips

LAY'S® Poppables® Honey BBQ Flavoured Potato Snacks

LAY'S® Poppables® Sea Salt Potato Snacks

LAY'S® Poppables® Sea Salt & Vinegar Flavoured Potato Snacks

LAY'S® Poppables® Sour Cream & Chive Flavoured Potato Snacks

LAY'S® Poppables® White Cheddar Flavoured Potato Snacks
LAY'S® Salt & Vinegar Flavoured Potato Chips
LAY'S® Sea Salt & Pepper Flavoured Potato Chips
LAY'S® Smokey Bacon Flavoured Potato Chips
LAY'S® Sour Cream & Onion Flavoured Potato Chips
LAY'S® Spicy Cheddar Flavoured Potato Chips
LAY'S® Tomato Tango Flavoured Potato Chips
LAY'S® Wavy Cheddar & Sour Cream Flavoured Potato Chips
LAY'S® Wavy Hickory BBQ Flavoured Potato Chips
LAY'S® Wavy Lightly Salted Potato Chips
LAY'S® Wavy Old Fashioned Ketchup Flavoured Potato Chips
LAY'S® Wavy Original Potato Chips
LAY'S® Wavy Salt & Vinegar Flavoured Potato Chips
LAY'S® White Cheddar Flavoured Potato Chips



MISS VICKIE'S®

MISS VICKIE'S® All Dressed Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Applewood Smoked BBQ Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Honey Dijon Flavoured Kettle Cooked Potato Chips
MISS VICKIE'S® Jalapeno Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Lime & Black Pepper Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Original Recipe Kettle Cooked Potato Chips
MISS VICKIE'S® Sea Salt & Malt Vinegar Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Spicy Dill Pickle Flavoured Kettle Cooked Potato Chips
MISS VICKIE'S® Sweet Chili & Sour Cream Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Sweet Southern BBQ Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Unsalted Kettle Cooked Potato Chips



MUNCHIES®

MUNCHIES® Original Snack Mix



MUNCHOS®

MUNCHOS® Potato Crisps



NUT HARVEST®

MUNCHIES® BBQ Flavour Crunchy Coated Peanuts
MUNCHIES® BBQ Flavour Peanuts
MUNCHIES® Honey Roasted Flavour Peanuts
MUNCHIES® Honey Sweet Trail Mix
MUNCHIES® Nuts & Fruit Trail Mix
MUNCHIES® Salted Peanuts
NUT HARVEST® Deluxe Mixed Nuts
NUT HARVEST® In-Shell Pistachios
NUT HARVEST® Lightly Roasted Almonds
NUT HARVEST® Sea Salted Whole Cashews
SPITZ® Chili Lime Flavour Sunflower Seeds
SPITZ® Cracked Pepper Flavour Sunflower Seeds
SPITZ® Dill Pickle Flavour Pumpkin Seeds
SPITZ® Dill Pickle Flavour Sunflower Seeds
SPITZ® Salted Pumpkin Seeds
SPITZ® Salted Sunflower Seeds
SPITZ® Seasoned Pumpkin Seeds
SPITZ® Seasoned Sunflower Seeds
SPITZ® Smoky BBQ Flavour Sunflower Seeds
SPITZ® Spicy Sweet Chili Flavour Sunflower Seeds



ROLD GOLD® Pretzels

ROLD GOLD® Classic Style Original Sticks Pretzels
ROLD GOLD® Classic Style Original Thins Pretzels
ROLD GOLD® Classic Style Original Tiny Twists Pretzels



RUFFLES® Potato Chips

RUFFLES® All Dressed Flavoured Potato Chips
RUFFLES® Au Gratin Flavoured Potato Chips
RUFFLES® Cheeseburger Flavoured Potato Chips
RUFFLES® Flamin' Hot Cheddar Flavoured Potato Chips
RUFFLES® Hot Wings Flavoured Potato Chips
RUFFLES® Lightly Salted Potato Chips
RUFFLES® Loaded Potato Skins Flavoured Potato Chips
RUFFLES® Regular Potato Chips
RUFFLES® Salt & Vinegar Flavoured Potato Chips
RUFFLES® Simply Sea Salted Potato Chips
RUFFLES® Smokehouse Barbecue Flavoured Potato Chips

RUFFLES® Sour Cream 'N Bacon Flavoured Potato Chips
RUFFLES® Sour Cream & Onion Flavoured Potato Chips



SMARTFOOD® Popcorn

SMARTFOOD® Flamin' Hot® White Cheddar Flavoured Popcorn
SMARTFOOD® Jalapeno & Cheddar Flavoured Popcorn
SMARTFOOD® Movie Night Butter Flavour Seasoned Popcorn
SMARTFOOD® Simply Sea Salt Seasoned Popcorn
SMARTFOOD® Simply White Cheddar Flavour Seasoned Popcorn
SMARTFOOD® Sour Cream & Onion Flavour Seasoned Popcorn
SMARTFOOD® White Cheddar Seasoned Popcorn



STACY'S® Snacks

STACY'S® Fire Roasted Jalapeno Flavour Pita Chips
STACY'S® Multigrain Pita Chips
STACY'S® Organic Simply Naked Pita Chips
STACY'S® Simply Naked Pita Chips



SUNCHIPS® Whole Grain Snacks

SUNCHIPS® French Onion Flavoured Multigrain Snacks
SUNCHIPS® Garden Salsa Flavoured Multigrain Snacks
SUNCHIPS® Harvest Cheddar Flavoured Multigrain Snacks



TOSTITOS® Tortilla Chips

TOSTITOS® Bite Size Rounds Low Sodium Tortilla Chips
TOSTITOS® Bite Size Rounds Tortilla Chips
TOSTITOS® Cantina Thin & Crispy Tortilla Chips
TOSTITOS® Gold Tortilla Chips
TOSTITOS® Hearty Dippers Tortilla Chips
TOSTITOS® Hint of Spicy Queso Flavoured Tortilla Chips
TOSTITOS® Multigrain Rounds Tortilla Chips

TOSTITOS® Multigrain Scoops Tortilla Chips

TOSTITOS® Restaurant Style Tortilla Chips

TOSTITOS® Restaurant Style Hint of Jalapeno Flavoured Tortilla Chips

TOSTITOS® Restaurant Style Hint of Lime Flavoured Tortilla Chips

TOSTITOS® Scoops!® Tortilla Chips

TOSTITOS® Simply Organic Blue Corn Tortilla Chips

TOSTITOS® Simply Organic Yellow Corn Tortilla Chips

TOSTITOS® Strips Tortilla Chips