

Say "Yes"
to
Soy!



Soy and Health: Make The Connection

Solid evidence shows that many nutrients and foods have health-protective benefits. Soy is one of those foods. Soybeans, and soy protein, have been shown – in many studies – to have striking positive effects on health. The most noteworthy are:

- Soy protein produces a significant reduction on total blood cholesterol, low-density lipoprotein (“bad” cholesterol), and triglycerides *without* altering high-density lipoprotein (“good” cholesterol)
- Soy protein with isoflavones has been found to have strong antioxidant potential – that is, it protects cells from damage
- Soy protein may offer protection against bone loss, osteoporosis and risk of bone fracture
- Soy protein offers a “complete” protein profile, containing all 8 essential amino acids.

What are isoflavones?

Plant foods contain naturally occurring compounds known as phytonutrients, or phytochemicals. Some phytonutrients act as antioxidants and some actually have mild positive hormone-like activity.

Isoflavones are weak estrogens and may also function as an antioxidant. Soyfoods are rich in the isoflavones genistein and daidzein, both of which appear to have estrogen-like characteristics and, therefore, are also known as phytoestrogens. Research on the effects of soy isoflavones during menopause is not yet conclusive. However, a diet rich in soy may relieve common menopausal symptoms in some women. Early indications from research also show positive effects on prostate health.

Say "Yes" to Soy!

The whole soy snapshot:

Whole soyfoods, soybeans, have an impressive nutrition profile. Unlike other vegetable proteins they contain all 8 essential amino acids – making a “complete” protein. Soy protein also contains omega-3 fatty acids, the minerals calcium, iron and zinc, and provides B-vitamins, especially thiamin, folate and B-6.

How much should I eat?

The Food and Drug Administration (FDA) has determined that four daily servings –about 25 grams of soy protein– can reduce levels of low-density lipoproteins (“bad” cholesterol) that build up in blood vessels by as much as 10 percent. In 1999, the FDA approved a claim that permits food manufacturers to include the heart health benefits of soy-based foods on package labels. This claim states that a diet low in saturated fat and cholesterol that includes 25 grams of soy protein a day may reduce the risk of heart disease. Read package nutritional labels when you shop to get the specific values on each product.



www.thesoyfoodscouncil.com

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How do I start to add soyfoods to my diet?

Variety is one of the cornerstone principles of good nutrition because it ensures a full array of nutrients from food. There are lots of ways to enjoy soyfoods. Including soyfoods in your diet is not an “all-or-nothing” proposition. Most lifestyle changes – be it losing weight, changing diet or exercising – are best done gradually. Health experts say that it’s not necessary to eliminate animal food products to gain the positive effects of soy. It’s well documented that soy protein has direct beneficial effects on cholesterol levels; and adding soy to the diet is a good way to reduce total fat intake while consuming a healthier type of fat.

A guide for starting to add soy protein to your favorite dishes...

Adding 25 grams of soy protein to your diet every day is easy! The product list inside will give you information on the various soyfoods and their uses. It is followed by a list of ideas for adding soyfoods to your favorite recipes. A great way to begin is by blending soy products with ingredients that your favorite recipes call for so that you aren’t making a drastic change in taste and texture. Soy protein typically takes on the flavors of other foods and therefore can be easily blended. To begin with, try the 50/50 blends and enhancements and see if you or your family notices any difference, then gradually increase the amount of soy protein.

Cereal

Cold cereal and flakes, granola or mixed with other grains; soy protein fortified oatmeal. Serve with vanilla soymilk to boost the amount of soy protein. One serving cereal = 2-8 grams soy protein, depending on product. Check product label for specific amount.

Edamame

Fresh green soybeans, in pods or shelled. Shell pods as you would fresh peas—pods are not edible. Often available frozen; can be served as an hors d'oeuvre or hot vegetable side dish, eaten as a snack or added to soups, salads, casseroles and entrees. 1/2 cup = 7 grams soy protein.

Meat Alternatives

Made of textured soy protein. Sold frozen as burgers, crumbles, nuggets and sausages. Also in canned or dried products. (See TSP® - Registered Trademark of Archer Daniels Midland Company) 1/4 cup = 11 grams soy protein

Soy Cooking Spray

Use as you would any other non-stick cooking sprays.

Soybeans

Yellow, brown or black; packed in cans with liquid or dried. Substitute 100% for other beans in soups and stews. 1/2 cup = 11-13 grams soy protein

Soy Cheese

Made from soybean oil, tofu and soy protein. 1 oz. = 2-4 grams soy protein

Soy Chips

Light, crunchy soy/rice snack chips. Low fat, healthy alternative to crackers and other chips. 1 oz. = approx. 7 grams soy protein

Soy Creamer

Made by grinding soybeans and mixing with water to form a consistency similar to cream. Comes plain or in flavors. 1 oz. = less than 1 gram soy protein

Soy Flour

The result of grinding roasted soybeans, it adds both protein and moisture to baked goods. Often added to cereals, frozen desserts, and other packaged foods. Refrigerate after opening to prolong freshness. Because soy flour does not contain gluten, substitute only 1/4 of total flour in any recipe. 1/4 cup defatted soy flour = 12 grams soy protein

SOY PRODUCT

Soymilk

Made by grinding soybeans and mixing with water to form a milk-like beverage. Soy milk is a good replacement for dairy products, particularly when lactose digestion is a problem. It is often fortified with calcium, and comes in a variety of flavors.

8 oz. = 10 grams soy protein

Soy Miso

A fermented paste that's used as a seasoning in soups and other savory dishes. Miso can be made of other grains, so check package label for one of these varieties (Hatcho, Soybean or Tamari) to be sure you're getting soy miso. 1 tablespoon = 2 grams soy protein.

Soynut Butter

Ground from whole roasted soybeans, blended with soybean oil and packaged in jars. Use 50% soynut butter/50% peanut butter in your cookie recipe. Blend 50% soynut butter/50% peanut butter for Peanut Butter & Jelly sandwiches.

2 tablespoons = 8 grams soy protein

Soynuts

Roasted soybeans, often salted and seasoned. Use as a garnish for salads; add to your favorite party/trail mix recipe. Sprinkle dehulled, crushed soynuts on muffins prior to baking. Serve as a healthy snack.

1/4 cup = 10 grams soy protein

Soy Oil

Oil extracted from crushed soybeans. Substitute for other cooking oils. Does not contain protein, but is a good source for polyunsaturated fat.

Soy Protein Concentrate

Made from defatted soy flakes. Comes in powder form. Add to soups, stews, and sauces or to your favorite shake/smoothie recipe. Stir into hot cereal or muffin mix.

1 oz. = approx. 16 grams soy protein.

Tempeh

A chewy "cake" made from whole, cooked soybeans and used as a meat alternative. 1/2 cup = 19.5 grams soy protein

Textured Soy

Textured soy protein is one of the most economical soy protein sources on the market. It's made from defatted soy flour or soy protein concentrate that is compressed and extruded into granules or chunks. It is sold as a dried, granule product. When rehydrated with water, textured soy protein has a texture similar to ground beef or other meat products. Textured soy protein is often labeled TSP® or TVP®. TSP® is a registered trademark of PMS Foods. TVP® is a registered trademark of Archer Daniel Midlands.

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Tofu

A custard-like product made from cooked and pureed soybeans. Has a neutral taste that absorbs seasonings and flavors from other foods. Nutritional value varies by form and brand.

Soft – Ideal for blending, soft tofu can be used in smoothies, creamy soups and salad dressings
4 oz. = 5-7 grams soy protein

Medium – Mash or Puree for dishes requiring a firm yet smooth consistency. Ideal for soups, dips, and desserts.
4 oz. = 7-10 grams soy protein

Firm, Extra Firm, and Super Firm – Comes packed in water. Dense and solid with a meaty texture; ideal for crumbling into dishes like lasagna, chili, or meatloaf. Slice or cube for a stir-fry or marinate and grill for a summer BBQ.
4 oz. = 10-13 grams soy protein

Tofu Cream Cheese

Made from soybean oil, soy protein and tofu. Substitute tofu cream cheese for dairy cream cheese in cheesecake, spreads and dips 1oz. = 1 gram soy protein

Tofu Sour Cream

Made from soybean oil, soy protein and tofu. Substitute tofu sour cream for dairy sour cream in dips; use as topping for baked potatoes or mix into mashed potatoes.
1 oz. = 1 gram soy protein

Yogurt

Comes in two basic versions: Dairy yogurt with soy protein concentrate (available in Midwest) 6 oz = 6.25 grams soy protein; cultured soy yogurt 6 oz = 4 grams soy protein. Use as you would dairy yogurt. Stir a carton of flavored soy yogurt into your favorite muffin or cake mix prior to baking, use as a dip or topping for fresh fruit.

If you can't find these products in your local supermarket or health food store, please ask store management—they will be willing to search & find them for you!

“Soy-izing” recipes is easy!

One of the obstacles facing consumers who want to begin cooking with soy is the thought that they have to use all new recipes. Below are easy suggestions to take favorite recipes and add soy protein. Not only are they simple, they're delicious!

Your Favorite Food “Soy-ized” Options

- Bean Salads** • Substitute black or yellow canned soybeans for kidney beans; add edamame for color and flavor
- Cookies***
 - Substitute 1/4 cup soyflour + 3/4 cup all purpose flour for 1 cup all-purpose flour
 - Substitute soy margarine for regular margarine
 - Substitute vanilla or plain soymilk for dairy milk
 - Substitute 1 tablespoon soy flour + 1 tablespoon water for 1 egg
 - Substitute 1/3 cup soybean oil for 1/2 cup margarine

**For best texture, use only one or two substitutions per batch. Not recommended for cakes or brownies as it will not rise as well.*
- Cheesecake**
 - Use 50% soft tofu/50% dairy cream cheese in place of dairy cream cheese
 - Use 1 cup crushed soynuts in graham cracker crust (use slightly less butter or margarine as soynuts contain oil)
- Chili**
 - Use all rehydrated TSP® or mix 50/50 with ground beef
 - Substitute canned soybeans for chili beans
 - Add edamame for color and more soy protein
- Dips**
 - Substitute soft tofu or tofu sour cream in sour cream-based recipes
 - Substitute soy cream cheese for dairy cream cheese
- Egg Casserole**
 - Use all soy cheese or combine 50/50 with dairy cheese
 - Use all soy sausage or mix 50/50 with pork sausage; combine before cooking and proceed as recipe states (May also use a precooked pork/tofu bratwurst product.)
 - Use plain soymilk or plain soy creamer instead of dairy milk or cream
- French Toast**
 - Use vanilla or flavored soymilk instead of dairy milk
 - Use eggnog soymilk during the holidays for a festive treat
- Frostings**
 - Use soymilk or soy creamer in place of dairy milk or cream
- Fruit Cobblers & Crisps**
 - Replace 1/4 of all purpose flour with soy flour; use soymilk instead of dairy milk

- Hamburgers** • Use rehydrated TSP®, soy crumbles, or mix 50/50 with ground beef
- Lettuce or Spinach Salads** • Sprinkle with soy cheese
• Sprinkle with 1/4 cup soynuts
• Sprinkle with 1/2 cup blanched edamame
- Macaroni & Cheese** • Use soymilk instead of dairy milk
• Use soy pasta instead of regular pasta
• Use soy cheddar cheese or combine 50/50 with dairy cheddar cheese
- Mashed Potatoes** • Substitute plain soy milk for dairy milk
• Substitute tofu sour cream for dairy sour cream
• Substitute soy cream cheese for dairy cream cheese
- Meatballs** • Use 50% soy crumbles/50% ground beef
• Combine before cooking and then proceed as recipe states
- Meatloaf** • Use 50% soy crumbles/50% ground beef
• Combine before cooking and then proceed as recipe states
- Muffins** • 1/4 cup soy flour + 3/4 cup all purpose flour = 1 cup all purpose flour
• Use plain or vanilla soymilk instead of dairy milk in muffin mixes
• Stir flavored soy yogurt into muffin mixes
- Pasta Dishes** • Use 50% soy crumbles/50% ground beef
• Soy pasta instead of regular pasta

• Use all soy cheese or combine 50/50 with dairy cheese
- Pudding** • Substitute plain or vanilla soymilk for dairy milk
- Peanut Butter Cookies** • Use 50% soynut butter/50% peanut butter in your favorite recipe
- Pizza** • Use all soy cheese or combine 50/50 with dairy cheese
• Use all soy sausage or mix 50/50 with pork sausage
• Sprinkle with edamame and top with shredded soy cheese
- Salad Dressing** • Blend soft tofu with mayonnaise or bottled salad dressings
- Scalloped Corn** • Add approx. 1 cup edamame for a colorful version of this favorite recipe
• Use plain soymilk instead of dairy milk
- Scalloped Potatoes** • Use plain soymilk or soft tofu in place of dairy milk
- Soups & Stews** • Use yellow, brown or black soybeans in place of navy or kidney beans; add edamame to other vegetables
• Use all rehydrated TSP® or mix 50/50 with ground beef
• Replace all or part of the cream or milk with soft tofu or soymilk
- Smoothies** • Use soymilk or soft tofu blended with fruit; add soy protein concentrate

Traditional Fresh Vegetable & Ham Strata

1 pound fresh asparagus spears or broccoli florets, trimmed and cut into 1-inch pieces (about 3 cups)
1 cup (6 ounces) ham chopped
1/2 cup red bell pepper, chopped
4 sourdough English muffins, split in half
2 cups (8 ounces) shredded cheddar cheese, divided
8 eggs, lightly beaten
2 cups milk
1 teaspoon dry mustard
3/4 teaspoon salt
1/4 teaspoon ground black pepper
1 package (0.9 ounce) hollandaise sauce mix

Preheat oven to 375°F. In a covered 2-qt. saucepan, cook asparagus or broccoli in a small amount of boiling water for 6-8 minutes or until crisp-tender; drain. In bottom of 9"x13" pan, place English muffin halves, split sides up. Top with 1 cup of the cheese, asparagus or broccoli, ham and bell pepper. In 2-qt. bowl, whisk eggs, milk, dry mustard, salt and black pepper until well blended. Pour egg mixture over ingredients in pan. Bake 35 minutes. Top with the remaining 1 cup cheese. Bake 5-7 minutes or just until cheese is melted. Meanwhile, prepare hollandaise sauce according to package directions. Cut strata into squares and serve with sauce. Makes 12-15 servings.

"Soy-ized" Fresh Vegetable & Ham Strata

1 pound fresh asparagus spears or broccoli florets, trimmed and cut into 1-inch pieces (about 3 cups)
1 cup (6 ounces) ham chopped
1/2 cup red bell pepper, chopped
4 sourdough English muffins, split in half
2 cups (8 ounces) shredded cheddar soy cheese, divided
8 eggs, lightly beaten
2 cups plain soymilk
1 teaspoon dry mustard
3/4 teaspoon salt
1/4 teaspoon ground black pepper
1 package (0.9 ounce) hollandaise sauce mix

Preheat oven to 375°F. In a covered 2-qt. saucepan, cook asparagus or broccoli in a small amount of boiling water for 6-8 minutes or until crisp-tender; drain. In bottom of 9"x13" pan, place English muffin halves, split sides up. Top with 1 cup of the soy cheese, asparagus or broccoli, ham and bell pepper. In 2-qt. bowl, whisk eggs, soymilk, dry mustard, salt and black pepper until well blended. Pour egg mixture over ingredients in pan. Bake 35 minutes. Top with the remaining 1 cup soy cheese. Bake 5-7 minutes or just until soy cheese is melted. Meanwhile, prepare hollandaise sauce according to package directions. Cut strata into squares and serve with sauce. Makes 12-15 servings.

Resources

Always consult your physician before making changes to your diet!

Additional information on the health and nutrition of soybeans and soyfoods is widely available. Some sources are:

Websites

The Soyfoods Council – www.thesoyfoodscouncil.com

United Soybean Board – www.talksoy.com

Food and Drug Administration – www.fda.gov

Soy Protein Partners – www.soybean.org

Soy Info Online – www.soyinfo.com

University of Illinois – www.soyfoodsillinois.uiuc.edu

Books

THE SOY ALTERNATIVE, Whitecap Books, Canada, 2001

THE BOLD VEGETARIAN CHEF, Ken Charney, John Wiley & Sons, 2002

SOY SMART HEALTH, Rita Elkins, Neil Solomon, MD, Richard Passwater, Woodland Publishing, 2000

THE WHOLE SOY COOKBOOK, Patricia Greenberg, Eileen N. Hartuny, Crown Publishing Group, 1998

THE JOY OF SOY, Dana Jacobi, Crown Publishing Group, 2001

THE SIMPLE SOYBEAN AND YOUR HEALTH, Mark Messina and Virginia Messina, Avery Publishing Group, 1994

WOMEN, IT'S YOUR TURN, Robin Hartley, M.D., McMillen Publishing, 2002

Written by: Pat Baird, MA, RD, FADA



4554 I 14th Street
Urbandale, IA 50322



4554 | 14th Street
Urbandale, IA 50322