

2013 SOYFOODS GUIDE





KNOWING THE BENEFITS OF SOY FOR TODAY’S HEALTHY LIFESTYLE.

Table of Contents

The Benefits of Soy Oil.....	4
Soy/Soy-Based Foods.....	7
Soy Protein Secret for Health Living.....	9
Soy and Children’s Health.....	11
Soy Ingredients.....	12
Recipes.....	13
Soy Food Composition.....	22
Soy Resources.....	23



THE BENEFITS OF SOY OIL: LIVING A LONGER AND HEALTHIER LIFE.

Author: Richard Galloway

In the early 20th century, the production and use of vegetable oils in food products expanded in an effort to replace animal fats, which contain high levels of saturated fatty acids. Since that time, the processing of vegetable oils has progressed to replace most animal fat products, leading to a significant reduction in saturated fats consumed in the American diet.

(Tyler G. Graham, *The Happiness Diet*, Rodale 2011, p. 25)

Soy Oil provides essential fatty acids necessary for



Soybean oil is the most widely available and widely used vegetable oil in the United States. (<http://usda.mannlib.cornell.edu/MannUsda/viewDocumentInfo.do?documentID=1047>) Approximately 60 percent of all fats and oils consumed in the American diet is soybean oil. (U.S. Census Bureau, M311K) Due to its adaptability and large production volume, soybean oil is considered to have the greatest supply security of all vegetable oils available in North America, a major factor in food companies' decision to use specific ingredients.

Vegetable oils are used to carry flavors expected and preferred by consumers. Besides providing essential fatty acids necessary for good health and vitamin E, vegetable oils aid in the body's ability to absorb and effectively use vitamins provided by other food ingredients. ("What are the Benefits of Soybean Oil?" www.livestrong.com) Besides the bottled version in almost everyone's kitchen cabinet (labeled as "vegetable oil"), soybean oil is widely used in everyday products, not to mention food service products.

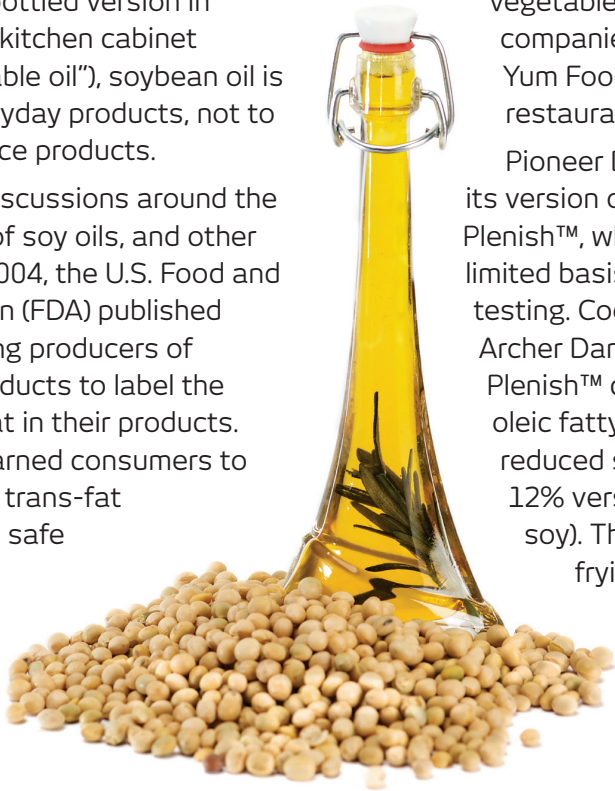
There have been discussions around the trans-fat content of soy oils, and other vegetable oils. In 2004, the U.S. Food and Drug Administration (FDA) published regulations requiring producers of packaged food products to label the content of trans-fat in their products. The FDA further warned consumers to limit their intake of trans-fat and did not issue a safe level of trans-fat consumption, as is done with saturated fat.

Most trans-fat is produced when vegetable oils are hydrogenated to add crystal structure to the oil, making it behave like a semi-solid or solid fat. This process greatly increases the oil's stability, and increases the shelf life of the food product in which it is used. Soybean oil and many other vegetable oils used this process to make their products adaptable to a broader range of food applications. (Johnson, et al, *Soybeans: Chemistry, Production, Processing and Utilization*, AOCS Press, Urbana, IL 2008, p. 409)

Spurred on by QUALISOY, a collaborative effort throughout the soybean industry formed by the United Soybean Board to help bring enhanced soy oil traits to the marketplace, the U.S. soybean industry re-introduced low linolenic soybean oil as a partial substitute for partially hydrogenated vegetable oil products. It was an invaluable replacement for partially hydrogenated vegetable oils for major food companies, such as Kellogg's and Yum Foods' Kentucky Fried Chicken restaurants.

Pioneer DuPont has introduced its version of high oleic soybean oil, Plenish™, which is now available on a limited basis for large scale product testing. Cooperating processors are Archer Daniels Midland and Bunge. Plenish™ combines greatly increased oleic fatty acid (approaching 80%) with reduced saturated fatty acids (11-12% versus 14-15% in commodity soy). This soybean oil is an excellent frying oil and an excellent oil to replace less stable oils or fats high in saturated fat in high-heat cooking applications.

(continued on page 6)



Plenish™ has received global deregulation, except in the European Union. The deregulation application is awaiting EU action and is expected by early 2014.

Monsanto's version of high oleic soybean oil, Vistive Gold™, is a bit behind Plenish™ in the global regulatory process, but full approval may be achieved sometime in 2014. Vistive Gold™ has a very high oleic content (75-78%) and very low saturates (about 7%). This oil has the same frying and high heat functionality along with low enough saturates to allow for labeling advantages for food companies trying to market food products as "low" or even "no" saturates.

So, what is the future of soybean oil in the edible marketplace? The refined, bleached and deodorized (RBD) soybean oil will remain a mainstay in salad dressings, basic cooking applications, the liquid fraction in margarine and many other staple foods. But the exciting opportunity for the soybean oil of the future is the high oleic version. High oleic soy has low linolenic fatty acid accompanied by high oleic fatty acid (the most flavor-stable of the unsaturated fatty acids prevalent in soybean oil).

High oleic soy is an immediate drop-in for any and all frying applications that depended on partially hydrogenated oils in years past. High oleic soy will also provide a highly heat-stable liquid fraction for blending with semi-solid fats and oils, thus making shortening systems more healthy while protecting heat stability and maximizing shelf life of the food products. (Johnson, pp. 485-492) Replacing highly saturated fat systems with high oleic soy will reduce the saturated fat content of the food products produced. High oleic soy is a very "clean" cooking oil. It leaves little cooking residue in high heat applications, such as batch frying. Soybean oil is totally domestically produced, so the supply chain is short and no currency fluctuations must be managed. Prices are based on Chicago Board of Trade soybean oil futures, so price discovery is very straightforward and effective hedging of food company input costs is possible.

High oleic soy will re-open markets lost to offshore, highly saturated fats and oils, as well as create additional markets for soybean oil both in edible and industrial applications. The soybean oil of the 21st century will look a lot different from the vegetable oils of 100 years ago. ■

**"High oleic soy is a very "clean" cooking oil.
It leaves little cooking residue in high heat applications"**

TRADITIONAL SOY FOODS/SOY-BASED FOODS

Green Vegetable Soybeans (Edamame)

These large soybeans are harvested when the beans are still green and sweet tasting and can be served as a snack or a main vegetable dish after boiling in slightly salted water for 15-20 minutes. They are high in protein and fiber and contain no cholesterol. Green soybeans are sold frozen in the pod and shelled.

Natto

Natto is made of fermented, cooked whole soybeans. Because the fermentation process breaks down the beans' complex proteins, natto is more easily digested than whole soybeans. It has a sticky, viscous coating with a cheesy texture. In Asian countries natto traditionally is served as a topping for rice, in miso soups, and is used with vegetables. Natto can be found in Asian and natural food stores.

Okara

Okara is a pulp fiber by-product of soymilk. It has less protein than whole soybeans, but the protein remaining is of high quality. Okara tastes similar to coconut and can be baked or added as fiber to granola and cookies. Okara also has been made into sausage.

Miso

Miso is a rich, salty condiment that characterizes the essence of Japanese cooking. The Japanese make miso soup and use it to flavor a variety of foods. A smooth paste, miso is made from soybeans and a grain such as rice, plus salt and a mold culture, and then aged in cedar vats for one to three years. Miso should be refrigerated. Use miso to flavor soups, sauces, dressings, marinades and pâtés.

Soybeans

As soybeans mature in the pod, they ripen into a hard, dry bean. Although most soybeans are yellow, there are also brown and black varieties. Whole soybeans (an excellent source of protein and dietary fiber) can be cooked and used in sauces, stews and soups. Whole soybeans that have been soaked can be roasted for snacks. Dry whole soybeans should be cooked before eaten.

Soynuts

Roasted soynuts are whole soybeans that have been soaked in water and then baked until browned. Soynuts can be found in a variety of flavors, including chocolate covered. High in protein and isoflavones, soynuts are similar in texture and flavor to peanuts.

Soymilk

Soybeans soaked, ground fine and strained produce a fluid called soybean milk. Plain, unfortified soymilk is an excellent source of high-quality protein and B vitamins. Soymilk is most commonly found in aseptic containers (nonrefrigerated, shelf stable), but also can be found in quart and half-gallon containers in the dairy case at the supermarket. Soymilk is also sold as a powder that must be mixed with water.

Soy Sauce (Tamari, Shoyu, Teriyaki)

Soy sauce is a dark-brown liquid made from soybeans that has undergone a fermenting process. Soy sauces have a salty taste, but are lower in sodium than traditional table salt. Specific types of soy sauce are shoyu, tamari and teriyaki. Shoyu is a blend of soybeans and wheat. Tamari is made only from soybeans and is a byproduct of making miso. Teriyaki sauce can be thicker than other types of soy sauce and includes other ingredients such as sugar, vinegar and spices.

Soy Sprouts

Although not as popular as mung bean sprouts or alfalfa sprouts, soy sprouts (also called soybean sprouts) are an excellent source of nutrition, packed with protein and vitamin C.

Tofu & Tofu Products

Tofu, also known as soybean curd, is a soft, cheese-like food made by curdling fresh, hot soymilk with a coagulant. Tofu is a bland product that easily absorbs the flavors of other ingredients with which it is

(continued on page 8)

TRADITIONAL SOY FOODS/SOY-BASED FOODS

cooked. Tofu is rich in both high-quality protein and B vitamins and is low in sodium. Firm tofu is dense and solid and can be cubed and served in soups, stir fried or grilled. Firm tofu is higher in protein, fat and calcium than other forms of tofu. Soft tofu is good for recipes that call for blended tofu. Silken tofu is a creamy product and can be used as a replacement for sour cream in many dip recipes.

Tempeh

Tempeh, a traditional Indonesian food, is a chunky, tender soybean cake. Whole soybeans, sometimes mixed with another grain such as rice or millet, are fermented into a rich cake of soybeans with a smoky or nutty flavor. Tempeh can be marinated and grilled and added to soups, casseroles or chili.

Yuba

Yuba is made by lifting and drying the thin layer formed on the surface of cooling hot soymilk. It has a high-protein content and is commonly sold fresh, half-dried and as dried bean curd sheets. Found in Asian food stores.

Soy Protein Products (Meat Analogs)

Protein products made from soybeans contain soy protein or tofu and other ingredients mixed together to make a protein product. These protein products are sold as frozen, canned or dried foods. Usually, they can be used the same way as the foods they replace. With so many different protein products available to consumers, the nutritional value of these foods varies considerably. Generally, they are lower in fat, but read the label to be certain. Protein products made from soybeans are excellent sources of protein, iron and B vitamins.

Soy Beverages

Soy beverages can be made with soymilk or isolated soy protein. Flavorings or fruit juices may be added. They can be purchased ready to drink or in a dry-powder form to which liquid is added.

Soy Cheese

Soy cheese is made from soymilk. Its creamy texture makes it an easy substitute for most cheeses, sour cream or cream cheese and can be found in a variety of flavors. Products made with soy cheese include soy pizza.

Whipped Toppings, Soy-Based

Soy-based whipped toppings are similar to other nondairy whipped toppings, except that hydrogenated soybean oil is used instead of other vegetable oils.

Infant Formulas, Soy-Based

Soy-based infant formulas are similar to other infant formulas except that a soy protein isolate powder is used as a base. Carbohydrates and fats are added to achieve a fluid similar to breast milk. The American Academy of Pediatrics says that for term infants whose nutritional needs are not being met from maternal breast milk or cow milk-based formulas, isolated soy protein based formulas are safe and effective alternatives to provide appropriate nutrition for normal growth and development.

Soynut Butter

Made from roasted, whole soynuts, which are then crushed and blended with soybean oil and other ingredients, soynut butter has a slightly nutty taste, significantly less fat than peanut butter and provides many other nutritional benefits as well.

Soy Yogurt

Soy yogurt is made from soymilk. Its creamy texture makes it an easy substitute for sour cream or cream cheese. Soy yogurt can be found in a variety of flavors in natural food stores.

Nondairy Soy Frozen Desserts

Nondairy frozen desserts are made from soymilk or soy yogurt. Soy ice cream is one of the most popular desserts made from soybeans.



THE SOY PROTEIN SECRET FOR HEALTHY LIVING.

Author: Amy Hendel, R-PA

With so much conflicting information available about a healthy diet, making even simple decisions about healthy eating can be confusing.

One area that gets a lot of attention when it comes to improving health and weight loss is protein—but how do you make the right protein choices? Here are answers to common questions about the role of protein in a balanced diet. The daily food choices you make will have an impact on your health and well-being. If you want to look and feel your best, eating a balanced diet is an excellent first step.

(continued on page 10)

To look and feel your best, eating a balanced diet is an excellent

First Step 

How do I make the best food choices?

Your best health strategy is to choose the most nutrient-dense options from each of the six basic food groups:

- Fruits
- Vegetables
- Proteins
- Fats
- Carbohydrates
- Dairy

Fruits and vegetables are no-brainers, when it comes to the best selections. You can't go wrong with any choices from these two groups. (Just keep in mind that corn, peas, and potatoes are starches and are typically grouped together with grains in the carbohydrate food group.) When it comes to the other four groups, you want to eat the "best of the bunch."

- mostly mono-unsaturated and polyunsaturated fats
- less processed whole grains and high-fiber grain products
- low-fat or fat-free dairy choices

Protein selections can include limited lean red meat, skinless and low fat white meats, fish, nuts and seeds, beans and legumes, and eggs (dairy products and some grains also contain measurable amounts of protein).

What's so special about protein?

Protein is quite satisfying, which means that several grams of a lean protein will keep you from feeling hungry. (Each gram of protein has four calories, carbohydrates are similar and fats have nine calories per gram.) Foods rich in protein can help you to control your appetite. Lean proteins may also help you improve your blood fat levels. Of course, you do want to choose quality proteins, and experts prefer that people consume mostly skinless poultry, fish and plant-based proteins like beans and legumes, as well as eggs, nuts and seeds, dairy products and some grains such as quinoa. You can include limited servings of lean cuts of meat in your weekly diet, but you need to track the saturated fat.

Soybeans are the only bean protein that is a complete protein, which means it contains all nine essential amino acids. Soy protein is nutrient-rich and lower in fat and calories. There are a variety of protein-rich soy foods you can choose from. Soybeans, or edamame are tasty and great as finger foods for kids, or as an addition to salads, dips, soups, stews, chili and other hearty dishes. Four ounces of soymilk has about five grams of protein. Three ounces of tofu has 13 grams of protein.

Proteins are the major component of all cells, including muscle and bone. You need protein for growth, development and to help your immune system fight off infections. The RDA (Recommended Dietary Allowance) for protein is 56 grams per day for men and 46 grams per day for women.

Why is protein so filling?

Some researchers think that protein may cause the brain to access less appetite-stimulating hormones. That means you feel less hungry after consuming a meal that is rich in protein. Proteins, unlike carbohydrates, do not instigate large spikes of insulin (needed to help process the sugar byproduct from carbohydrates) so you have less fluctuation in blood sugar. Fewer sugar highs and lows mean that you experience fewer cravings.

Are high-protein diets healthy?

Most of us are familiar with high-protein diet trends such as the Atkin's Diet. Aside from the emphasis on animal protein with high saturated fat, linked in many studies to negative health consequences, there may be something to the idea of adding a higher percentage of (high-quality) protein in your diet. Though a high-protein diet with 50% protein may not be prudent for everyone, diets containing 30% protein are considered reasonable for people trying to eat a more satisfying diet that also supports health. A 2012 study in the American Journal of Clinical Nutrition reported that subjects on a diet comprised of 20% fat, 50% carbohydrates and 30% protein were:

- More satisfied
- Lost weight
- Felt less hungry

A more recent study (<http://ajcn.nutrition.org/content/early/2012/10/23/ajcn.112.044321.abstract>) indicated that dieters who eat meals and snacks high in protein (but balanced with accompanying whole grains, fruits and vegetables and healthy fats) lost a bit more weight (1.8 pounds and more body fat), than the control group who ate less protein. In this study, the protein sources were both animal and plant-based. Again, the idea is that if your brain receives messages of enjoyment from tasty food that is filling, you will be more likely to lose excess weight or maintain your weight.

What are some family-friendly soy protein choices?

It's traditional to put cereal in front of your child as an early finger food snack—why not use boiled soybeans as a fun and tasty early food snack too? With the epidemic of obesity among U.S. children and teens, it's a good idea to offer protein-rich snack foods instead of, or in addition to, cereals and other grain food choices.

Here are some other great ways to enjoy soy protein:

- Fortified soymilk (1 cup =6-7 grams of protein)
- Soy cereals (1 cup = 7 grams of protein)
- Soy yogurt (1 cup = 6 grams of protein)
- Soy nutrition bar (averages 14 grams of protein)
- Soynuts, roasted (1/4 cup = 11 grams of protein)
- Tofu (1 cup = 10 grams of protein)
- Soybeans, edamame, shelled (1/2 cup = 11 grams of protein)

What are my favorite protein-rich snacks?

Here are a few of my "go to" snacks:

- An apple and 1/4 cup roasted soybeans
- Small yogurt with berries
- Soy Joy Bar
- 5 baked crackers and soy nut butter
- Small whole grain waffle, 1 tsp. peanut butter with banana slices
- 1/2 cup steamed soybeans (edamame) and 1 cup skim milk
- 1 Cup of low sodium vegetable soup with soybeans
- Cut-up veggies with mashed soybean/ guacamole dip

So consider boosting the protein in your diet, and include soy products as a high-quality source of plant-based protein. Your health will thank you for it! ■

Sources of Soy Protein

Soyfood	Serving size	Grams of soy protein
Fortified Soymilk	1 cup	6-7
Soy Cereal	1 1/4 cup	7
Soy Yogurt, Vanilla	1 cup	6
Soy Breakfast Patty	2 patties	11
Soy Bar	1 bar	14
Soy Chips	1 bag	7
Soynut Butter	2 Tbsp	7
Soynuts, Roasted, Unsalted	1/4 cup	11
Tofu	1/2 cup	10
Edamame	1/2 cup	11
Soy Burger	1 patty	13-14
Soy Pasta	1/2 cup (cooked)	13
Soy Pudding	1/2 cup	6

Source: SoyConnection.com

COMMON SOY INGREDIENTS

Soy Flour (50% protein)

Soy flour is made from roasted soybeans ground into a fine powder. All soy flour gives a protein boost to recipes. Defatted soy flour is an even more concentrated source of protein than is full-fat soy flour.

Soy flour is gluten-free, so yeast raised breads made with soy flour are denser in texture.

There are three kinds of soy flour available: Natural or full-fat, which contains the natural oils found in the soybean; defatted, which has the oils removed during processing; and lecithinated, which has had lecithin added to it.

Hydrolyzed Vegetable Protein (HVP)

Hydrolyzed vegetable protein (HVP) is a protein obtained from any vegetable, including soybeans. HVP is a flavor enhancer that can be used in soups, broths, sauces, gravies, flavoring and spice blends, canned and frozen vegetables, meats and poultry.

Lecithin

Extracted from soybean oil, lecithin is used in food manufacturing as an emulsifier in products high in fats and oils. It also promotes stabilization, antioxidation, crystallization and spattering control.

Soy Protein, Textured (Flour or Concentrate)

Textured soy protein usually refers to products made from textured soy flour and textured soy protein concentrates. Textured soy flour is made by running defatted soy flour through an extrusion cooker, which allows for many different forms and sizes. It contains 50 percent protein as well as the dietary fiber and soluble carbohydrates from the soybean. When hydrated, it has a chewy texture. Textured soy flour is widely used as a meat extender. Often referred to simply as textured soy protein, textured soy flour is sold dried in granular and chunk style and is bland in flavor. Textured soy protein concentrates are made by extrusion and are found in many different forms and sizes. Textured soy protein concentrates contain 70 percent protein as well as the dietary fiber from the soybean. When hydrated, they have a chewy texture and contribute to the texture of meat products.

Soy Grits

Soy grits are similar to soy flour except that the soybeans have been toasted and cracked into coarse pieces rather than the fine powder of soy flour. Soy grits can be used as a substitute for flour in some recipes. High in protein, soy grits can be added to rice and other grains and cooked together.

Soy Protein Isolate (Isolated Soy Protein)

(90% protein) When protein is removed from defatted flakes, the result is soy protein isolate, the most highly refined soy protein. Containing 90 percent protein, soy protein isolates possess the greatest amount of protein of all soy products. They are a highly digestible source of amino acids (building blocks of protein necessary for human growth and maintenance). Isolates are bland in flavor.

Soy Protein Concentrate (70% protein)

Soy protein concentrate comes from defatted soy flakes. It contains 70 percent protein while retaining most of the bean's dietary fiber. It is a highly digestible source of amino acids and is bland in flavor.

Soy Fiber (Okara, Soy Bran, Soy Isolate Fiber)

There are three basic types of soy fiber: okara, soy bran and soy isolate fiber. All of these products are high-quality, inexpensive sources of dietary fiber. Soy bran is made from hulls (the outer covering of the soybean), which are removed during initial processing. The hulls contain a fibrous material that can be extracted and then refined for use as a food ingredient. Soy isolate fiber, also known as structured protein fiber (SPF), is soy protein isolate in a fibrous form.

Soybean Oil & Products

Soybean oil, also referred to as soy oil, is the natural oil extracted from whole soybeans. It is the most widely used oil in the United States, accounting for more than 75 percent of our total vegetable fats and oils intake. Oil sold in the grocery store under the generic name "vegetable oil" is usually 100 percent soybean oil or a blend of soybean oil and other oils. Read the label to make certain you're buying soybean oil. Soybean oil is cholesterol free and high in polyunsaturated fat. Soybean oil also is used to make margarine and shortening.

SOY RECIPES

DRINKS

Mexican Hot Chocolate

Ingredients:

2 cups.....Silk soy milk, any flavor
except Unsweetened
3 ounces.....semisweet or bittersweet chocolate,
finely chopped
1/2 teaspoon.....cinnamon
1/2 teaspoon.....vanilla
Dash of cayenne (optional)
Chocolate sprinkles (optional)
Prep Time: 5 minutes
Cook Time: 5 minutes

Preparation:

In a small saucepan bring Silk soy milk to a simmer over medium heat. Whisk in chocolate and continue to cook until chocolate is melted and fully incorporated. Remove from heat and whisk in cinnamon, vanilla and cayenne. Pour into two warm mugs. Top with cinnamon or chocolate sprinkles.

Makes 2 servings

Source: Silk®

APPETIZERS AND SNACKS

Eggplant Fries with Zesty Lemon Yogurt



Ingredients:

1.....Large eggplant (about 1 pound; use firm,
dense eggplant for best results)
4 cups.....Soy oil (for deep frying)
1 cup.....Rice flour
2 tablespoons.....Grated lemon zest
1 1/2 tablespoon.....Za'atar* (optional)
1 tablespoon.....Garlic powder
(will stick to the eggplant better than fresh garlic)
1/2 teaspoon.....Sea salt
1 cup.....Plain Greek-style low-fat yogurt
2 teaspoons.....Grated lemon zest
1 pinch or dash.....Sea salt and ground black pepper
Prep time: 10 minutes
Cook time: 2 1/2 hours
Makes 6 servings

Description:

For the ultimate reinvention of a favorite comfort food, try eggplant fries dipped in zesty lemon yogurt. It's fun, fresh and offers a sense of adventure.

Preparation:

Cut ends and sides off of eggplant to form an even block, then cut into 1/4-inch strips. Place eggplant fries in large bowl; cover with 2 cups ice and enough water to cover. Cover and chill for 2 hours or overnight until thoroughly chilled.

Preheat soybean oil to 350°F in heavy frying pan or small deep fryer. Line baking sheet with paper towels.

Combine rice flour, lemon zest, za'atar, garlic powder and salt in shallow bowl. Drain eggplant fries. Working in batches, coat eggplant fries in rice flour mixture.

Carefully place half of eggplant fries into hot soybean oil. Fry until golden brown, turning occasionally, approximately 3 to 4 minutes. Remove; drain on paper towels. Repeat with remaining fries. Sprinkle with additional salt.

To prepare Zesty Lemon Yogurt, combine yogurt, lemon zest and salt and pepper to taste. Serve immediately with eggplant fries.

Serving Tips:

*To make your own blend of Za'atar, stir together the following ingredients in a small bowl:

2.....tablespoons minced fresh thyme
2.....tablespoons sesame seeds, toasted
2.....teaspoons ground sumac (if unavailable,
substitute with lemon juice)
1/2.....teaspoon coarse salt

Nutrition Per Serving:

Serving size: 1/6 of recipe. Calories 190, 4g Protein, 23g Carbohydrate, 3g Fiber, 10g Fat, 1.5g Sat. Fat, 0g Trans Fat, 0mg Cholesterol, 220mg Sodium

Source: soyconnection.com

SOY RECIPES

APPETIZERS AND SNACKS

Soy Pepper Bowls

Ingredients:

1/2 cup	Chopped onion
2	Cloves garlic, minced
1 teaspoon	Soy oil
8 ounces	Frozen soy protein crumbles
1 cup	Diced tomatoes
1 cup	Water
1/3	Chopped Anaheim chilies
1/2 teaspoon	Ground cumin
1/4 teaspoon	Ground pepper
1 cup	Uncooked brown rice cooked according to package directions
6	Green peppers (medium)

Prepared salsa, optional

Salt

Makes 6 servings

Preparation:

Sauté onion and garlic in oil until softened. Add protein crumbles, tomato, water, chilies, cumin, 1/2 to 3/4 teaspoon salt and pepper; mix well.

Bring mixture to boil; reduce heat and simmer 15 minutes.

Gently mix in cooked rice. Cut 1/2 inch off the stem end of peppers; remove seeds and membrane.

Bring water and 1 teaspoon salt to boil in large saucepan. Cook in boiling water 3 to 5 minutes; invert on paper towels to drain.

Fill peppers with 3/4 cup of crumbles-rice mixture; place in 8-inch square baking dish.

Bake at 376° F 20 minutes or until thoroughly heated. If desired, serve with salsa.

Nutrition Per Serving:

284 Cal., 24.4 g pro., 49.5 g carb., 2.5 g fat (7% Cal. From fat), 0.3 g sat. fat, 0 mg chol., 11.9 g fiber, 158 mg sodium, 20 g pro. from soy, 0.28 fat from soy.

Source: soyconnection.com

High Energy Trail Mix



Ingredients:

1/4 cup	Honey
1 cup	Dry textured soy protein (TSP)
1/2 cup	Soy nuts
1/2 cup	Mixed dried fruit bits
1/2 cup	Candy-coated milk chocolate pieces

Makes 3 cups

Preparation:

Preheat the oven to 300° F.

Prepare TSP and nuts or seeds: Heat the honey in the microwave just enough to liquefy it. Put the TSP and nuts or seeds in a small bowl and pour the honey over them. Mix well.

Spread the mixture evenly on a nonstick cookie sheet. Bake about 6 minutes, stirring every one or two minutes. Watch carefully near the end so that the TSP does not burn. Remove from the oven and let cool. If the nuggets are sticky, return to the oven to bake 1 minute longer.

Combine the cooled TSP and nuts with the dried fruit bits and candy-coated milk chocolate pieces.

Nutrition Information:

Serving size: 1/4 cup. 120 calories, 6 g protein, 20 g carbohydrate, 3 g fat (1.5g saturated), 2 g fiber

Source: www.nsrllinois.edu



SALADS

Caprese Salad with Soybean Walnut Pesto Vinaigrette



Ingredients:

2 tablespoons	Walnut Soybean Pesto
2 tablespoons	Soybean oil
2 tablespoons	Red wine vinegar
4	Medium vine-ripened tomatoes
8 ounces	Reduced-fat mozzarella cheese
	Fresh basil leaves (optional)
	Salt and ground black pepper (optional)

Soybean Walnut Pesto

Ingredients:

2 cups	Basil leaves, fresh, packed
1 cup	Walnuts, toasted, chopped
2/3 cup	Parmesan cheese, grated
6 tablespoons	Soybean oil
2 tablespoons	Lemon juice
3	Cloves garlic, chopped

Prep time: 15 minutes

Makes 1 1/4 cups

Preparation:

Create Soybean Walnut Pesto:

Pulse basil, walnuts, cheese, soybean oil, lemon juice and garlic in food processor until blended. Place in small bowl. Cover and refrigerate.

Combine Soybean Walnut Pesto, soybean oil and vinegar in small bowl.

Slice tomatoes and cheese into 1/4-inch-thick slices. Layer tomatoes and cheese on serving plate. Drizzle with pesto vinaigrette. Sprinkle with fresh basil leaves, salt and pepper.

Nutrition Per Serving:

180 Calories, 12g Protein, 6g Carbohydrate, 1g Fiber, 12g Fat, 4g Sat. Fat, 0g Trans Fat, 15mg Cholesterol, 290mg sodium

Source: soyconnection.com

Fusilli Pasta and Tofu Salad

Ingredients

1/4 cup	Olive oil
1/4 cup	Soy oil
1/4 cup	Vinegar
1/2 teaspoon	White pepper
1/4 teaspoon	Basil
1 teaspoon	Sugar (leave out if diabetic)
3 cups	Cooked fusilli pasta (any pasta shape will work)
8 ounces	Extra firm tofu, cubed and marinated in a low sodium marinade for several hours
1/2 cup	Frozen peas, defrosted
1/2 cup	Chopped red pepper
1 cup	Sliced zucchini
1	Medium carrot, sliced thinly
2 cups	Shredded lettuce

Prep time:15 minutes

Preparation:

Put dressing ingredients in jar with lid and shake to blend ingredients. Chill for at least 2 hours. Shake again before adding to the salad.

Mix together pasta, tofu, peas, zucchini, red pepper and carrot in large bowl.

Divide lettuce onto 4 plates and top with salad mixture. Pass dressing separately.

Source: soyconnection.com

Soy & Children's Health

Need New Ideas to Keep Your Kid's Snacks Healthy? Try Adding Soy ...



- Make homemade trail mix by mixing honey-roasted soy nuts and chocolate-covered soy nuts in with whole grain cereal, raisins and other dried fruit.
- Spread soy nut butter on whole wheat bread or celery in place of peanut butter.
- Make protein-rich smoothies with tofu, soymilk and a variety of fruits.

SOY RECIPES

Black Soybean Salad Recipe



Ingredients
1 Black soybeans (16 oz. can), drained and rinsed
1 cup Drained canned or cooked corn kernels
1 cup Sliced celery
1/2 cup Diced sweet red peppers and green peppers
1/4 cup Sliced green onions and ripe olive
1/4 cup Soybean oil (vegetable oil) and white wine vinegar, each
3/4 teaspoon Salt
1/2 teaspoon Chili powder
Makes 6 servings

Preparation:
Combine drained soybeans, corn, celery, sweet peppers, green onions, olives and hot peppers in a large bowl; toss to mix. Combine remaining ingredients in a small bowl and whisk to blend all ingredients or in a cruet and shake until blended. Freshly ground pepper to taste. Pour dressing over soybean mixture and marinate at least 1 hour.

Nutrition Per Serving
180 calories, 6.7 gm protein, 15.5 gm carbohydrates, 10.8 gm fat, 0 mg cholesterol, 983 mg sodium, 4.9 gm dietary fiber
Source: soyconnection.com

DRESSINGS AND SAUCES
Creamy Ranch Dressing
Ingredients:
1 1/4 cups Soy or dairy milk
1 (12 oz) package Silken tofu
1 (1 oz) package Ranch salad dressing mix packet
Makes 2 1/2 cups

Preparation:
Put the soymilk, silken tofu and dressing mix into a blender container. Whirl until well blended, scraping down sides if necessary. Put dressing into a jar and store in the refrigerator.

Nutrition Per Serving:
Serving size: 1/4 cup. Per serving: 48 calories, 1.5 g total fat (0 g sat fat), 3 g protein (3 g soy protein), 5 g carbohydrate, 249 mg sodium, 0 mg cholesterol, 0 g dietary fiber.
Source: Recipe used with permission from Soyfoods Association of North America. For more information, visit www.soyfoods.org.

Tofu Alfredo Sauce
Ingredients:
1 package (12oz) Firm silken tofu
1 Garlic clove
1/2 cup Parmesan cheese
1 tablespoon Soy oil
1 1/2 tsp Dried basil
1 tablespoon Dried parsley
1/4 tsp Black pepper
1 tsp Kosher salt (or less to taste)
1 tsp Onion powder
1/4 cup Skim milk or plain soymilk
1 package Frozen chopped broccoli
1 pound Pasta, cooked and drained
Makes 4 servings

Description:
By replacing the heavy cream and butter with Tofu, this saves 350 calories per serving for the sauce alone!
Preparation:
Combine ingredients in a blender and blend until smooth. Warm in the microwave 3-4 minutes on high, or until hot. Cook pasta. In the last 5 minutes of cooking time, add frozen broccoli to cooking water. Drain and toss with Alfredo Sauce.

Nutrition Per Serving:
155 Calories, 3 g Protein, 4 g Carbohydrate, 10 g Fat
Source: Recipe used with permission from Soyfoods Association of North America. For more information, visit www.soyfoods.org.

SOY RECIPES

SOUPS
Butternut Squash Parsnip Bisque



Ingredients:
3 cups Butternut squash cubes (1 small squash)
3 medium Parsnips, peeled and chopped
1 medium Onion, chopped
1 Clove garlic, minced
4 cups Vegetable stock
1 1/2 cups Silk Unsweetened
2 tablespoons Tamari or soy sauce
1/8 teaspoon Nutmeg
Salt and freshly ground white or black pepper to taste
Prep Time: 15 minutes
Cooking Time: 40 minutes
Makes 6 servings

Preparation:
Combine the butternut squash, parsnips, onions and garlic in a soup pot and add the vegetable stock. Bring to a boil over medium-high heat. Reduce to a simmer, cover and cook until the vegetables are soft, about 30 minutes. Add the Silk and tamari to the vegetables and broth. In three separate batches, purée in a blender or food processor until smooth and creamy. Add the nutmeg and season to taste with white or black pepper.

Source: Silk®

ENTREES
Turkey, Tofu & Zucchini Lasagna Recipe
Ingredients:
6 Whole-wheat lasagna noodles, cooked according to package directions
1 teaspoon Soybean oil (often labeled "vegetable oil")
1 Onion (small), diced
3 Cloves fresh garlic, chopped
1 pound Ground turkey breast, 99% lean
1 Jar prepared marinara sauce (24 oz.)
1 Zucchini, cut lengthwise into thin slices
1 Package silken tofu (12.3 oz.), drained and crumbled
1 1/2 cup Reduced-fat mozzarella, shredded

Prep time: 15 minutes
Cook time: 50 minutes
Makes 8 servings
Description:
Looking for a family-friendly meal that's healthy and delicious? Loaded with vegetables, whole-grain noodles, lean turkey and tofu, this lasagna dish says "nutrient dense."

Preparation:
Preheat oven to 375°F. Grease 9x9-inch baking dish. Heat oil in large frying pan over medium-high heat; add onions and garlic, stirring frequently, for 2 minutes, until soft. Add turkey, stirring frequently, for 6 to 8 minutes, until cooked through. Stir in pasta sauce. Remove from heat. Spread 3/4 cup pasta sauce mixture over bottom of the prepared baking dish. Top with 2 noodles. Spread half of the silken tofu over noodles. Top with 1/3 cup cheese, 1 1/2 cups pasta sauce mixture and half of the zucchini slices. Top with 2 noodles. Spread remaining silken tofu over noodles. Top with 1/3 cup cheese, 1 1/2 cups pasta sauce mixture and remaining zucchini slices. Top with remaining 2 noodles, pasta sauce mixture and 1/3 cup cheese. Cover tightly with aluminum foil. Bake for 30 to 35 minutes; remove foil and top with remaining cheese. Bake an additional 10 minutes, until lightly browned.

Nutrition Per Serving:
260 Calories, 25g Protein, 27g Carbohydrate, 4g Fiber, 6g Fat, 2g Sat. Fat, 0g Trans Fat, 25mg Cholesterol, 410mg Sodium
Source: soyconnection.com

SOY RECIPES

Honey-Mustard Tempeh Pita

Ingredients

8 ounces..... Tempeh
 1/4 cup..... Honey
 1/4 cup..... Dijon-style mustard
 1 teaspoon..... Apple cider vinegar
 2 teaspoons..... Soy oil
 4..... Whole wheat pitas, warmed and cut in half
 2 cups..... Lettuce, shredded
 1 cup..... Red onion, thinly sliced
 1 cup..... Tomatoes, chopped

Makes 8 servings

Preparation:

Steam tempeh 20 minutes; cool. Slice into 1/4 inch slices. Combine honey, mustard and vinegar. Marinate tempeh in honey-mustard mixture for 1 hour covered in the refrigerator. Remove tempeh from marinade; reserve marinade. Over medium heat, sauté tempeh in oil until golden brown on both sides. Please two slices of warm honey-mustard tempeh in each pita half. Top with lettuce, onion, tomato and drizzle of reserved marinade.

Nutrition Per Serving:

Per 1/2 pita Serving: Calories 195, Cholesterol 0 mg, Total fat 4 g, Carbohydrates 34 g, Sodium 355 mg, Saturated fat 0.5 mg, Protein 9 g

Source: soyconnection.com

Soy & Children's Health

What Can You Save by Adding Kid-Friendly Soyfoods?



80 Calories - Serving up to 4 soy nuggets in place of 4 chicken nuggets.

80 Calories - On the grill try soy veggie burgers rather than regular hamburgers to save 80 calories and add 3 grams of fiber per burger.

70 Calories - When you replace a beef hotdog with a soy veggie dog.

50 Calories - Fortified soymilk has almost 50 fewer calories than whole milk per serving. Soymilk can also be used to create a creamy, enhanced flavor to existing menu items.

Crockpot Taco Bake



Ingredients

1 package (1.25 oz.)..... Taco seasoning
 3/4 cup..... Boiling water
 1 can (8 oz.)..... Tomato sauce
 1 package (12 oz.)..... Frozen soy crumbles
 1..... Onion, chopped
 1 can (15 oz.)..... Black beans, drained and rinsed
 1 can (14.5 oz.)..... Diced tomatoes
 1 cup..... Frozen corn
 1 can (4 oz.)..... Mild chopped green chilies
 1 package (8 oz.)..... Macaroni shells, uncooked
 1 cup..... Shredded mild cheddar cheese

Makes 8 servings

Description:

Toss together the ingredients for this family-pleasing meal when you have a chance, and set the temperature on the crockpot so dinner will be ready when you are.

Preparation:

Mix the taco seasoning with the boiling water in a crockpot. Stir in the tomato sauce, soy crumbles, chopped onion, beans, tomatoes, corn, and chilies. Gently mix in the uncooked macaroni shells.

Cover and cook on low for 6-8 hours or on high for 3-4 hours.

Sprinkle the cheese over the top during the last 30 minutes of cooking.

Nutrition Per Serving:

250 calories, 10 g protein, 40 g carbohydrate, 5 g fat (3 g saturated), 4 g fiber

Source: www.nsrllinois.edu



Asian Chicken Edamame Pizza Recipe



Ingredients

3 tablespoons..... Peanut Butter
 2 tablespoons..... Water
 1 1/2 teaspoons..... Soy sauce
 1 1/2 teaspoons..... White rice vinegar
 1 1/2 teaspoons..... Fresh ginger, minced
 1..... Pre-baked pizza crust, 12-inch
 1/2 cup..... Reduced-fat mozzarella cheese, shredded
 1 cup..... Cooked chicken breast, diced
 1/2 cup..... Edamame, shelled, cooked according to package directions
 1/2 cup..... Red bell pepper, sliced
 1/4 cup..... Chow mein noodles

Prep time: 10 minutes

Cook time: 8 minutes

Makes 8 servings

Description:

No need to splurge on take-out when you can whip up this family favorite right in your own kitchen.

Preparation:

Preheat oven to 450°F.

Combine peanut butter, water, soy sauce, vinegar and ginger in small bowl; stir until smooth.

Place pizza crust on foil-lined baking sheet. Spread peanut butter mixture evenly over pizza crust.

Sprinkle cheese, chicken, edamame, bell peppers and chow men noodles evenly over crust.

Bake 8 to 10 minutes until cheese is melted. Cut into 8 slices and serve.

Nutrition Per Serving

(1 slice): 160 Calories, 10g Protein, 19g Carbohydrate, 2g Fiber, 6g Fat, 1g Sat. Fat, 0g Trans Fat, 10 mg Cholesterol, 400 mg sodium

Source: soyconnection.com

Party-Perfect Tofu Skewers with Soynut Satay Dipping Sauce Recipe

Ingredients:

Party-Perfect Tofu Skewers

1..... Package extra firm tofu (20 oz.), drained and cut into 42, 1-inch cubes
 2 tablespoons..... Lime juice
 1 tablespoon..... Reduced sodium soy sauce
 14..... Bamboo skewers
 1 cup..... Soynut Butter Dipping Sauce (recipe follows)
 Additional soy sauce and oil for brushing

Soynut Satay Dipping Sauce

1/2 cup..... Soynut butter
 1/4 cup..... Fresh lime juice
 1 tablespoon..... Soybean oil (often labeled “vegetable oil”)
 1/4 cup..... Rice vinegar
 1/4 cup..... Water
 2 tablespoons..... Reduced sodium soy sauce
 1/4 cup..... Fresh green onion, chopped
 1 1/2 teaspoon..... Fresh ginger, grated
 1 teaspoon..... Fresh garlic, chopped

Prep time: 20 minutes | Cook time: 3 hours

Makes 14 servings

Description:

No need to buy expensive party snacks, these bite-sized protein packed tofu skewers are sure to be a hit. Dipping fun for everyone!

Preparation:

Party-Perfect Tofu Skewers

Place tofu, lime juice, oil and soy sauce in large bowl; gently stir to coat. Cover and refrigerate, stirring occasionally, for 2 hours or overnight.

Assemble 3 tofu cubes on each skewer. Brush grill with oil. Preheat grill to medium.

Grill over medium heat for 3 minutes, turning frequently and brushing with soy sauce and oil, until golden brown. Serve with Soynut Satay Dipping Sauce.

Soynut Ginger Dipping Sauce:

Pulse all ingredients in food processor until smooth. Place in small bowl. Cover and refrigerate.

Nutrition Per Serving:

1 satay and 1 tbsp sauce - 100 Calories, 7g Protein, 3g Carbohydrate, 2g Fiber, 8g Fat, 1g Sat. Fat, 0g Trans Fat, 0mg Cholesterol, 115mg sodium. Ginger Dipping Sauce (1 tbsp) -60 Calories, 2g Protein, 2g Carbohydrate, 1g Fiber, 4.5g Fat, 0.5g Sat. Fat, 0g Trans Fat, 0mg Cholesterol, 75mg Sodium

Source: soyconnection.com

SOY RECIPES

Linguini with Roasted Garlic-Wine Sauce Recipe



Ingredients
3/4 pounds Linguini, dry
1 1/2 ounces Soybean Oil
2 cups Roasted Garlic Paste*
1 1/2 ounces Shallots, minced
1 cup Dry White Wine
1 cup Chicken or Vegetable Broth
2 1/4 cups Tomatoes, seeded, diced
1 cup Edamame
1/2 cup Pine Nuts, toasted
1/2 ounces Basil, fresh, chopped
1/8 tablespoon Salt
1/4 teaspoons Black Pepper
1 1/4 ounces Parmesan Cheese, grated
Makes 6 servings.

Preparation:
Prepare linguini as directed on package. Drain and set aside.
Heat oil in large skillet. Sauté oil, garlic paste and shallots until shallots are translucent, stirring occasionally.
Add wine and chicken broth. Simmer until reduced in half.
Add tomatoes and edamame. Cook until heated through.
Stir-in pine nuts, basil, salt and pepper. Spoon over cooked linguini.
Sprinkle with Parmesan.

*To make roasted garlic paste, cut pointed top off 12 unpeeled garlic heads (2 lb 5 oz) leaving cloves intact. Place garlic heads on aluminum foil and drizzle with 4 oz vegetable oil. Seal foil around garlic and bake at 400°F 30 to 40 minutes until cloves are soft. Cool, squeeze paste from cloves and mash.

Nutrition Per Serving
Calories 380, Cholesterol 5 mg, Protein 14 g, Fiber 6 g, Fat 22 g, Sodium 370 mg, Carbohydrate 29 g, Calories from Fat 50%

Source: soyconnection.com

DESSERTS AND BAKED GOODS
Mexican Cinnamon Cookies
Ingredients:
1 cup Butter, softened
1/2 cup Powdered sugar
1 1/2 teaspoon Vanilla
1 1/2 cup All-purpose flour
1/2 cup Soy flour
1 teaspoon Cinnamon
1/4 teaspoon Salt
Sugar Coating:
3/4 cup Powdered sugar
1 teaspoon Cinnamon

Makes 6 dozen
Preparation:
Preheat oven to 350°F.
In a mixing bowl, cream butter with the powdered sugar. Stir in the vanilla.
In a separate bowl, mix together the all-purpose flour, soy flour, cinnamon, and salt. Add this mixture to the butter mixture and mix until smooth. Shape into small 1/2" balls and place on ungreased cookie sheets, 1" apart.
Bake 15 to 20 minutes, until lightly browned. Cool slightly on wire racks, and then roll in the sugar coating mixture while still slightly warm.

Nutrition Per Serving:
Serving Size: 2 cookies. 86 calories, 1 grams protein, 9 grams carbohydrate, 5 grams fat (3.2 gram saturated)
Source: www.nsrl.illinois.edu



SOY RECIPES

Soy Nutty-Fruity Clusters Recipe



Ingredients:
1 tablespoon Soybean oil
1 cup Soynuts, roasted, salted
1 cup Assorted dried fruit, chopped
1/4 cup Brown rice syrup
1/4 cup Light brown sugar, packed
1/4 teaspoon Salt
Prep time: 10 minutes
Cook time: 5 minutes
Makes 16 servings

Preparation:
Foil-line 11 x 17-inch pan; grease with soybean oil. Combine Soynuts and dried fruit. Spread onto prepared pan in single layer.
Stir brown rice syrup, brown sugar and salt in small saucepan until blended. Bring to boil over medium high heat, stirring constantly. Boil until candy thermometer reaches 270°F, about 3 to 4 minutes. Immediately pour over Soynuts and fruit. Quickly and carefully stir until coated.
While hot, separate into clusters. Cool completely.

Nutrition Per Serving:
Serving size: 1 cluster. 110 Calories, 4g Protein, 18g Carbohydrate, 3g Fiber, 3.5g Fat, .5g Sat. Fat, 0g Trans Fat, 0mg Cholesterol, 80mg sodium
Source: soyconnection.com

Crispy Soya Cookies Recipe
Ingredients
1/4 cup Margarine, softened
1/2 cup Sucanat®* or honey Sucanat® (dehydrated sugar cane juice and honey)
1 Large egg, lightly beaten
1/2 teaspoon Vanilla
3/4 cup Unbleached white flour
1 teaspoon Baking powder
1 teaspoon Cinnamon
1/8 teaspoon Salt
1/2 cup Soy grits
20 Walnut halves

Makes 20 servings
Preparation:
Preheat the oven to 350° F.
Mix the margarine and Sucanat® in a bowl with an electric mixer on medium speed until light and fluffy. Stop mixer and scrape down sides of bowl.
Mix egg with the vanilla in a small bowl and add to sugar and margarine and mix on low speed until blended.

Sift together the flour, baking powder, cinnamon and salt and add to mixture. Mix on low speed until blended. Stir in the soy grits.
Place rounded teaspoonful or one scoop using a #100 scoop onto a lightly oiled baking sheet. Decorate cookie with a walnut half and bake 10 minutes or until lightly browned.
Remove and cool on cookie rack or paper towels

Nutrition Per Serving:
Calories 70, Protein 1 g, Carbohydrates 8 g, Total fat 4 g, Saturated fat 0.5 g, Cholesterol 10 mg, Sodium 70 mg
Source: soyconnection.com

SOY FOOD COMPOSITION

Soyfood	Calories	Protein (g)	Fat (g)	Carbs(g)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit- B6 (mg)	Vit- B12 (mg)	Folate (mg)	Mag. (mg)	Zinc (mg)	Potas. (mg)	Rib. (mg)	Sugar (mg)
Miso (2 tsp)	23	1.34	0.69	3.03	0.6	0.29	7	0.023	0.01	2	6	0.29	24	0.027	0.71
Soy Flour, Defatted (1/2 cup)	173	24.68	0.64	20.14	9.2	4.85	127	0.3	0	160	152	1.29	1,252	0.13	9.91
Soy Flour, Full-fat, roasted (1/2 cup)	187	14.79	9.29	14.31	4.1	2.47	80	0.149	0	96	157	1.52	867	0.4	3.23
Soy Flour, Low-fat (1/2 cup)	165	20.02	3.92	15.37	7	3.61	125	0.462	0	127	125	1.8	920	0.123	4.63
Soy Protein Concentrate (1 oz.)	94	16.5	0.13	8.76	1.6	3.06	103	0.038	0	96	40	1.25	128	0.04	5.67
Soy Protein Isolate (1 oz.)	96	22.88	0.96	2.09	1.6	4.11	50	0.028	0	50	11	1.14	23	0.028	0
Soybeans, Canned, Yellow	150	13	7	11	3	-	-	-	-	-	-	-	-	-	3
Soybeans, Canned, Black	120	11	6	8	7	-	-	-	-	-	-	-	-	-	1
Soybeans, Green in pod	100	8	3	8	1	-	-	-	-	-	-	-	-	-	1
SILK Plain soymilk (1 cup)	100	7	4.01	7.99	1	1.07	299	-	2.99	24	39	0.61	299	0.51	6
Soymilk, original and vanilla, unfortified (1 cup)	131	7.95	4.25	15.26	1.5	1.56	61	0.187	0	44	61	0.29	287	0.168	9.7
Soymilk, chocolate, unfortified (1 cup)	153	5.49	3.72	24.18	1	1.17	61	0.187	1.7	27	36	0.83	347	0.637	19.1
Soymilk, all flavors, enhanced (1 cup)	109	7.14	4.84	8.38	1	1.19	340	0.566	2.62	78	N/A	0.58	343	0.484	6.15
Soy Butter (1 Tbsp)	101	0.04	11.33	0.11	0	0.01	1	0	0	0	0	0	3	0.003	0
Soy Sauce (1 Tbsp)	7	0.44	0.01	1.39	0.1	0.27	1	0.026	0	2	1	0.06	27	0.02	0.31
Tofu (1/4th block)*	117	12.8	7	3	2	2.1	553	0.1	0	23	47	1.27	192	N/A	N/A
Nasoya Tofu (79 g)*	77	8	4	2.8	1	1.3	61	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Soy cheese chunks (1 oz.)*	66	7	3	2	1	<0.5	235	0	0	0	19	0	6.3	N/A	N/A
Soy yogurt, vanilla (6 oz)*	150	8	5	37	3	2.3	400	0	0	0	88	0.07	N/A	N/A	N/A
Soy Burgers (1 pattie)	124	10.99	4.41	9.99	3.4	1.69	95	0.212	1.41	87	39	0.88	233	0.171	0.75
Tofurky franks (1 frank)*	80	11	2	5	3	0.72	20	N/A	0.2	N/A	12.9	0.86	139	N/A	N/A
Tofurky, deli slices (2 oz.)*	100	13	3	6	3	1.1	20	0.05	0.09	7.8	19.9	0.68	69	N/A	N/A
Westsoy Tempeh Original (1/3 block)*	160	16	7	9	3	1.8	80	0.9	0.1	16	58.5	1.2	304	N/A	N/A
Tofurky Italian Sausage (100 g)*	270	29	13	12	8	2.7	40	0.1	0.09	13.7	51.6	1.7	257	N/A	N/A

Source unless specified: Nutrient Database Laboratory, USDA Food Composition Data, USDA. Website: www.nal.usda.gov/fnlc/cg1-bin
* Information from the Soyfoods Association of North America, 1050 17th St. NW Suite 600, Washington, DC 20036, 202-659-3520, info@soyfoods.org

WEBSITES

- United Soybean Board - www.soyconnection.com
- Stratsoy (University of Illinois) - www.stratsoy.uiuc.edu/
- Soyfoods Association of North America - www.soyfoods.org
- National Soybean Research Laboratory - <http://www.nsl.illinois.edu/nutrition.html>
- Soy Isoflavone Database - www.nal.usda.gov/fnlc/foodcomp/Data/isoflav/isoflav.html
- The Soyfoods Council - www.thesoyfoodscouncil.com/
- Michigan Soybean Promotion Committee - www.michigansoybean.org
- Missouri Soybean Council -www.mosoy.org
- Nebraska Soybean Board - www.nebrasikasoybeans.org
- North Dakota Soybean Council - www.ndsoybean.org
- Ohio Soybean Council - www.soyohio.org
- South Dakota Soybean Research & Promotion Council - www.sdsoybean.org

SOY NEWSLETTERS

- Soy Connection newsletter on soy health/nutrition - www.soyconnection.com

SOY RESEARCH, HEALTH

- Soy/Health Fact Sheets: www.soyconnection.com

The Soyfoods Guide is published by the United Soybean Board (USB) and distributed through state soybean checkoff boards in Alabama, Arkansas, Delaware, Georgia, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Michigan, Minnesota, Mississippi, Missouri, Nebraska, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Virginia and Wisconsin.

The United Soybean Board is made up of 69 farmer-directors who oversee the investments of the soybean checkoff on behalf of all U.S. soybean farmers.

Recipe creation, food stylists & photography: United Soybean Board, The Vandiver Group, Inc., National Soybean Research Laboratory, Silk® and soyconnection.com.

The publisher and editors are not liable for errors or omissions. Please note that ALL WARRANTIES ARE SPECIFICALLY DISCLAIMED INCLUDING THE WARRANTY OF MERCHANTABILITY AND THE WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE.

Publisher: United Soybean Board, 16305 Swingley Ridge Road, Suite 150, Chesterfield, MO 63017
In partnership with The Vandiver Group, Inc. | E-mail: info@vandivergroup.com | Copyright©2013



United Soybean Board ... working to maximize opportunities for all U.S. soybean farmers.



United Soybean Board
16305 Swingley Ridge Road | Suite 150
Chesterfield, MO 63017
www.soyinformation.org

