

Happy Soy Foods Month!

Happy Soy Foods Month! How will you be celebrating?

Types of Soy Foods:

There are many different types of soy foods. Some of the most common include...

- Edamame (immature soy beans)
- Soy beans
- Soy milk
- Tempeh
- Texturized vegetable protein (TVP)
- Tofu

Soy foods fall into many different MyPlate food groups. Most are considered protein foods, but fortified soy milk is often cited as an element of the dairy group. Plus, soy beans are part of the beans and peas subgroup of MyPlate, which can be considered either vegetables or protein foods.

Soy is very versatile!

Fun Soy Facts:

Soy foods can offer health benefits. According to the U.S. National Library of Medicine, "Health benefits of soy products may be due to their high levels of polyunsaturated fats, fiber, minerals, vitamins, and low saturated fat content."

That's quite a collection of nutrients. Now let's talk benefits. The National Center for Complementary and Integrative Health asserts, "Research suggests that daily intake of soy protein may slightly lower levels of LDL ("bad") cholesterol." Soy is most useful when

it replaces an animal protein that is higher in saturated fat.

Plus, soy foods are generally an economical and sustainable protein choice.

Soy Recipe Inspiration:

So how can you bring some soy foods into your own life? Here are a few ideas...

- Steam edamame in its pods and serve it as an appetizer or side.
- Toss some tofu into your next stir-fry.
- Whirl soy milk into a fruit smoothie.
- Grill some tempeh and use it to top a salad or roll into a veggie wrap.
- Combine silken tofu with some sugar and cocoa powder for a protein-packed chocolate mousse.
- Try some of the great rogu dishes in your local Whole Foods — this is a way to try soy without having to buy a lot of it.

By Judy Doherty, PC II



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