



Soybeans and Soy Products

Did You Know?

› Soy is full of nutrients and high quality protein, but at a fraction of the cost of other protein sources.

› Incorporating soy products in a few “meatless” meals each week can have a big impact on your food budget, as well as your saturated fat intake!

› The National Soybean Research Laboratory at the University of Illinois has been working on ways to use soy to address hunger and malnutrition internationally. For instance, they have found that products like soy flour and textured vegetable protein can be added to many cultural foods at a relatively low cost. This can dramatically increase intake of high-quality protein in populations at risk for malnutrition.



Soy isn't just for vegetarians and livestock anymore! These nutrient-packed beans can be found in a variety of foods and forms, offering health benefits for vegetarians and carnivores alike.

Why soybeans?

- High in protein – about 14 grams per ½ cup, or equivalent to about two ounces of meat.
- Complete protein – contains adequate amounts of all the essential amino acids, making it a great meat substitute.
- Low in saturated fat and cholesterol free.
- Good source of several vitamins and minerals, including iron, potassium, and vitamin K.
- Fiber – about 5 grams of fiber per ½ cup.
- Soy isoflavones – these phytochemicals or “plant nutrients” have anti-cancer properties.

There are lots of delicious ways to enjoy soy!

- **Edamame** (green soybeans) – located in the freezer section of most grocery stores. Serve in the pods, or toss shelled edamame in your favorite stir fry or pasta dish
- **Soymilk** – made from ground soybeans mixed with water. Usually fortified with calcium, this makes a great cow's milk substitute for anyone avoiding lactose or animal products.
- **Soy nuts** – crunchy snack made from baked or roasted soybeans. These can also replace nuts or croutons.
- **Tofu** – made from curdled soymilk and pressed into blocks. This versatile food comes in several textures (“silken” to extra firm) and can be used in anything from smoothies to stir fries.
- **Tempeh** – made from fermented soybeans. It has a firm texture that holds up to slicing and grilling.
- **Textured Vegetable Protein (TVP)** – can be found in dried flakes, frozen “crumbles” and a variety of other products. Use this for replacing or extending ground meat.