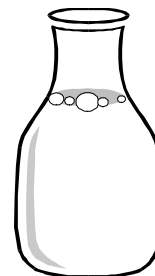


Soylutions The Soy Link

Soy has recently been getting more publicity than ever. The more we know about soy, the more we realize the advantages it can offer.

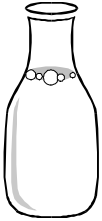
There has been talk lately about the benefits of eating soy products. Research reports that it aids in the prevention of heart disease. Potential benefits from eating soy food include lowering total cholesterol, decreasing low-density lipoproteins (bad cholesterol), lowering blood pressure, improving bone health, relieving symptoms associated with menopause such as night sweats and hot flashes, and possibly have anticarcinogenic or anticancer effects. Most researchers credit these helpful findings on compounds in soybeans called isoflavones (especially genistein and daidzein). With this in mind, it is recommended that people increase soy consumption. Experts have not yet agreed on how much of these compounds are needed daily. **Some experts suggest 30 – 80 mg are needed for health benefits.** Some effects are seen after 2 weeks. It takes about 4 ounces of soy foods to get that amount of isoflavones. Two soy foods do not have isoflavones. These are soy sauce and soy oil. Adding soy products to your meals is easy. Look on the back of this page for suggestions of how to include soy products in your meals. If you want more information call 1-800-TALK-SOY.



Where Do I Find Soy?

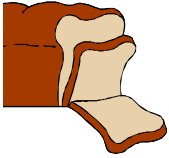
Product	Serving	Calories	Isoflavones	Fat
Roasted Soy Nuts	¼ cup	195	60 mg	9.5 g
Tempeh	½ cup	165	35 mg	6 g
Low-fat Tofu	½ cup	45 - 75	35 mg	1.5 – 2.5 g
Regular Tofu	½ cup	105 - 120	35 mg	5.5 – 6.5 g
Regular Soy Milk	1 cup	130 - 150	30 mg	4 g
Low-fat Soy Milk	1 cup	90 - 120	20 mg	2 g
Roasted Soy Butter	2 T.	170	17 mg	11 g
Vege-Burger	¼ cup	66	8.5 mg	1.6 g

How to Increase Soy Consumption



Soy Milk

Start your day by pouring soymilk over your cereal. Read the food labels and choose soy milk lowest in fat. You can even use soymilk in baking products. “Better Than Milk” is a tasty brand.



Soy Flour

Try to incorporate soy flour into your baked goods. It is a great source of protein and adds a rich color and moistness to baked foods. Soy flour can replace all-purpose flour by only 15 – 25 percent in yeast breads and 25 – 30 percent in quick breads, muffins, cobblers, brownies, and cookies.

Tofu

Tofu is very versatile in cooking. It can be used for stir-frying, steaming, baking, and grilling. It is also known to be used in dressings, dips, sauces and desserts.

Isolated Soy Powder

Try blending with fruit shakes, baked goods, soups, or even puddings. Usually low in fat and carbohydrates.

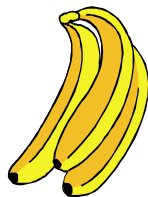
Miso

Miso can be found in Asian markets and natural food stores. Use miso for flavoring your dressings, sauces, soups and marinades. Because miso is high in sodium, it can be used in place of salt and soy sauce in recipes. But use it sparingly.

Creamy Banana Date Shake

- ½ cup of apple juice
- ¼ cup of soft tofu
- 2 pitted dates
- ½ ripe banana

Blend all ingredients.



Barbecued Grilled Tempeh with Onions

- 8 ounces of tempeh
- 2 medium onions
- 2 cups of barbecue sauce

Cut tempeh into 20 cubes. Slice onion, thinly. Place tempeh and onion slices and sauce in a casserole, cover and bake at 350 F for 30 minutes. Tempeh and onions can also be marinated in sauce for 1 hour and then cooked on a grill.