HOW SOY FOODS PROTECT OUR HEALTH:

**Heart Disease:** Eating soy foods may reduce blood cholesterol levels, which may reduce the risk of heart disease. Some preliminary research shows that it is the isoflavones or phytoestrogen called genistein in soy foods that may directly lower blood cholesterol levels.

**Osteoporosis:** Eating soybeans, which are good sources of calcium and protein, may be an easy way to help build strong bones and maybe even reduce the risk of osteoporosis. Research shows that it is the isoflavones, genistein and daidzein, in soybeans, that prevent bone loss or the breakdown of bones. Also, the protein in soybeans helps to conserve calcium in our bodies.

**Cancer:** The American Cancer Society’s dietary guidelines for reducing the risk of cancer include choosing plant source foods and limiting the intake of high fat foods. These two guidelines make soyfoods the perfect solution to potentially reduce the risk of cancer through diet.

**Menopause:** Isoflavones in soybeans have the potential of reducing symptoms associated with menopause such as: hot flashes and sleep disturbances. The weak estrogen-like activity in soyfoods may help to reduce these symptoms.

ONE SERVING OF SOYFOOD EQUALS:

- ½ cup cooked mature soybeans
- ½ cup green soybeans
- ½ cup tempeh
- ½ cup textured soy protein (TVP)
- ¼ cup soy nuts
- ½ cup tofu
- ¼ cup soy flour; defatted
- 1 cup soy milk
- 2 tbsp miso

SOME EASY SUBSTITUTIONS USING SOY PRODUCTS:

- 1 cup milk = 1 cup fortified soy milk
- 1 cup fruit yogurt = 1 cup silken tofu + fruit of your choice, blended
- 1 egg = 1 tbsp soy flour + 1 tbsp water
- 1 egg = 1 to 2 inch square of tofu
- Soy milk = 1 cup full-fat soy flour + 3 cups water
- 1 cup ricotta cheese = 1 cup firm tofu, mashed
- 2 tbsp flour = 1 tbsp. soy flour
- 3 oz of ground beef (85% lean) = ½ cup TVP, reconstituted (plain or beef flavored)
- 1 oz cheddar cheese = 1 oz soy-based cheddar cheese
- 3 oz chicken breast chunks = ½ cup TVP, small chunks - rehydrated (chicken flavored)
- 1 tbsp Sour cream = 1 tbsp tofu sour cream
- replace ¼ of the flour in self-rising (yeast) with soy flour
- replace ⅜ of the flour in quick breads baked goods with soy flour
DIFFERENT KINDS OF SOY FOODS:
- Soy milk
- Soybeans
- Soy flour

TIPS FOR USING SOY MILK:
- Use plain or unflavored as a refreshing drink
- Use over hot or cold cereal
- Make cream sauces (cholesterol free and low in saturated fat)
- Make rich pancake/waffle mixes
- Make delicious shakes (with soy milk, ice-cream or tofu, and fruit)
- Make cream soups
- Use instead of evaporated milk in custards and pies (lower in fat)

SOYBEAN FACTS:
Soybeans are legumes with a nutty, pleasant flavor that must be soaked for 6-8 hours prior to cooking.

Dry Soybeans:
- Available in black or light tan in color

Buying Soybeans:
- Available in natural food stores and supermarkets in bags or bulk bins

Storing Soybeans:
- Keep in an airtight container for a long period of time

Preparing Soybeans:
- Dry soybeans expand a lot when cooked
- One cup dry beans (about a ½ lb) yield 2-3 cups cooked beans
- Discard debris or shriveled beans
- Wash and drain

Soaking Soybeans:
- Soaking dry soybeans shortens cooking time and improves flavor, texture, and appearance
- In large pot, add 6 cups water for each 1 lb (2 cups) of dry beans
- Let soybeans stand at room temperature for about 6-8 hours or overnight (it is unnecessary to refrigerate the beans during this process)
- Drain, rinse, and cook the beans
- “Quick” soaking method – add same amount of water as above, heat the water to boil and cook the beans for 5 minutes, cover the pot and let beans stand for one hour, drain, rinse, and cook

Cooking Soybeans:
- Put soaked beans in large pot
- Add 6 cups fresh water for each 1 lb of beans
- Do not add salt at this point (it will delay the softening of the beans)
- Bring pot to boil, allowing the steam to escape
- Reduce heat, simmer, and cook beans for about 3 hours or until tender
Seasoning Soybeans:
- Onion
- Garlic
- Bay leaf

SOY FLOUR FACTS:
It is made from roasted soybeans and has been ground to a fine powder. It is rich in high quality protein and other nutrients, and it adds a pleasant texture and flavor to a variety of products.

Two Kinds of Soy Flour:
- Natural (full fat) - contains natural oils found in soybeans
- Defatted - oils are removed during processing

Note: Both kinds give a protein boost to recipes; however, the defatted version is more concentrated in protein. Like the whole grain flours, both kinds should be stored in the refrigerator or freezer.

Tips For Using Soy Flour:
- Always stir soy flour before measuring - it can become packed in its container.
- Use soy flour as it is or lightly “toast” it first to enhance its nutty flavor. Put the flour in a dry skillet, cook it, stirring occasionally, over moderate heat. When you smell the nutty flavor, it’s toasted.
- Baked products containing soy flour tend to brown more quickly. You may need to shorten baking times or lower oven temperatures slightly.

Using Soy Flour:
- Soy flour is used extensively by the food industry - in fudge and other candies, pies, doughnuts, cakes, rolls, pasta, pancake mixes, and frozen desserts.
- In your own kitchen - use it to thicken gravies and cream sauces, to make homemade soy milk, or to add it to a variety of baked goods.
- In baked goods - soy flour keeps them from becoming stale, adds a rich color, fine texture, tenderness, and moisture.
- In fried foods (like doughnuts) - soy flour reduces the amount of fat absorbed by the dough.
- Since soy flour is free of gluten, which gives structure to yeast raised products, it can’t replace all of the wheat or rye flour in a recipe - a trick is to add 2 tbsp of soy flour to a 1 cup measure before filling the cup with all purpose or other flour called for in the yeast raised recipe.
- In non yeast raised recipes - up to a ¼ of the total amount of flour called for in the recipe can be replaced with soy flour.
- Soy flour can also be used as an inexpensive and cholesterol free egg substitute - replace 1 egg with 1 tbsp of soy flour and 1 tbsp of water.

THE REST OF THE SOYBEAN FAMILY:

Soy nuts:
- Crunchy snack food made by roasting soybeans until browned. Eat as-is or mixed with dried fruit.

Textured Soy Protein:
- Usually sold as TVP (textured vegetable protein)
- Dried granules of compressed soy flour that must be rehydrated with boiling water (¾ cup boiling water over 1 cup TVP) before using
- Similar texture to ground beef - excellent in tomato based products like chili, sloppy joes, tacos, or spaghetti sauce
Tofu:
- Delicate curd made by adding a mineral salt to soy milk then pressing the curds together into a solid block
- Bland flavor alone - takes on flavor of whatever it is cooked with
- Useful in any type of dish - from the spiciest entree to the richest, sweetest dessert
- Firm, soft, and silken (more custard-like) tofu is available in most supermarkets and natural food stores

Tempeh:
- The whole soybean is fermented to produce a soft block of beans; it is sometimes blended with one or more types of grains
- Has a rich, smoky flavor; can be barbecued or used as a meat replacement in stews and casseroles

Miso:
- A salty paste made from soybeans and grains
- Used to flavor broths and is used in place of soy sauce
- Comes in many varieties

Meat and Dairy Look-alikes:
- Variety of foods made from tofu and other soy products resemble foods like cheese, yogurt, burgers, hot dogs, and luncheon or breakfast meats
- Can be used in the same ways as the foods they mimic
- Because of the wide variety of these products and their versatility, it is easy to incorporate soyfoods into any meal

SOME IDEAS FOR INCORPORATING SOY INTO YOUR EVERYDAY MEALS:

BREAKFAST:
- Soy based sausage patties or links (in the frozen food section of your grocery store)
- Bacon-like strips made from tempeh and other soy products (in many natural foods stores)
- For a cholesterol-free meal - scramble tofu instead of eggs: coarsely mash firm tofu and sauté in oil or margarine; season with onions, salt, pepper, and spices
- For a breakfast-on-the-run: blend soy milk, a banana, and other juices to make a nutritious, delicious shake
- Substitute soy milk for your regular milk over ready-to-eat or cooked cereal

LUNCH:
- “Missing egg salad” - toss cubes of firm tofu with low-fat mayonnaise, a bit of prepared mustard, chopped celery, and onions (don’t forget to serve on your favorite whole grain bread or rolls)
- Soy based luncheon slices that mimic cold cuts, soy cheese, and your favorite vegetables make a wonderful sandwich
- Miso soup - blend a few tbsp of Miso into water to make a savory broth; add chunks of tofu and/or your favorite vegetables.
- Soy yogurt mixed with fresh fruit makes a refreshing summer or anytime lunch

DINNER:
- Substitute TVP to reduce the fat in your favorite ground beef recipes. Substitute TVP for part or all of the beef; works really well in tomato-based sauces
- Substitute firm tofu for the ricotta cheese in lasagna or stuffed shells - blend tofu with salt, garlic, and your favorite fresh herbs until completely smooth
- Hearty dish of barbecued soybeans - soak and cook dried soybeans until tender; mix in your favorite barbecue sauce and bake for 2 hours
- Marinated thick slices of firm tofu or tempeh in barbecue sauce or any favorite marinade can be grilled or broiled until browned - for an extra firm texture try freezing the tofu first, defrosting, and then marinating (the tofu takes on a firm, spongy texture, that holds up well on the grill
- Use soy milk blended with cooked vegetables (carrots, broccoli, spinach, or potatoes) to make a delicious creamed soup - or blend soft tofu with the cooked vegetables and thin slightly with soy milk; season with salt and pepper and any of your favorite seasonings
- Veggie burgers made from soybeans - available in the freezer section of most grocery stores
- Tacos with pre-browned, flavored tofu - use your favorite taco seasonings

SNACKS & DESSERTS:
- Roasted soy nuts are a fast and crunchy snack
- Luscious easy chocolate cream pie - blend together soft or silken tofu and melted chocolate pour into a pre-cooked or prepared pie crust and refrigerate for several hours before serving
- Homemade yeast-risen breads - replace up to ¼ of the amount of flour called for in the recipe with soy flour (if you use too much soy flour in the recipe, your bread may not rise)
- Substitute soy milk for the milk in any of your favorite baked recipes
- Replace up to ⅓ of the flour in muffins or quick breads with soy flour

REFERENCE: This information was excerpted from, “The Simple Soybean and Your Health” by Mark Messina, Ph.D. and Virginia Messina, MPH, RD