With the wide variety of soy food products available today, it can be an easy and tasteful addition to any meal. Many people do not understand the wonders of soy foods.

Whole soy foods are a good source of fiber, B vitamins, calcium, and omega-3 essential fatty acids. New research claims many positive health benefits of including soy foods in our diets. The Food and Drug Administration (FDA) has linked soy protein with the reduced risk of heart disease. Soy may help to lower blood cholesterol levels if included in a diet low in saturated fat and cholesterol.

For heart healthy benefits, FDA recommends 25 grams of soy protein each day. Start out by slowly adding one or two new soy products to your typical diet. Increase gradually, as you become familiar with the taste and many ways to use soy products.
GET MOVING . . . GRAB A FRIEND

Ask friends and relatives to participate in various physical activities, such as walking outdoors, riding bicycles, or playing games. Rely on one another for motivation and support. Everyone can have fun together while improving their health and strengthening relationships.

Be On the Lookout for Soy Food Products . . .

<table>
<thead>
<tr>
<th>Soy Milk</th>
<th>Soy Sauce</th>
<th>Soy Protein Concentrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy Flour</td>
<td>Soybean Oil</td>
<td>Tempeh (chunky, tender soybean cake)</td>
</tr>
<tr>
<td>Soy Cheese</td>
<td>Tofu</td>
<td>Soy Protein, Textured (ground meat replacement)</td>
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<tr>
<td>Soynuts</td>
<td>Soy Grits</td>
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DID YOU KNOW . . . ?

✔ The use of soy food has increased over the past 20 years.

✔ Soy is a complete protein, equal to meat, eggs and fish.

✔ The fat in soy is primarily unsaturated fat.

✔ Soy is a good source of fiber.

✔ Soy contains good Omega-3 Fatty Acids.

✔ Soy milk is a very popular non-dairy drink.

COOKING WITH SOY FOODS

Keep plain fortified soymilk in your refrigerator. Add to smoothies or powdered instant drinks.

Add soy milk to recipes that call for milk such as mashed potatoes, baked goods or creamy sauces.

In recipes for muffins, cakes, cookies, pancakes and quick breads, replace 1/4 to 1/3 of the total flour in baked goods with soy flour.

Use soy crumbles in any recipe that calls for ground beef, such as tacos, chili, stuffed peppers, and spaghetti sauce.
FAMILY ACTIVITY

Get your family together for a soy scavenger hunt. Check all the food labels of packaged foods in your pantry. Chances are you’ve been eating soybean products for years. Keep in mind most vegetable oils used by manufacturers are made from soybean oil.

CLIP AND COOK

Chili

3/4 cups Texturized Soy Concentrate
1 Tbsp and 3/4 tsp Isolated Soy Protein
1 cup beef stock (hot)
12 ounces ground beef
1 1/2 cups onions, minced OR 1 1/4 Tbsp dried onions
1/2 Tbsp green pepper, diced
1/2 Tbsp granulated garlic
3 cups kidney beans, drained
3/4 cup tomatoes, crushed

3/4 cup tomatoes, diced in juice
3/4 tsp hot pepper sauce
2 Tbsp brown sugar
1/2 tsp black pepper
1/2 Tbsp Worcestershire sauce
1/2 Tbsp chili powder
1/2 Tbsp cumin
1 Tbsp soy sauce
1 1/4 cups water

1. In a bowl, pour hot beef stock over Texturized Soy Concentrate. Cover and refrigerate for 20 minutes.
2. Mix the Isolated Soy Protein into the Texturized Soy Concentrate mix.
3. Brown ground beef over medium heat for 5 minutes.
4. Add onions and green peppers. Continue cooking until beef is cooked, with no signs of pink.
5. Drain fat and discard.
6. Add beans, tomatoes, sugar, pepper, Worcestershire sauce, chili powder, cumin, soy sauce, water and soy mixture.
7. Bring mixture to a boil. Simmer 30 to 40 minutes.
Makes 12 servings, 1/2 cup each.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories 130</td>
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<tr>
<td>Sodium 361 mg</td>
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<tr>
<td>Total Fat 4.1 g</td>
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<tr>
<td>Protein 12 g</td>
</tr>
<tr>
<td>Carbohydrate 12 g</td>
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<tr>
<td>Dietary Fiber 3 g</td>
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<tr>
<td>Cholesterol 21 mg</td>
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<tr>
<td>Calcium 32 mg</td>
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<td>Iron 1.2 mg</td>
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