

Creating Health & Nutrition Fact Sheets

for the StrongWomen™ Program

Soy foods are popular because of the health benefits they provide.

- Soybeans contain about 40 percent protein, 20 percent fat, 35 percent carbohydrate, and 5 percent minerals, like calcium. They are also a good source of fiber.
- Processing soybeans breaks the bean into two parts—oil and solids, with most of the solids being protein and carbohydrate.
- Soy protein products can be a good substitute for meat, poultry, and other animal-based foods because of their high-quality protein.
- Eating about 25 grams of soy protein from foods has been shown to help lower LDL (bad) cholesterol in the blood.
- Foods that contain soy protein include tofu, soymilk, soy flour, textured soy protein, tempeh (a chewy cake of whole, cooked soybeans

Soy Protein and Soy Isoflavones



used as a meat substitute), miso (fermented soybean paste used for seasoning), and edamame (raw soy beans in their pod).

- Soy isoflavones are special substances in soybeans that may work in combination with the soy protein to provide health benefits such as decreased risk of heart disease and, in some cases, decreased risk of cancer.

Shopping Tips

Soy foods that have 6¼ grams of soy protein per serving can state on the label that a “diet

low in saturated fat and cholesterol that includes 25 grams of soy protein a day may reduce the risk for heart disease. A serving of [food name] supplies [] grams of soy protein.”

Ways to Add Soy

- Use soy milk to prepare soups, casseroles, muffins, cereal, or fruit smoothies.
- Use soy deli meats, soy nut butter, or soy cheese for sandwiches.
- Top pizzas with soy cheese, soy sausages, or other soy foods.
- Cube and stir fry tofu or tempeh and add to a salad.

- Eat soy roasted nuts or a soy protein bar snack.
- Order soy-based foods like spicy bean curd and miso soup at Asian restaurants.

Tips Affecting Different Age Groups

- Young women who eat soy foods appear to have a lower risk of developing breast cancer later in life. For postmenopausal women, eating soy products may increase risk. Check with your doctor if concerned about your risk.
- Soy protein may decrease the risk for prostate cancer if men consume it throughout their lives.

Tip

Replace half the ground beef you use in making lasagna or chili with mashed tofu. This will not change the taste and you will save money!

