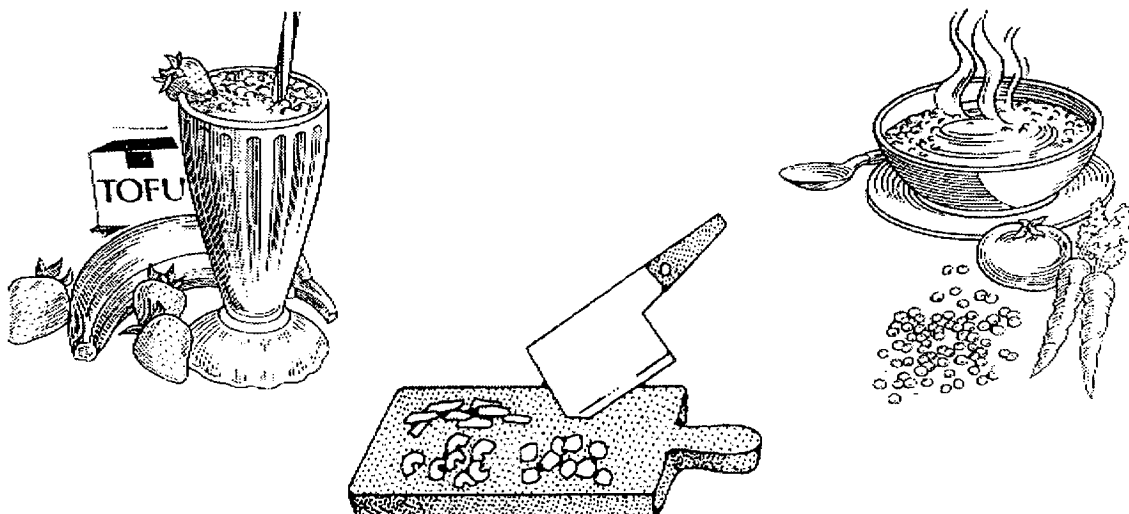


Summer 1999

The Joy of Soy

During this session you will:

- ◆ *Learn how soyfoods can add variety and may provide additional health benefits to a low-fat eating pattern, such as WHI*
- ◆ *Explore your willingness to include soyfoods and other meatless alternatives in your meals*
- ◆ *Practice using and tasting recipes and food products that use soy or other meatless alternatives*



Goal Follow-Up

- ◆ Based on what you learned about the role of diet in breast and colorectal cancers, what changes did you make in your food choices?
- ◆ What steps did you decide to take to increase (or maintain) your attendance at group meetings during the summer months?

Moving Toward Plant-Based Meal Choices

The last few group meetings have focused on the importance of a low-fat, plant-based diet for better health. Two important characteristics of this type of eating pattern include:

- ◆ More vegetables, fruits, grains, beans, and other plant-based foods, such as soy.

- ◆ Meals with less (or no) meat, poultry or fish.
 - How often do you currently eat a meatless meal?
 - What foods or dishes would be included in your meatless meal choices?

There are a number of meatless meal choices available. However, soy is a choice that many

Americans use infrequently. This session addresses some of the questions that Americans have about soyfoods. For example:

- ◆ Why should I eat soyfoods?
- ◆ What are soyfoods?
- ◆ Where do I find them?
- ◆ How do they taste?
- ◆ How do I use them?



Soyfoods provide novel and easy food choices that add variety and nutritional benefits to any diet.

Why Add Soyfoods to Your Eating Pattern?

Variety and Nutritional Benefits.

Contrary to what some people think, plant foods, such as soy, provide excellent sources of protein. Soybeans are also the only vegetable that contains "complete" protein. They contain all 8 of the amino acids needed for human health.

In addition, soyfoods have many of the following nutritional benefits:

- ◆ Source of calcium, iron, zinc, and many of the B vitamins.
- ◆ Source of essential fatty acids needed for health.
- ◆ Low in fat.
- ◆ Contain no saturated fat.
- ◆ Low in dietary cholesterol.
- ◆ Source of phytochemicals which may be important in disease prevention.

Other Potential Health Benefits.

There has been a lot of publicity about soyfoods and their potential benefits in reducing the risk of cancer, heart disease, osteoporosis and menopausal symptoms, such as hot flashes. However, while the evidence is encouraging, the scientific data is still very preliminary.

Scientists believe that the potential health benefits of soy may be due to certain unique compounds found in soybeans, called phytoestrogens. Soybeans and other legumes contain one of the most active types of phytoestrogens called isoflavones.

Phytoestrogens act like a weak form of estrogen. They have a chemical structure that is similar to our body's own estrogen.

Currently, there are studies looking into the following potential health benefits of soy and soyfoods:

Reduced risk of cancer.

Countries where soy is the main source of protein, such as Japan and China, have relatively low cancer rates. Some scientists believe that one reason may be the large amounts of soyfoods eaten in these countries.

In the mid-1980s, studies began to suggest that a compound found in soybeans (isoflavones) might help delay the growth of cancer cells. However to date, the role of soy in the prevention of breast cancer is still very speculative.

Reduced risk of heart disease.

Replacing meat with soy may help reduce blood cholesterol levels while providing the protein that people need.

There have been a number of studies showing that soy lowers blood cholesterol levels. However, the beneficial effect of eating soy protein was more striking in people with very high cholesterol levels.

The cholesterol-lowering effects of soy are still considered experimental, but they do indicate that eating small amounts of soyfoods is a wise choice and may help protect against heart disease.

Reduced risk of osteoporosis. After the age of 30 our bones stop growing and they absorb less calcium. There is a decrease in bone formation and an increase in bone breakdown (loss of minerals). So, it's important to maintain calcium levels in the bones.

A small number of animal and human studies have reported that the soyfoods may be beneficial for reducing the risk of osteoporosis.

Researchers think that the isoflavones found in soyfoods may slow down the loss of calcium from bones, stimulate bone formation, or possibly do both of these functions. In addition, soyfoods, such as fortified soy milk, textured soy protein, and tofu made with calcium salts provide good sources of calcium.

Fewer menopausal symptoms.

Scientists observed that only one-third as many Asian as American women reported menopausal symptoms, such as hot flashes. This observation led researchers to ask: "Could eating soy act as estrogen replacement therapy?"

Some studies have reported that soy has little effect on the frequency of hot flashes. However, other studies have reported modest reductions. Based on existing data, it is difficult to reach any definite conclusions about the effects of soy intake on menopausal symptoms.

What about Soy Supplements?

Maybe you're thinking that the easiest way to add soy is to take a supplement such as soy protein powder or isoflavone pills. Think again!

Researchers caution consumers to avoid using soy supplements for some of the following reasons:

- ◆ First, supplements do not provide all the additional health benefits provided by the food itself (e.g., vitamins, minerals, essential fats, dietary fiber, etc.).
- ◆ Second, the soy and isoflavone supplements sold in health food stores contain significantly larger amounts than those used in research studies. Scientists have no knowledge about the effect of these higher doses in humans.
- ◆ Finally, eating soyfoods encourages people to make healthy food choices while taking pills does not tend to change behaviors.



Exploring Soy

Adding soy to your diet has never been easier.

There are a number of low-fat soy products available.

Types of Soyfoods.

Soy comes in many different forms and foods. The mature bean is available in dried or canned forms, while the immature green soybean, called Edamamé, comes in frozen or fresh forms.

Soybeans are also turned into tempeh, texturized soy protein, or soy meat alternatives to replace burgers or sausage. In addition, soy is available as soy milk, soy flour, soy cheese and as pastes or sauces, such as miso or soy sauce.

In the form of tofu, soy is the most flexible ingredient ever to find its way into the kitchen.

Use the Summer-1 Worksheet (pg. 9) to help you identify the soyfoods that you currently eat.

- What soyfoods have you tried?
- If you haven't tried soyfoods, what do you think interferes with your ability or willingness to use these foods?

Availability. Most local supermarkets carry the more popular soyfoods such as tofu, soy meat alternatives, soy milk, and soy flour. Natural or health food stores usually have the widest selection of soyfoods. In addition, Asian food stores often stock the soy products used in Oriental dishes.

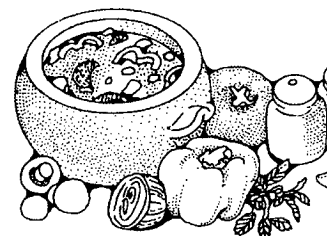
Storage/Preparation.

For more information about the storage and preparation ideas of specific soyfoods, check the individual Fact Sheets at the back of this session (pgs. 20-28). Each sheet provides a brief description of a specific soy product and some helpful tips.

There is also a handout that provides some easy ways to add soyfoods to your meals (pg. 19).

If you have a computer and access to the Internet at your home or office, there is additional information about soyfoods available at:

<http://www.soyfoods.com>



Summary

Even though soy is widely available, it is unfamiliar to most U.S. consumers. However, adding soy to your meals has never been easier. There is a great variety of low fat soy products.

This session looked at some of the potential health benefits of soyfoods and addressed common concerns that people have about using these products.

Questions for thought:

- ◆ What soyfoods or soyfood recipes will you try?
- ◆ If you didn't like any of the soyfoods, what other meatless meal choices could you use?



My Plan



Area(s) I will work on during the next three months:

Think about the soyfoods and recipes you tasted in this session.

Decide which foods or recipes would easily fit into your current meals or snacks.

♦ Identify at least two low-fat soy recipes or soyfoods to try during the next three months.

♦ If you decide not to use soyfoods, then identify at least two low-fat meatless recipes to try.

Soyfood Ideas:

Soyfoods I will try: _____

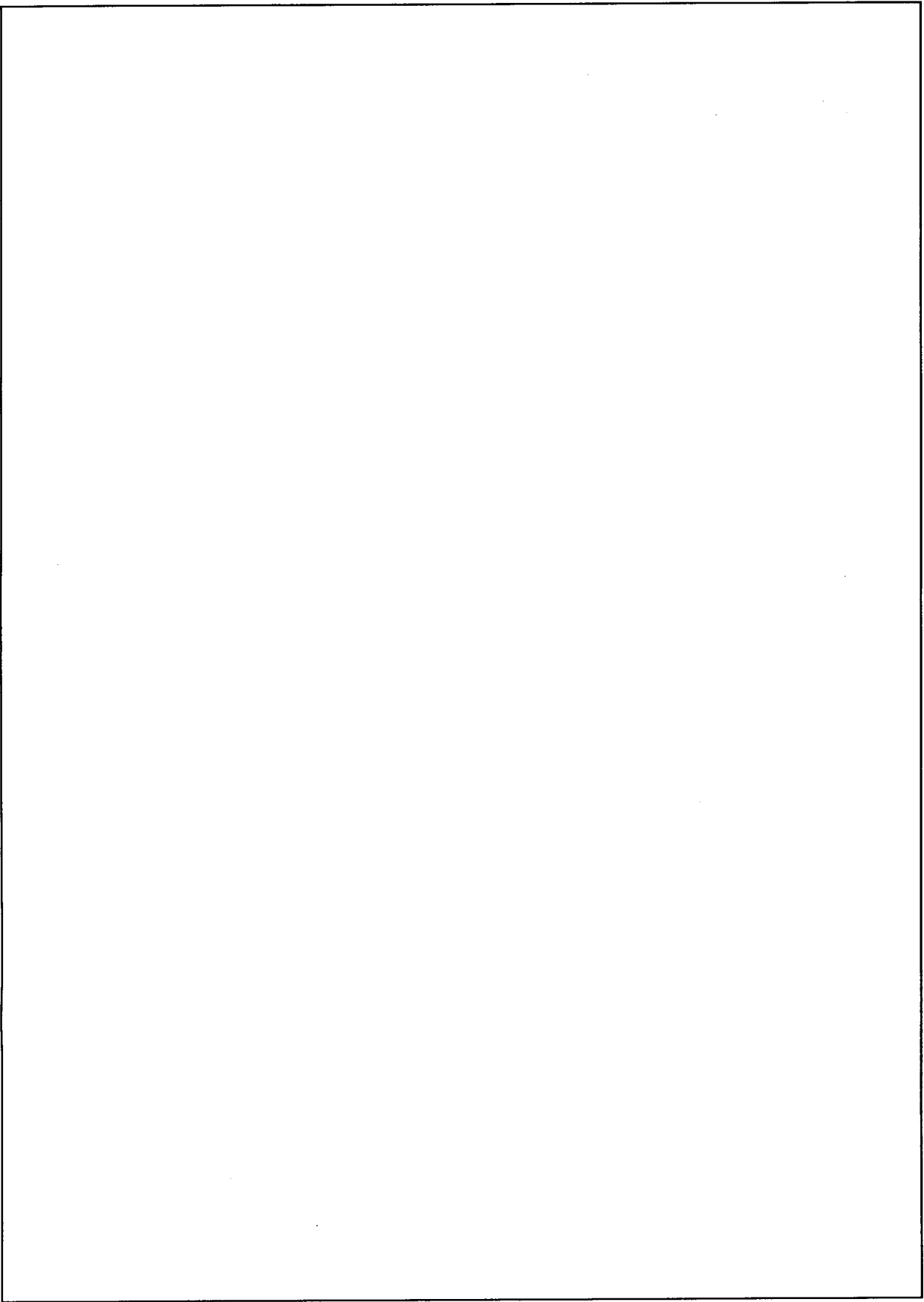
Soy recipes I will use: _____

Option: Other Meatless Ideas:

Meatless meal ideas I will use: _____

Evaluation: Before our next meeting, think about the recipes or foods you have tried. Be ready to share your thoughts and ideas with others in the group.

My Notes: _____



Soyfoods I Have Tried

Place a check mark next to any soyfood that you currently use or have eaten. It may have been as part of your usual meals, a dish at a friend's home, or in a restaurant dish (e.g., Japanese and Chinese dishes).

- ___ Regular soybeans, canned or dried
- ___ Green vegetable soybeans (Edamamé)
- ___ Tofu
- ___ Tempeh
- ___ Textured soy protein (TVP or TSP)
- ___ Miso
- ___ Soy flour
- ___ Soy grits
- ___ Soy protein concentrate
- ___ Soy milk
- ___ Soy yogurt
- ___ Soy cheese (i.e., Veggie Slices)
- ___ Soy sprouts
- ___ Soy nuts
- ___ Soy butter
- ___ Soybean oil

Soy meat alternatives (examples):

- ___ Tofu hot dogs
- ___ Meatless soy crumbles i.e., Gimme Lean Green Giant Harvest Burgers for Recipes, etc.)
- ___ Meatless burgers (i.e., Boca Burgers, Morningstar Farms Grillers, etc.)
- ___ Meatless chicken (i.e., Morningstar Farms Chicken Patties, etc.)

Sauces (examples):

- ___ Soy sauce or tamari
- ___ Hoisin sauce



Other meatless or soyfoods I've used:

Decision to Use Sheet

Foods and/or Recipes Tasted:

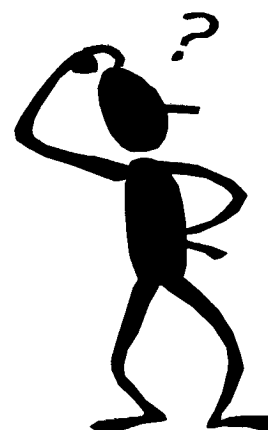
Did not like ----- Liked a lot

1. _____	1	2	3	4	5
2. _____	1	2	3	4	5
3. _____	1	2	3	4	5
4. _____	1	2	3	4	5

General Thoughts/Comments:

Recipes or Soy Product(s) I Would be Willing to Use at Home:

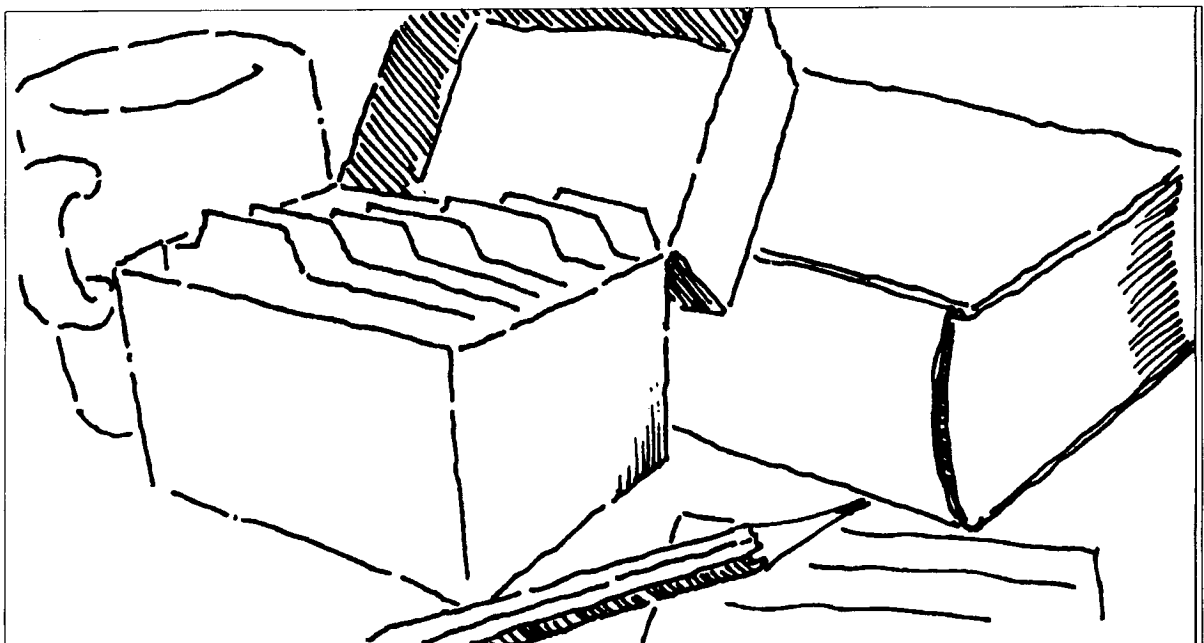
Other Meatless Ideas I Could Use:



Summer 1999

Recipes

- ◆ *Fruit Smoothies*
 - Tofu-Fruit Smoothie*
 - Mori-Nu Hawaiian Smoothie*
- ◆ *Dressings and Sauces*
 - Poppy Seed Dressing*
 - Tofu "Sour Cream"*
- ◆ *Soups*
 - Miso Soup*
 - Tomato-Jalapeno Soup*
- ◆ *Main Dishes*
 - Savvy Sloppy Joes*
 - Creamy Lemon Orzo*
- ◆ *Dessert*
 - Tofu Chocolate Mousse with Raspberry Sauce*



Fruit Smoothies

Tofu-Fruit Smoothie:

1/2 cup sliced banana
1/2 cup frozen strawberries, thawed
1/2 cup silken tofu (4 oz.), drained
1/2 cup low-fat vanilla yogurt

Blend in a blender until smooth.

Makes 2 servings

Fat: 2 grams per serving if regular silken tofu is used

1.5 grams if silken lite tofu is used

Fruit/Vegetable Servings: 1 per serving

Recipe from: *Cooking Light* magazine, September 1996

Mori-Nu Hawaiian Smoothie:

1 cup pineapple juice, unsweetened
1 cup crushed pineapple, fresh or 1 can (8 oz.)
2 tablespoons apricot jam
1 pkg (12.3 oz.) silken lite, firm tofu
1 small ripe banana

Combine all ingredients in a blender. Whip until smooth. Chill or blend in a few ice cubes. Serve cold.

Makes 2 (10 oz.) servings

Fat: 1.5 grams per serving

Fruit/Vegetable Servings: 2 per serving

Recipe from: *Mori-Nu*
(Internet: www.morinu.com/recipes.html)

Dressings and Sauces

Poppy Seed Dressing:

1/2 cup silken lite. firm tofu
3 tablespoons apple cider vinegar
6 tablespoons sugar
1/2 teaspoon Dijon mustard
2 teaspoon coarsely chopped onion
2 teaspoons poppy seeds
1/2 teaspoon salt, or to taste

Blend the tofu, vinegar, sugar, mustard, and onion in a blender or food processor until creamy. Stir in the poppy seeds and salt, mix well.

Makes 6 servings (about 2 Tbsp.)

Fat: 0 grams per serving

Recipe from: *SUPERMARKET SAVY*®
January/February 1996

Tofu 'Sour Cream':

10 oz. soft tofu or silken firm tofu, drained
1/4 teaspoon salt
1 tablespoon lemon juice

Blend all ingredients in a blender or food processor until the mixture is very smooth. Refrigerate.

Makes about 20 tablespoons

Fat: 0.5 grams per 2 Tbsp. if silken tofu is used
1.75 grams per 2 Tbsp. if regular soft tofu is used

Recipe from: *The Soy Connection*, Fall 1995
newsletter

Soups

Miso Soup:

1 teaspoon oil
1/2 cup onions, sliced lengthwise
2 cloves garlic, mashed
1 teaspoon fresh ginger root, grated
1/2 cup carrots, thinly sliced
1 cup mushrooms, thinly sliced
2 tablespoons miso dissolved in 1/4 cup water
3 3/4 cups water
1 tablespoon dry sherry, to taste

Heat oil in a medium skillet over medium heat. Add garlic and onions, sauté until soft. Add fresh ginger root, carrots, and mushrooms. Cook an additional 5-10 minutes, or until the vegetables are crisp tender. Dissolve miso in 1/4 cup of the water and add it to the vegetables in the saucepan along with the remaining water and dry sherry. Reheat and serve.

Makes 6 servings.

Fat: 1 gram per serving

Fruit/Vegetable Servings: 1 per serving

Recipe from: *Soyfoods Cookbook*
(Internet: www.soyfoods.com/recipes)

Tomato-Jalapeño Soup:

1 can (28 oz.) plum tomatoes, undrained
1 package (12.3 oz.) silken lite tofu, drained and divided
1 teaspoon sugar
1 teaspoon olive oil
1/2 cup red onion, chopped
1 clove garlic
1/4 cup fresh basil, chopped or 1 teaspoon dried basil
1 tablespoon jalapeño pepper
1/2 to 1 teaspoon pepper
1/8 teaspoon ground cumin
2 teaspoons fresh oregano or 1/2 teaspoon dried oregano
1 tablespoon Parmesan cheese, freshly grated
1 tablespoon lemon juice
1/8 teaspoon salt

1. Combine the plum tomatoes, 6 ounces of the drained tofu, and sugar in a blender or food processor. Process until the tomato mixture is smooth.
2. Heat the olive oil in a large saucepan over medium-high heat. Add the chopped onion and minced garlic and sauté for 4 minutes.
3. Reduce heat to medium, and stir in the tomato mixture, minced basil, jalapeño pepper, oregano, pepper and cumin. Cook the tomato mixture until thoroughly heated. Cover the soup and keep warm.
4. Combine the remaining tofu, grated Parmesan cheese, lemon juice, and salt in a blender and process until the cheese mixture is smooth.

5. Ladle the soup into 4 bowls and top with the Parmesan cheese mixture.

Makes 4 servings (each about 1-1/4 cups soup and 1 Tbsp. Parmesan cheese mixture)

Fat: 2.5 grams per serving

Fruit/Vegetable Servings: 2 per serving

Recipe from: *Cooking Light* magazine, September 1998

Main Dishes

Savvy Sloppy Joes:

1 teaspoon canola oil
1 green or red pepper, chopped
2 medium onions, chopped
4 cloves garlic, minced
1 package (about 12 oz.) meatless crumbles, thawed (i.e., Green Giant Harvest Burgers for recipes)
1 can (15.5 oz.) Hunt's Manwich Sloppy Joe Sauce, Original
freshly ground black pepper to taste

In a large non-stick skillet, sauté onion, bell pepper, and garlic in oil, stirring frequently for about 3 minutes or until the onions are translucent. Add meatless crumbles and sauce, mix; cook until heated through. Season with pepper. Serve over hamburger buns, baked potatoes, pasta or rice.

Makes 6 servings (about 2/3 cup)

Fat: 2 grams per serving

Fruit/Vegetable Servings: 1.5 per serving

Recipe from: *SUPERMARKET SAVY*®,
January/February 1996

Creamy Lemon Orzo:

If you have never used tofu before, try this velvety sauce.

4 cups cooked orzo pasta or brown rice, rinsed (about 12 oz., uncooked)

3 green onions, minced

1/4 cup fresh parsley or mint leaves, minced, (divided use)

2 tablespoon capers, drained and minced

1 carrot, finely shredded

grated peel of 1 lemon

2 to 3 tablespoons lemon juice

1 can (6 oz.) solid white tuna, water packed, rinsed and well drained (optional)

freshly ground black pepper, to taste

1 package (12.3 oz.) silken lite, firm tofu

1/2 cup water

1. Pre-preparation: Cook the pasta or rice. Mince onions, parsley, and capers; shred carrot; grate lemon peel, juice lemon (or lemons); drain and rinse tuna, if using.

2. Place tofu and water in a blender or food processor; blend until smooth and creamy. Transfer the blended tofu to a large skillet or saucepan and add onions, carrot, half the parsley, capers, lemon peel, lemon juice, and black pepper.

3. Bring sauce to a boil over medium heat. Reduce heat, stir in tuna, if using, and the pasta (or rice); heat through. Garnish with remaining parsley or mint.

Makes 6 servings

Fat: 2 grams per serving

Grain Servings: 1-1/4 servings per serving

Recipe from: *SUPERMARKET SAVY*®

January/February 1998 insert

Dessert

Tofu Chocolate Mousse with Raspberry Sauce:

1/2 cup semi-sweet chocolate chips
2 tablespoons water
1 package (10.5 oz.) light silken tofu
3 tablespoons unsweetened cocoa
3 tablespoons powdered sugar
1 teaspoon vanilla
2 cartons (10 oz. each) frozen raspberries with sugar, thawed (re-serve the juice)
2 tablespoons cornstarch

1. Combine chocolate chips and water in a 2-cup glass measuring cup or other glass bowl. Microwave on HIGH for 1-3 minutes, checking and stirring frequently to make sure the chips do not burn or boil over.
2. Combine the tofu, cocoa, powdered sugar, vanilla, and melted chips in a blender or food processor. Blend until smooth and creamy. Refrigerate until ready to serve.
3. Drain the juice from the thawed raspberries into another glass measuring cup or bowl. Add the cornstarch to the juice and whisk to mix thoroughly. Microwave on HIGH for 1-2 minutes checking often to make sure it does not boil over, and whisk

to prevent lumping. When the juice mixture has thickened, gently fold into the raspberries. Serve each person a 1/4 cup scoop of chocolate mousse and cover with raspberry sauce.

Makes 7 servings

Fat: 4 grams per serving

Fruit/Vegetable Servings: 3/4 per serving

Recipe from: Stanford WHI Clinical Center, adapted from UCSD WHEL study.

Easy Ways to Add Soyfoods to Your Meals



Choosing soyfoods can help you cut fat and cholesterol in favorite recipes. Often the taste and texture are so similar to the original ingredient that you can't tell the difference between the original and the substitution.

- Try a smoothie—blend silken tofu, fruit and low-fat milk or soy milk together.
- Puree silken tofu to use in salad dressings, dips and in mashed potatoes.
- Try meatless burgers, such as Boca Burgers® or Gardenburgers®.
- In baking—use soy flour to replace 1/4 cup of the all-purpose flour in self-rising baked products.
- Use low-fat tempeh or firm tofu in stir-fry or spicy vegetable dishes.
- Use canned soybeans in chili, bean salad, or pureed bean spreads like hummus.
- Substitute textured soy protein for ground beef in recipes such as tacos, chili, and spaghetti.

Tips for Easy Soy Substitutions:

Original Food	Soy Substitute	Serving Size	Fat Grams Saved
Ground beef (85% lean)	Textured soy protein (1/2 cup rehydrated), plain or beef-flavored	3 ounce portion, cooked	14
Egg (as leavening agent in baking)	1/4 cup silken 'lite' firm tofu, mashed	equivalent to 1 egg	5
2% milk	Soy milk—light, reduced fat or reduced fat reconstituted instant soy milk	1 cup (8 oz.)	3
Chicken breast, without skin	Textured soy protein (1/2 cup rehydrated) plain or chicken-flavored	3 ounce portion, cooked	3
Sour cream	Tofu sour cream (see recipe)	1 tablespoon	2.5
Ricotta cheese, part skim	Firm tofu, mashed to ricotta consistency	1 tablespoon	0

Whole Soybeans Fact Sheet

Description:

Two forms are available:

- Dry soybeans (light tan or yellow in color)
- Green vegetable soybeans (Edamamé)-harvested before maturity. They look like green peas.

Location:

Dry soybeans are found in grocery stores and natural food stores in bags or bulk bins. Green vegetable soybeans (Edamamé) are available in the frozen foods section of Asian markets or natural food stores. They are also available at Trader Joe's stores.

Storage:

Dried beans can be stored in an airtight container for long periods. The frozen green vegetable soybeans (Edamamé) can be stored for several months. If Edamamé are purchased fresh, they should be refrigerated and used within 2 days or frozen.

Nutrition Information:

1/2 cup cooked provides:

Type of Soybean	Fat (g)
Edamamé (green)	6
Dried/cooked or canned	6
Roasted soynuts*	22



Note: *Check the label, the fat grams of roasted soy nuts may be lower in some brands (e.g., Trader Joe's).

Preparation Tips:

Dry soybeans:

- Soaking dry soybean shortens the cooking time and improves flavor. Use 6 cups of water for each pound of dry beans. Soak at room temperature for 6-8 hours, or overnight. Drain, rinse and cook the beans.
- Quick soak: Heat the beans and water to boiling, cook for 5 minutes, then remove from heat, cover and let stand for 1 hour. Drain, rinse and cook the beans.
- Cooking the beans: Put soaked beans in a large pot. Do not salt. Add 6 cups of fresh water for each pound of beans. Bring to a boil, allowing steam to escape. Reduce heat and simmer for about 3 hours, until beans are tender. Season with your favorite herbs.

Green vegetable soybeans (Edamamé):

- Preparation: Press bean pods between thumb and forefinger and push beans out with your thumb. Pods may be discarded.
- Cooking: Put 1 pound of Edamamé in a pan of boiling, slightly salted water. Return to a boil. Then reduce heat, cover and simmer 10-12 minutes, until beans are tender. Serve immediately. Season with your favorite herb.

Tofu Fact Sheet

Description: (TOE-foo)

Tofu is also known as soybean curd. It is a soft, cheese-like food made by curdling fresh hot soy milk with a coagulant. In recipes, tofu acts like a sponge and has the ability to soak up any flavor that is added to it. Three types of tofu are available:

Firm tofu - dense and solid. Use in stir-fry dishes, soups or on the grill.

Soft tofu - less dense. Use to blend into dressings and sauces.

Silken tofu - finer consistency.

Location:

Sold in water-filled tubs, vacuum packs, or in packages that need no refrigeration.

Tofu is found in the produce, dairy or deli sections of the grocery store. It is also sold in bulk in food cooperatives or Asian markets.

Storage:

Keep cold, unless the package states that it needs no refrigeration. Check the expiration date on the package.

Rinse and cover unused tofu with fresh water. Change water daily, to keep it fresh. Use within a week. Tofu can be frozen for up to 5 months. Defrosted tofu has a pleasant caramel color and a chewy, spongy texture that soaks up marinade sauces. It's great for the grill.

Nutrition Information:

1/2 cup (about 4 ounces) provides:

Type of Tofu	Fat (g)
Regular, (soft or firm)	7
Silken, regular	2
Silken lite	1

Preparation Tips:

- Add chunks of firm tofu to soups and stews.
- Mix crumbled tofu into meatloaf for a pleasant light dish.
- Mash tofu with cottage cheese and seasonings to make a sandwich spread.
- Create your own tofu burgers with mashed tofu, bread crumbs, chopped onions and your favorite seasonings.
- Marinate tofu slices in barbecue sauce, grill them and serve on crusty Italian bread.
- For tofu tacos: add a package of taco seasoning mix to a mixture of tofu and lean ground beef or pan-fried, crumbled tofu.
- Blend dried onion soup mix into soft or silken tofu for a light onion dip.
- Stir silken tofu into low-fat or fat-free sour cream for a reduced-fat baked potato topper.
- Replace the cream in creamed-soup recipes with silken tofu.
- Make 'egg-less egg salad' with tofu chunks, diced celery, light mayonnaise, and a dab of prepared mustard.
- Substitute pureed silken tofu when recipes call for mayonnaise, sour cream, cream cheese, or ricotta cheese. Use it in dips and creamy salad dressings.
- Scramble crumbled tofu with sautéed vegetables and spices for a quick meal.

Miso Fact Sheet

Description: (MEE-soe)

A paste made from fermented soybeans and either rice or barley. The addition of different ingredients and variations in length of aging produce different types of miso that vary widely in flavor, texture, color, and aroma.

The most common types of miso available in the U.S. include:

- White miso or rice miso; mild and relatively sweet
- Red or barley miso; savory and versatile
- Dark soy miso; thick and more strongly flavored.

Location:

Miso can be purchased in the Asian food section of some supermarkets, in Asian markets, and in natural food stores.

Storage:

Store miso in the refrigerator where it will keep for several months.

Note: sometimes a white mold may form on the miso. It is harmless and can be scraped off or mixed into the miso.

Nutrition Information:

	Fat (g)
Miso, 1 Tbsp.	1

Preparation Tips:

- Use miso to flavor soups, sauces, dressings, marinades, and to make delicious patés.
- Use it in place of anchovy paste, salt or soy sauce. Use it sparingly because it is high in sodium.
- One-fourth cup of miso in 1 quart of water makes a savory soup stock.
- One tablespoon of miso mixed into a cup of hot water makes a quick, easy, low-calorie broth for an afternoon snack.



Soy Milk Fact Sheet

Description:

Soy milk is made by grinding water-soaked, crushed soybeans, and cooking. It is available in fortified, lower-fat and flavored varieties. Many brands of soy milk have calcium added to them.

Forms:

- Liquid, ready-to-drink form.
- Packaged soy milk, that states it needs no refrigeration, (stocked near the evaporated milk).
- Powdered form.

Flavors: chocolate, vanilla, carob and almond

Location:

Found in the dairy case of grocery stores and health food stores. Packages that require no refrigeration can also be found near the canned evaporated milks.

Storage:

Some packaged soy milk needs no refrigeration until opened (check the label). Once opened, the soy milk will stay fresh in the refrigerator for about 5 days.

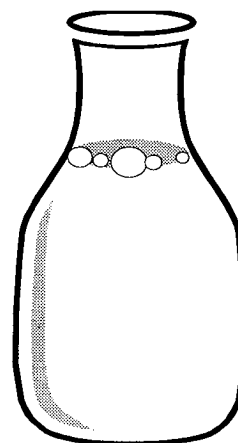
Soy milk powder should be stored in the refrigerator or freezer.

Nutrition Information:

Soy Milk	Fat (g)
Regular, 1 cup (8 fl. oz.)	5
Low-fat, 1 cup (8 fl. oz.)	2.5
Fat-free, 1 cup (8 fl. oz.)	0
Dry milk powder, 1 Tbsp.	1

Preparation Tips:

- Soy milk can be used in almost any way that cow's milk is used.
 - As a refreshing drink.
 - To make hot cocoa.
 - Pour over hot or cold breakfast cereal.
- Make rich pancake and waffle mixes.
- Create your own delicious shakes with soy milk, tofu and fruit.
- Try soy milk instead of evaporated milk to make lower-fat desserts.



Soy Flour Fact Sheet

Description:

Made from roasted soybeans that have been ground into a fine powder. It can be partially substituted for other flours in baked goods. There are 3 kinds of soy flour available: natural or 'full fat', low-fat, and defatted.

Location:

Grocery store or natural food stores.

Storage:

Soy flour has a 12-month shelf-life. Since it is a whole grain flour, store it in the refrigerator or freezer.

Nutrition Information:

1 cup provides:

Soy Flour	Fat(g)
Full fat	17
Low fat	6
Defatted	1

Preparation Tips:

- Always stir soy flour before measuring since it can become packed in its container.
- Use soy flour as is, or lightly 'toast' the flour to enhance its nutty flavor.
- Toasting soy flour: Put soy flour in dry skillet and cook over moderate heat, stirring occasionally.
- Use soy flour to thicken gravies and sauces.
- Using soy flour in recipes:
 - Use soy flour in any recipe calling for all-purpose flour. You can replace up to 30% of the usual flour with soy flour.
 - Soy flour is gluten-free so it cannot replace all the wheat or rye flour in a recipe.
- Baked products containing soy flour tend to brown more quickly. So, it may be necessary to shorten the baking time or lower the temperature just slightly.



Tempeh Fact Sheet

Description: (TEM-pay).

A fermented cake of soybeans and grain. It has a chewier texture than tofu, as well as a stronger flavor.

Location:

Tempeh can be found in the frozen food section of natural food stores. It can also be found in the refrigerator case of supermarkets, often in the produce department.

Storage:

Frozen, packaged tempeh will stay fresh for several months.

Once thawed and opened, it will stay fresh in the refrigerator for about 10 days.

Nutrition Information:

3 ounces (1/2 cup tempeh), no fat added, provides:

	Fat (g)
Tempeh	6

Preparation Tips:

- Lower-fat methods for preparing tempeh include grilled, sautéed, steamed, baked, grated, or microwaved.
- Try marinating tempeh in lemon juice, soy sauce, sherry, mirin (rice wine), or pineapple juice to enhance the flavor. Cut tempeh into small cubes or thin slices before marinating for better absorption of flavors.
- Try tempeh on the grill. Steam the cakes; marinate in barbecue sauce; then grill until brown.
- Add chunks of tempeh to spaghetti sauce, sloppy joe sauce, chili mix, or to favorite soups and casseroles.
- Steam and grate tempeh and mix with chopped onions and celery and low-fat mayonnaise for a sandwich spread.
- Pan fry tempeh with mushrooms, onions, and bread crumbs for a delightful mushroom stuffing.



Texturized Soy Protein Fact Sheet

Description: (TSP or TVP™) is a granular form of high-protein soy flour. When water is added to the product, it has a texture similar to ground beef. Note: TSP products may be high in salt.

Location:

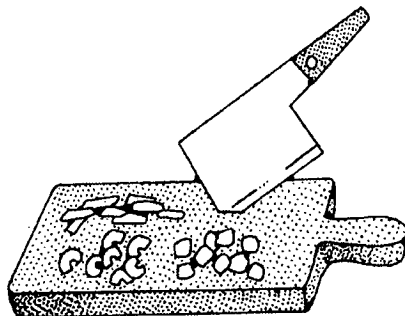
TSP can be found in the bulk foods section of natural food stores. It can also be purchased by mail from a number of natural food distributors. Examples:

- The Mail Order Catalog
PO Box 180
Summertown, TN 38483
Phone: 800-695-2241
Fax: 931-964-3518
- Apple Valley Market
9067 U.S. 31
Berrien Springs, MI 49103
Phone: 800-237-7436
Fax: 616-471-3594

Storage:

Long shelf-life because sold in dehydrated form. Store in a tightly closed container at room temperature for several months.

Once rehydrated, refrigerate and use within a few days.



Nutrition Information:

Texturized Soy Protein	Fat (g)
Dehydrated form, 1 cup (makes about 4 ounces)	1
Frozen crumbles, 1 cup (about 9 ounces)	3

Preparation Tips:

- TSP must be rehydrated before it can be used in recipes. Read the package directions for rehydration. In general, use 7/8 cup of boiling water for 1 cup of TSP. Allow it to sit for a few minutes. To rehydrate granules, just pour boiling water over the TSP.
- Use TSP to replace part or all of the ground beef in almost any recipe.
- When using TSP in soups and sauces, you do not have to rehydrate it before – just be sure the recipe has enough liquid in it.
- TSP chunks should be simmered a few minutes before using.
- Try rehydrating TSP with boiling fruit juices or flavorful broths.
- Adding a little catsup, vinegar or lemon juice helps TSP to rehydrate quickly.
- Consider using TSP to replace 25% of the ground beef in meat loaf or burgers and to replace 50% or more of the ground beef in flavored dishes like chili or tacos.

Soy Meat Alternatives Fact Sheet

Description:

'Soy' meat alternatives are made from soy protein and other ingredients. They are designed to taste like meat. Other meatless alternatives, like Gardenburgers® are intended to be used in place of meat. However, they don't necessarily taste or look like meat.

Soy 'meat' alternatives are sold in frozen, canned or dried forms.

Location:

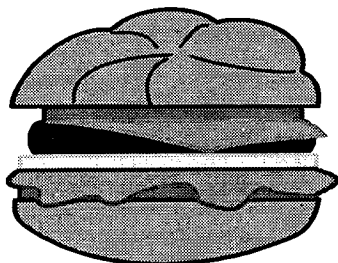
Meat alternatives are found in the frozen food section of the grocery store or with the 'specialty' food items. They may also be found in the meat section of the regular grocery store (e.g., tofu hot dogs), natural food stores, and food cooperatives.

Storage:

Look at the package directions.

Nutrition Information:

Look at the Nutrition Information Panel on product.



Preparation Tips:

- 'Soy' meat alternatives can usually be used the same way as the meats they replace. For example, soy burgers can be cooked on the grill and served in buns with catsup and relish.
- Imitation sausage and bacon products are cooked and served the same way as their meat-based counterparts.
- 'Soy' meat alternatives may also be cut up and added to stir-fried dishes, soups, or stews. They can be substituted for meat in nearly any recipe or added to a recipe along with meat to reduce the amount of meat eaten.
- Frozen meatless crumbles: These products are made from soybeans and other vegetable proteins. They are lower-fat products that look and taste like cooked crumbled ground beef. These products are precooked, so you simply thaw and add them to your recipe. Two brands to look for in the freezer case at your grocery store are: Morningstar Farms and Green Giant.
- Replacing ground beef with meatless crumbles: use 2 cups of crumbles to replace 1 pound of ground beef.
- Extending ground beef with meatless crumbles: mix 1 cup of thawed crumbles with 8 ounces of lean cooked ground beef.



Examples:

Meat Analog	Serving Size	Fat (g)
Meatless Crumbles:		
Green Giant Harvest Burgers for Recipes	2/3 cup 12 oz. pkg. (yields 4 cups)	0
Lightlife Meatless Gimme Lean Beef Style (roll, use as ground beef)	14 oz. tube (yields 3 cups, about 7 servings)	0
Morningstar Farms Ground Meatless	2/3 cup 16 oz. tube (yields 4 cups)	3
Burgers:		
Boca Burger, Chef's Max's Favorite	1 patty (2.5 oz),	2
Fantastic Foods Nature's Burger (3 types)	1 patty (2.5 oz.)	2
Gardenburger, Original	1 (2.5 oz.)	4
Gardenburger, Zesty Bean	1 (2.5 oz.)	3
Green Giant Harvest Burger Original	3.2 oz	4
Lightlife Lightburger	3 oz.	1
Morningstar Farms Grillers	1 patty (2.3 oz)	6
Morningstar Farms Garden Vege Patty	1 patty (2.4 oz)	4
Hot Dogs:		
Lightlife Smart Dogs	1 link (1.5 oz)	0
Sausage/Bacon:		
Morningstar Farms Breakfast Links (sausage)	2 links (1.6 oz)	5
Morningstar Farms Breakfast Patties (sausage)	1 patty	3
Morningstar Farms Breakfast Strips (bacon)	2 strips	4.5
Gimme Lean Sausage Style (roll, use as ground sausage)	14 oz. tube (yields 3 cups, about 7 servings)	0
Chicken:		
Morningstar Farms Chick'n Nuggets	4 nuggets	4
Morningstar Farms Chik Patties	1 patty (2.5 oz.)	6
Cheese:		
Veggie Slices	1 slice	2
Other Local Products:		