

# Delicious & Healthy

## A Dozen Ways To Enjoy More Soyfoods

(NAPS)—Many Americans may be surprised at the scrumptious ways they can savor the flavor of soy and soyfoods in their favorite drinks and dishes.

Increasingly there are new products that offer delicious ways to please the palate and offer the health benefits of soy.

Experts now believe incorporating soy protein in a daily diet offers a number of health benefits.

For example, the Food and Drug Administration has concluded that 25 grams a day of soy protein included in a diet low in saturated fat and cholesterol may reduce the risk of coronary heart disease by lowering blood cholesterol levels.

The soybean is low in cholesterol, high in isoflavones, and is used in foods and beverages, including tofu, miso, soymilk, veggie burgers, crackers, cookies, flour and more.

The experts at the Wisconsin Soybean Marketing Board and The Soyfoods Council offer these easy and delicious tips on adding more soy and soy products to your diet.

- When using flour, substitute 1/4 to 1/3 of soy flour per one cup of regular flour.

- For a quick energy snack, try one of the many soy protein-based bars.

- To start to enjoy soy, use half soy milk and half dairy milk with your cereal. Also, try a cereal with soy in it, such as a new cereal called Harmony from General Mills.

- Try green soybeans—also called edamame—in salads, stir-frys, soups or as a topping on your favorite pizza. Just make sure to eat the beans and not the pod they come in.

- Add savory soy crumbles to your favorite meat loaf, silken tofu to dips or to cream cheese for frostings.



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- Soy nuts are said to make a great addition to salads and stir-fry dishes.

- Consider picking up soy pasta or soy oil on your next shopping trip.

- The next time you fire up the grill think of tossing on a Brato—a soy and pork sausage—or a soy-based Boca Burger.

- Look for soy yogurt and dairy yogurt with soy protein in it.

- Add protein powders, such as GeniSoy or Health Source to packaged food mixes such as scalloped potatoes or muffin mixes.

- Look for frozen prepared entrees that have soy added, such as Amy's products or Chef Akasha's Entrees.

- Be creative and experiment with these or other ingredients added to your favorite dish.

If you have a favorite way to use soy, send it to The Soyfoods Council. If your idea is chosen, they'll send you \$100. Send your ideas to The Soyfoods Council, Department N, 4554 NW 114th Street, Urbandale IA 50322. The deadline is August 31, 2001.