

# Healthy Living

## Discovering The Benefits Of Soy

(NAPSA)—Soy is no longer just for the meat-free crowd. Now a regular part of the Western diet, soy is served at restaurants, is the focus of many cookbooks and can be found in almost every form imaginable—from burgers to nutrition bars.

“Soy may seem like a relatively new addition to our diets, but it’s actually been around for over 3,000 years,” said Allegra Burton, MPH, RD. “In addition to the important nutrients it provides, soy is easy to prepare and incorporate into every diet—whether you have time for sit-down meals or are eating on the go.”

### Why Soy?

Soy is well known for its abundant nutritional benefits. For instance, soy is a complete protein containing all nine essential amino acids and is the only plant protein that is equivalent in essential amino acids to animal protein. According to the FDA, eating 25 grams of soy protein a day as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

The FDA determined that eating this amount of soy protein in four daily servings can reduce LDL cholesterol by as much as 10 percent, which can contribute to a drop in heart disease risk. Preliminary and emerging science shows that soy may also have benefits related to prevention of other diseases and in improving bone health.

Today, there is a variety of soy products available for quick and easy meals and snacking.

### Cooking And Snacking With Soy

Soy is so versatile that it can be incorporated into almost any



**People who know more than beans about nutrition say soy makes for delightful, healthful snacks.**

dish. Tofu can be marinated the same way as meat and baked or grilled. Soy can also be incorporated into pasta sauce, stir-fried or crumbled into your favorite casserole recipe. Try substituting soy for ground hamburger, sausage or chicken. These days there are dozens of ready-made products such as veggie burgers, soy hot dogs, soy cheese and soymilk that you can try with minimal effort and gain the health benefits of soy.

There is also a variety of great soy snacks such as SOYJOY® nutrition bars (with 3 grams of soy protein), soy nuts and soy chips that quickly and nutritiously stave off hunger pangs between meals.

If you’re looking for healthier alternatives for yourself and your family, soy is an excellent source of nutrients and a delicious addition to any meal or snack.

For more information on soy, please visit [www.SOYJOY.com](http://www.SOYJOY.com).