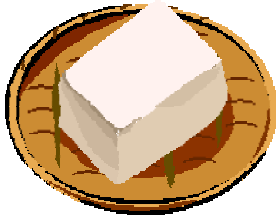


Soy: Not Your Average Bean



Soybeans and soy products have been used in Asian countries for hundreds of years and are gaining popularity in the United States. You may have heard reports of the various benefits of soybeans and soy products. Soybeans are an excellent source of protein as well as thiamin, folate, B6, iron, calcium, zinc, and vitamin E. Additionally, isoflavones found in soy products are thought to provide protection from various chronic diseases. You don't need to eat a lot to see the many beneficial effects of soy--as little as one serving a day may do it!

What are the benefits of soy?

- Soy isoflavones may decrease the risk of heart disease by lowering blood cholesterol
- Soy foods may lower the incidence of breast, colon and prostate cancers
- Soy isoflavones may play a role in the prevention of osteoporosis
- Soy foods may help in the treatment of menopausal symptoms

What is the serving size of various soy products?

- ½ cup tofu
- ½ cup cooked soybeans
- 1 cup soy milk
- ½ cup soy flour



How do I use soy foods?

- Use soy milk in smoothies and shakes, over cereal, or as a beverage
- Firm tofu can be used in salads or stir fries
- Cooked or canned soybeans can be tossed into salads, soups, chili, or pasta
- Frozen green soybeans can be steamed and eaten as a snack, these are called edamame
- Soy flour can replace 10-25% of the all-purpose flour when preparing baked goods

For more information on soybeans, check out the following web site:

[United Soybean Board](http://www.talksoy.com) (www.talksoy.com)

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