

# Nutrients, Benefits

*of*

# Soybeans

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Food	Calories	Protein (grams)
Soybeans (cooked), ½ cup	149	14.3
Tempeh (meat substitute), ½ cup	165	15.7
Tofu (soy cheese), ½ cup	94	10.0
Soy milk, 1 cup	79	6.6
Kashi GoLEAN soy cereal, ¾ cup	120	8.0
Soy flour (defatted), ¼ cup	81.7	12.8
Edamame (young soybeans), ½ cup	127	11.1

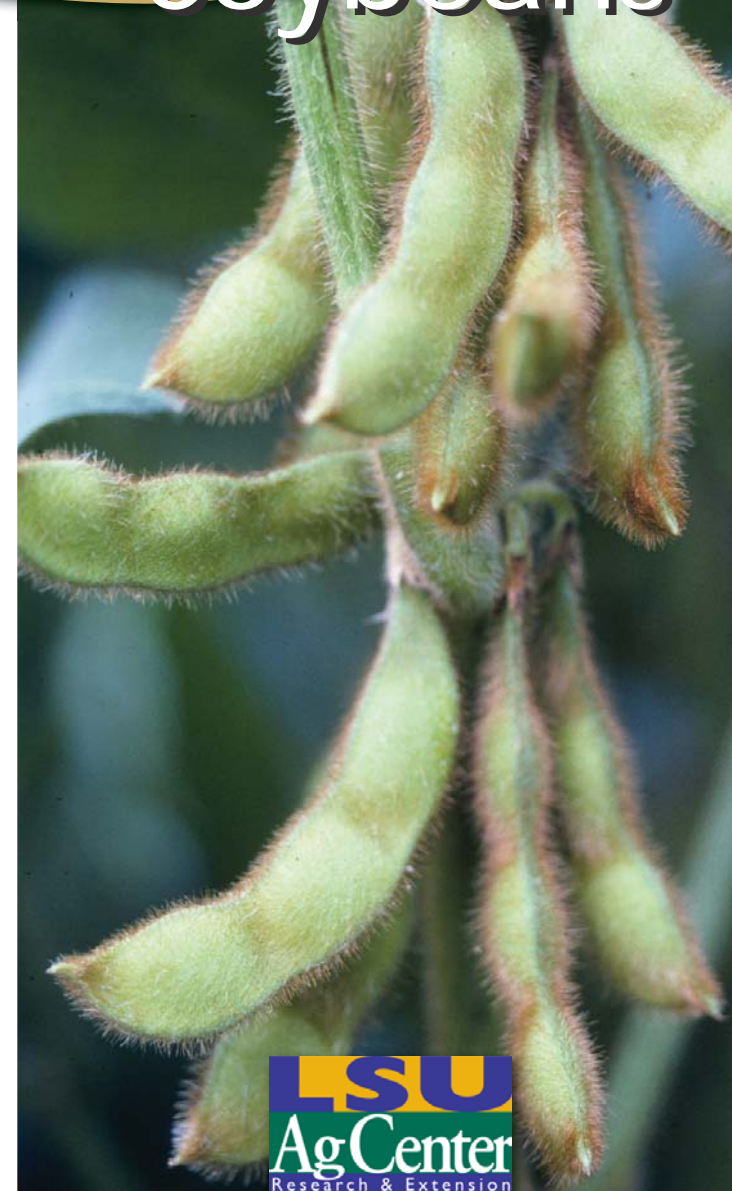


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## What Is Soy?

Soy is found in foods like soy milk, soy sauce, miso (soybean paste), tempeh (meat substitute) and tofu.

Soy protein is a source of isoflavones.

Isoflavones are plant pigments found in soybeans.

Many of the health benefits of soy are derived from its isoflavones.



## Soy Protein Offers Health Benefits

- May lower cholesterol.
- Reduces risk of heart disease.
- Contains nutrients, such as fiber, B vitamins and omega-3 fatty acids.
- Healthy alternative to meats.
- May help to prevent diseases such as cancer.
- May ease menopause symptoms.
- May be protective against prostate problems.
- Isoflavones improve bone health.
- Isoflavones are natural antioxidants; they can reduce the long-term risk of cancer by preventing free radical damage to DNA.
- Diets that include 25 to 50 grams of soy protein a day can help lower levels of LDL cholesterol.

## Tips to Get Soy Protein In Your Diet

- Include soy-based beverages, muffins, sausages, yogurt or cream cheese at breakfast.
- Use soy deli-meats, soy nut butter (similar to peanut butter) or soy cheese to make sandwiches.
- Use soy milk when baking; grill soy hot dogs, burgers, marinated tempeh and baked tofu.
- Cube and stir-fry tofu or tempeh and add to a salad.
- Pour soy milk on cereal, and use it in cooking or smoothies.
- Eat roasted soy nuts or a soy protein bar for a snack.