

The Joy of Soy

The soybean is a delicious legume originally from China. It is now one of the most widely grown and eaten legumes in the world.

Soybeans are used to make many different foods, including:

- Soy flour
- Soy milk
- Tofu
- Textured vegetable protein (TVP)
- Tempeh (fermented soy protein)
- Soybean oil
- Soy sauce
- Soy nuts (roasted ripe soybeans)
- Edamame (boiled unripe soybeans)



tofu

Soy is nutritious

Soy foods can be included as part of a healthy diet following **Canada's Food Guide**.

- It is a great substitute for meat. Soy is a complete protein – This means it contains all the essential amino acids that the body needs but can't make for itself.
- It contains essential fatty acids – Soy contains ALA (alpha-linolenic acid) an omega-3 fatty acid, and linoleic acid which are healthy fats.
- It is a good source of vitamins and minerals – Soy is a source of iron, calcium, phosphorus, magnesium, zinc and B-vitamins, including folate.

- It is a good source of fibre – Many soy foods, such as soy flour, TVP, dried soybeans and edamame, are very high in fibre.
- It contains phytochemicals – Soy is high in isoflavones. Isoflavones are thought to affect

how our body uses estrogen.

It is thought that the Isoflavones contribute to the nutritious value of soy.

- Soy supplements (pills, powders and isolated soy components) are not recommended.

Health benefits of soy

There is a lot of interest and research about the health

benefits of soy. However, the results are not clear and more research is needed. Soy has been linked to the following health issues:

- Heart Health – Some research suggests that soy helps reduce cholesterol, lowers blood pressure and keeps blood vessels healthy. Soy is low in saturated fat and high in fibre which helps to improve blood cholesterol levels. Including soy in the diet may help to lower cholesterol if it replaces foods high in saturated fats.
- Cancer – Soy has been said to have a protective effect against prostate, stomach and breast cancers but the scientific evidence is limited.
- Osteoporosis – Soy may help to reduce bone loss but more research is needed. Some soy products

are naturally high in calcium. Other products such as soy milk have calcium added to them. Check the label to see if it's "fortified with calcium" and make sure to shake the carton before pouring.

- Menopause – Soy may help to reduce the symptoms of menopause, such as hot flashes and depression. More research is needed.
- Hormones – There is no conclusive evidence that soy products will affect the hormones of male children or adults.



How much soy protein per serving?

Soy Food	Serving Size	Soy Protein
Soybeans, boiled	175 ml (3/4 cup)	22 g
Tofu, firm	175 ml (3/4 cup)	21 g
Tofu, regular	175 ml (3/4 cup)	17 g
Roasted soy nuts	60 ml (1/4 cup)	17 g
Tempeh	125 ml (1/2 cup)	16 g
Soy burger	1 patty	15 g
Soy beverage	250 ml (1 cup)	12 g
Edamame	60 ml (1/4 cup)	9 g
Soy flour	45 ml (3 tbsp)	7 g
Soy yogurt	175 g (3/4 cup)	6 g
Soy sauce	Any amount	0
Soy oil	Any amount	0

Source: The Canadian Nutrient File 2007b

Serving ideas

- Replace some of the wheat flour in your recipes with soybean flour to increase the protein content.
- Add soybeans to soups, stews, and salads.
- Use calcium-fortified soymilk instead of cow's milk in cereal, your favourite recipe or to drink.
- Choose tofu or TVP as a meat alternative in soups, stews or stir fries.
- Try soy burgers on the BBQ instead of ground meat.
- Soy nuts make a great snack.

How to cook dried soybeans

1. Soak dried beans in water for 8-10 hours, or boil beans for 2 minutes then let soak in the hot water for at least an hour.
2. Throw out soaking water, rinse, and then add fresh water to cover beans by 1 inch.
3. Simmer partially covered for 2½ to 3 hours, or cook for 15-20 minutes in a pressure cooker.

Soybeans will triple in volume when cooked (1 cup dried beans = 3 cups cooked beans).

Dried beans can be kept in a covered container indefinitely. Cooked beans are also available in a can.

Soy Chocolate Strawberry Banana Smoothie

Preparation Time: 5 minutes, Makes 4 servings

Ingredients

- 2 cups strawberries, frozen or fresh 500 mL
- 2 cups fortified chocolate soy milk 500 mL
- 3 small fresh or frozen bananas 3

Try different flavours of soy milk and different kinds of fruit to see how many delicious combinations you can create.

Directions

1. If you are using fresh strawberries, wash them and remove the stems.
2. Place all ingredients in a blender and blend until smooth, about 30 seconds.
3. Pour into glasses and serve right away.

Nutrition Information

Per serving: 180 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 80 mg sodium, 38 g carbohydrate, 3 g fibre, 22 g sugar, 4 g protein, 6% DV Vitamin A, 60% DV vitamin C, 15% DV calcium, 8% DV iron.

