

SOY FACT SHEET

WHAT IS SOY?

All soy comes from soybeans, which are naturally grown beans similar in size to a pea. Soy is a nutrient-rich food delivering high-quality protein, carbohydrates, fiber, healthy fats and a number of vitamins and minerals important to good health.

WHY EAT SOY?

Soy is good for the heart because it contains high-quality protein, heart-healthy fats and micronutrients, and is cholesterol free, low in saturated fat, and a good source of fiber. The U.S. Food and Drug Administration concluded that incorporating 25 grams of soy protein per day into a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

Soy is rich in isoflavones – plant-based compounds with antioxidant properties. Isoflavones have been shown to potentially reduce the risk of some types of cancer, cardiovascular disease, osteoporosis and some menopausal symptoms.

Soy provides high-quality protein. Soybeans have more protein than any other bean and provide the only plant-based protein that contains a high proportion of all nine essential amino acids, making it a high-quality, complete protein.

WHAT FOODS CONTAIN SOY?



Soy Milk: Soy milk is made by soaking, cooking and filtering soybeans, resulting in a product that is chock full of nutrition, including protein, essential fatty acids and isoflavones.

Tofu: Tofu is made from soy milk and therefore retains many of the nutrients of whole soybeans. A calcium-based ingredient is often used to make tofu firm, so it can also be an excellent source of calcium.

Soy Flour: Roasted whole soybeans are milled to produce this beany flour. Soy flour can add protein and bring moisture to baked goods. It also adds a nutty flavor.

Soybeans: Don't forget about the whole soybean itself. Soybeans can be used in combination with other beans or enjoyed simply on their own. Edamame and soy nuts are two popular forms of whole soybeans.

SOYJOY: SOYJOY is made with nutrient-rich, non-genetically modified whole soy. The whole soybeans are ground to keep the naturally occurring fiber, protein, vitamins, minerals and other nutrients intact. SOYJOY is an all-natural, nutrient-rich food baked with whole soy and real fruit - each bar offers a combination of complex carbohydrates, complete protein and fat, which helps to provide sustained energy without a lot of calories.

WHY CHOOSE WHOLE SOY?

It is often advantageous to consume the *whole* food, such as whole wheat rather than refined wheat, so as not to miss out on any of the great health benefits and nutrients the food naturally has to offer. Look for foods made from whole soy, which means the product is minimally processed and offers all of the naturally occurring nutrients contained in the soybean. Whole soy is a healthful source of vitamins and minerals including folate, potassium, magnesium, zinc, iron and calcium. SOYJOY is one example of a soyfood product made with whole soy.