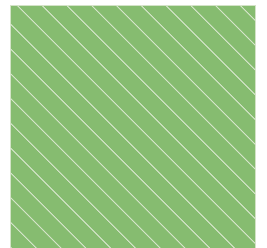
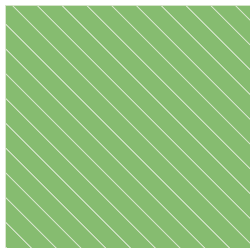
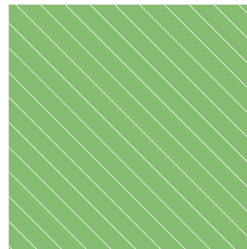
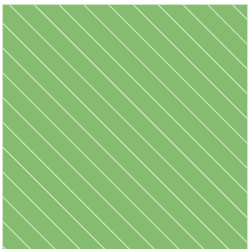


**S O Y F O O D S**  
 Tasty • Nutritious • Fun



# Move to a Healthier You

This packet of information can start you today on meeting the new DHHS/USDA Dietary Guidelines and MyPyramid with soyfoods that promote health and taste good. Also included are fact sheets describing the wide variety of soyfoods found on supermarket shelves to fit your lifestyle, your taste preferences, and your eating habits. Information on the next several sheets provides insight on questions related to soy's role in weight control, heart disease,

looking for healthy alternatives to meat and dairy products. Combined with more physical activity, making wiser food choices each day affects your health – how you feel today, tomorrow, and in the future.

## Get your calcium-rich foods. (DAIRY)

If you don't or can't consume milk, choose lactose-free or other calcium sources. Calcium-fortified soymilk is

## Go lean on protein. (MEATS & BEANS)

Vary your choices—with more fish, beans, peas, nuts, and seeds. Tofu, tempeh, soy nuts, soy nut butter, soybeans, and soy meat alternatives (i.e., soy burgers or soy crumbles), are rich in high quality, lean protein, low in total fat and saturated fat, and cholesterol free.

## Vary your vegetables. (VEGETABLES)

Eat more dry beans and peas. Whole soybeans, as steamed edamame, cooked (canned)



and child health. Simple tips on using soy help consumers make changes today to move towards better health tomorrow.

## Soyfoods appeal to your taste buds - as well as your waistline!

The 2005 USDA/DHHS Dietary Guidelines for Americans ask everyone to make specific changes to reduce weight and improve health. The USDA food guidance plan, MyPyramid, provides food ideas and menus to meet nutrient and energy needs based on lifestyle habits. Below are some basic dietary suggestions adapted for those

rich in calcium, vitamins D and A, magnesium and potassium. Soy dairy alternatives, such as soy slices, soy yogurt, and frozen soy desserts, are also generally low in saturated fat, cholesterol, and calories, and may be calcium-fortified (check the label).

## Make half your grains whole grains (GRAINS)

Choose whole grains as part of an overall healthy diet. Whole grain products with added soy protein such as, soy cereal, pasta, bread, muffins, grits, and flour can enhance your daily fiber intake.

soybeans or soynuts are rich in fiber, potassium, folic acid, iron, and other vitamins and minerals.

## Know your fats. (OILS)

Make most of your fat sources from fish, nuts, and vegetable oils. Soybean oil is low in saturated fat and high in heart-healthy omega-3 fatty acids. Soybean oil is flavor free and works well in all kinds of cooking and baking. Soy nuts and soy nut butter provide high-quality protein, polyunsaturated omega-3 fatty acids along with fiber, potassium, folic acid, and iron.