

Soy and Weight Management

To achieve a healthy weight, eat fewer calories, be more active, and make wise food choices.

Why Soy?

Soyfoods, as part of an overall healthy diet, can help you achieve and maintain a healthy body weight. In general, soyfoods contain fewer calories, less total fat and saturated fat, and more fiber than other sources of high-quality protein¹. Low saturated fat, high-quality protein sources, such as soy, may play a key role in weight control and maintenance of lean body mass.

Continuing product innovations ensures that you can find a soyfood that appeals to your taste buds—and your waistline!

Delicious soyfoods can save calories and fat when eaten in place of similar products.

- Save ~ 100 calories and 2g of saturated fat - and add 3 grams of fiber - by substituting a tasty soy veggie burger for a beef burger.
- Save ~ 90 calories and 3g of saturated fat by substituting 2 soy links for 2 pork sausage links.
- Save ~ 70 calories and more than 5g of saturated fat when you replace a beef hotdog with a soy veggie dog.



Benefits of Soy for Weight Control

Research suggests that plant protein, such as soy, in our diet may play a key role in controlling calorie intake. Protein may increase satiety—or make you feel full—for longer than if you ate mostly carbohydrates². This means that people who include more protein in their diets may eat fewer calories during the day. High-quality, lean protein from soyfoods can aid in weight control.

Achieving a healthy weight can have numerous benefits:

- Improved blood glucose control and insulin sensitivity
 - Decreased stress on bones
 - Decreased blood pressure
 - Increased stamina
 - Improved self-image

Practical Tips for Including Soy in Your Diet

- Make a meatless sausage and egg burrito by using sausage-style soy crumbles – serve with salsa.

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- Make 3-Bean Chili using canned black soybeans, canned yellow soybeans and red or kidney beans.
- Add seasoned edamame or soy nuts to salads.
- Use baked tofu in a quick stir fry.
- Serve vegetables and marinara sauce over soy penne or soy rotini.
- Substitute soymilk for cow's milk in cream sauces, puddings, and gravies.
- Use tofu to replace some of the mayonnaise and sour cream in Vitamin-A rich spinach dip.

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Eating fewer calories while increasing physical activity are the keys to controlling weight.

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Soyfoods can help you save 500 calories a day..

For example, swapping a soy burger for a regular beef burger saves nearly 100 calories. Drinking 8-ounces of unsweetened soymilk rather than 2% milk saves up to 40 calories, and 8-ounces of unsweetened soymilk rather than whole milk saves up to 70 calories.

Find your balance between food and physical activity.

To help manage body weight, reduce stress, and prevent gradual, unhealthy weight gain, be physically active for 60 minutes on most days of the week. Exercise also helps you burn extra calories each day.

¹ Nutr Today. 2005;40(4):156-164.

² Curr Opin Clin Nutr Metab Care. 2003 Vol 6:635-8