

Feel Alive

25 grams of **soy protein** a day can help reduce cholesterol

SOY PROTEIN CHART

Below is a list of foods rich in soy protein!

All soy-based foods bearing the FDA soy and heart health claim provide at least 6.25 grams of soy protein per serving. 25 grams of heart healthy soy protein daily can help lower blood cholesterol.

Product	Serving	Grams of Soy Protein
Fortified soymilk	1 cup	6-7
Soy cereal	1 ¼ cup	7
Soy yogurt, vanilla	1 cup	6
Soy breakfast patty	2 patties	11
Soy bar	1 bar	14
Soy chips	1 bag	7
Soy nut butter	2 tbsp	7
Soy nuts, roasted, unsalted	¼ cup	11
Tofu	4 ounces	13
Edamame	½ cup	11
Meatless soy ground	⅓ cup	10
Soy 'burger'	1 patty	13-14
Soy pasta	½ cup (cooked)	13
Soy pudding	½ cup	6
Nondairy frozen dessert	¾ cup	1



To locate products, visit www.soyfoods.org

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5 SIMPLE FOOD IDEAS

Reaching 25 grams a day of soy protein is easy!

Breakfast:	Bowl of cereal with soymilk	7 grams
Snack:	Bag of soy chips	7 grams
Dinner:	Soy pasta	13 grams
Total		27 grams of soy protein

Breakfast:	Soy breakfast patty	11 grams
Lunch:	Sandwich with soy nut butter	7 grams
Dinner:	Tacos with meatless soy ground	10 grams
Total		28 grams of soy protein

Breakfast:	Soymilk smoothie	6 grams
Snack:	Soy nuts	11 grams
Dinner:	Stir-fry with tofu	13 grams
Total		30 grams of soy protein

Breakfast:	Bowl of soy cereal	7 grams
Lunch:	Soy health bar	14 grams
Dinner:	Soy pudding	6 grams
Total		27 grams of soy protein

Breakfast:	Tofu-egg scramble	13 grams
Snack:	Soy yogurt with berries	6 grams
Dinner:	Green salad with edamame	11 grams
Total		30 grams of soy protein

For recipe ideas visit www.soyfoods.org