

THE SWITCH TO PLANT PROTEIN MADE EASY WITH SOY

There's no need to sacrifice taste, time or traditional meals when adjusting to meet the 2010 Dietary Guidelines.



Why make the switch?

Soyfoods can play a part in any healthy, well-balanced diet as they nourish the body with high quality protein that is low in saturated fat full of nutrients, and cholesterol-free.

The United States Department of Agriculture and the Department of Health and Human Services' 2010 Dietary Guidelines recommend Americans follow a healthy meal pattern while staying within their calorie needs. Americans are urged to choose a variety of protein foods including soy products as well as increase their intake of fortified soy beverages.

How to make the switch

Take the steps to a healthier you one at a time. Try these easy snack and meal alternatives as you move towards a better, healthier, plant-based diet.



Breakfast

- Dress up high-protein cereal with almonds, dried cherries, and vanilla soymilk
- For moist and fluffy muffins, pancakes, and quick breads – use soy yogurt in place of milk
- Enjoy a sweet and sustaining breakfast by topping English muffins with soynut butter, bananas, and cinnamon



Lunch

- Enhance creamy soups with pureed silken tofu
- Liven up soups and salads by adding steamed edamame beans
- Go for the veggie burger – and be sure to add all your favorite condiments



Dinner

- Create better-for-you quesadillas with grated soy cheddar, tomato, jalapenos, and cilantro
- Swap soy crumbles for some (or all) of the ground beef in pasta sauces and chilies
- Add sliced vegetarian sausage to Italian-style peppers or jambalaya for a comfort food favorite



Snacks

- Create homemade trail mix with roasted soy nuts, dried fruits and bite-sized whole grain cereal
- Carry soy and fruit bars in your purse or backpack for emergency snack attacks
- Refuel fast with a soymilk latte and a banana

To view the full report Dietary Guidelines for Americans 2010 please visit: <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>
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