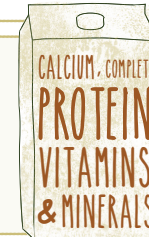


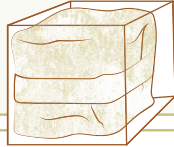
SHOPPING FOR SOY

Tasty soyfoods can be found throughout the supermarket. Use this checklist to inspire you with easy ways to incorporate the nutritious benefits of soy into your everyday meals.



DELI

- VEGGIE DOGS and SOY DELI MEATS:**
Swap for cold cuts to get a high-protein, no-cholesterol lunch
- SOYRIZO and SOY SAUSAGES:**
Alternatives to chorizo, andouille, kielbasa and more



PRODUCE

- FRESH EDAMAME:**
Serve whole pods as a fun kid-friendly snack; or shelled edamame make good toppings for salads or pasta
- FIRM TOFU:**
Stir-fry, grill or add marinated slices to top an entree
- SILKEN TOFU:**
Puree into smoothies, dips, spreads, desserts and baby food
- TEMPEH:**
Marinate and roast or sauté for a delicious meal or sandwich



CEREAL & BREAKFAST

- PROTEIN-ENHANCED CEREAL**
- SHAKES AND PROTEIN POWDER:**
Quick and easy complete protein boost

SNACKS

- SOY NUTS:**
Add to trail mix or salads, or as a stand-alone snack
- SOY CHIPS**
- PROTEIN BARS:**
Great for on-the-go meals or snacks for the whole family

BAKING

- SOYBEAN and VEGETABLE OILS:**
Use to bake, sauté or fry; also good for dressings and marinades
- SOY FLOUR**
- TEXTURED VEGETABLE PROTEIN:**
Rehydrates as a ground meat substitute
- SHELF-STABLE SOYMILK**

SPREADS

- SOY NUT BUTTER:**
Tasty tree nut-free spread options include sweet, salty and chocolate flavors

INTERNATIONAL

- MISO:**
Flavor soups, sauces, dressings, stir-fries and marinades
- SOY SAUCE and TAMARI:**
Tamari is soy sauce's wheat-free cousin for a gluten-free option



FREEZER

- VEGGIE BURGERS, NUGGETS and TENDERS**
- CRUMBLES:**
Pre-cooked ground "meat" adds easily to chili, soup and tacos (like TVP)
- SOY-BASED MEALS and BREAKFASTS**
- FROZEN EDAMAME and MIXED VEGETABLES**
- FROZEN DESSERTS:**
Indulge in dairy-free "ice cream" and sorbets, including dessert bars and sandwiches

DAIRY

- SOYMILK:**
Equivalent to dairy milk, this protein-rich beverage is tasty on its own, with cereal, or in your favorite recipes
- SOY "YOGURT":**
Get a cholesterol-free start to the day with rich and creamy cultured soymilk
- SOY CHEESE, CREAM CHEESE and SPREADS**
- COFFEE CREAMER**

