

Soyfoods provide nutritious & convenient choices that meet the goals of the new USDA Food Guidance System.

Benefits of Choosing Soy

Soyfoods contain no cholesterol, little or no saturated fat, high quality protein, and dietary fiber. Many soyfoods also provide essential vitamins and minerals, such as B vitamins, vitamins A and D, calcium, iron, and potassium, that our bodies need to stay healthy and active.

The Power of Soy

Soy protein has been proven to help reduce the risk of heart disease by lowering blood cholesterol and increasing the flexibility of blood vessels. Soybeans also naturally contain important bio-active components — such as isoflavones — that have begun to show promise in relieving menopausal symptoms, such as hot flashes, maintaining healthy bones, and preventing prostate, breast, and colorectal cancer.

For more information on soy visit our web site at

www.soyfoods.org



Meeting the Goal with Soy



GRAINS

GOAL:
6 ounce - equivalent*

- Soy cereal
- Soy bread
- Soy muffins
- Soy grits
- Soy pasta
- Soy flour

Health Tip:
Choose whole grain products high in dietary fiber.

* 1 oz =
1 slice bread or
1 cup dry cereal or
1/2 cup pasta



DAIRY*

*soy-based alternatives

GOAL:
3 cups

- Fortified soymilk (plain, vanilla & chocolate)
- Frozen soy desserts
- Soy slices
- Cultured soy

Health Tip:
Fortified soymilks & soy dairy alternatives are low in saturated fat and are a good source of enriched calcium, vitamins A & D, B vitamins, potassium & iron.



FRUITS & VEGETABLES

GOAL:
4.5 cups

- Edamame
- Canned soybeans
- Soynuts

Health Tip:
Consume a variety of fiber-rich fruits and vegetables.



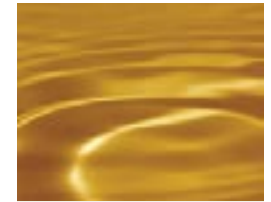
MEAT* & BEANS

*soy-based alternatives

GOAL:
5.5 ounce - equivalent

- Soy burgers, soy deli slices, soy sausage, ground meat alternatives, soy wieners & soy nuggets
- Tofu
- Soynuts
- Edamame
- Soynut butter

Health Tip:
To avoid saturated fats, choose soy meat alternatives that provide the protein you need with no cholesterol & little to no saturated fat.



OILS

GOAL:
24 grams (6 tsp)

- Soybean oil

Health Tip:
Soybean oil is low in saturated fats and high in healthy omega-3 fatty acids.

Daily Food Guide based on 2,000 calories

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