



Soynut butter is made from fresh roasted whole soybeans. It is remarkably similar to peanut butter in taste and texture but has significantly less total and saturated fat than peanut butter, is cholesterol free, and offers 7 grams of beneficial soy protein per serving. Soynut butter is now being used as a peanut butter alternative in schools and camps.

Soynut Butter

IN THE MARKET

Roasted whole soybeans are used commercially to make soynut butter, a tasty alternative to peanut butter. Soynut butter is available in creamy and crunchy textures and is sold in 15oz. jars.

Retail Suppliers

The Soynut Butter Company - I.M. Healthy in Original Creamy/Chunky, Honey Creamy/Chunky, Low Carb Creamy/Chunky, & Chocolate

*For more product information, go to Locating Soy Products on www.soyfoods.org.

Give me Five

1. Try a soynut butter and jelly sandwich on whole wheat bread.
2. Make a spicy soynut sauce to go with asain noodles.
3. Soynut butter cookies are a sure crowd pleaser.
4. Whip soynut butter with tofu for a creamy graham cracker spread.
5. Serve warm soynut butter as a dip with fresh vegetables or pretzels.

IN THE Kitchen

Soynut butter can be stored in the refrigerator or cabinet in an airtight container. Follow the product 'Use By' date to ensure freshness.

Nutrition Highlights

Soynut butter contains less total and saturated fat than peanut butter and offers an alternative for those with nut allergies. It has a high level of soy protein, since it is made from ground, roasted soybeans.

Soybeans supply protein that provides all the essential amino acids needed for growth, similar to animal protein. In addition to its high quality, soy protein may help reduce the risk of heart disease by lowering blood cholesterol and increasing the flexibility of blood vessels. The FDA has approved a health claim stating that "25 grams of soy protein in a daily diet low in saturated fat and cholesterol can help reduce total and LDL cholesterol that is moderately high to high."

	2Tbsp (32g)	%Daily Value
Calories	170	
Total Fat	11g	17%
Saturated Fat	1.5g	8%
Trans Fat	0g	0%
Total Carbohydrates	10g	4%
Protein	7g	
Cholesterol	0mg	0%
Sodium	140mg	6%
Dietary Fiber	3g	12%
Calcium	66mg	6%
Potassium	390mg	10%
Phosphorus	160mg	16%

Exchanges: 1 High Fat Meat and _ Fat

Source: Exchange List for Meal Planning, 2nd edition, 2002.

The American Diabetes Association/The American Dietetic Association

*Nutrition Facts from:

<http://www.soynutbutter.com/>