

## The benefits of soyfoods

The evidence that soy can positively impact your health is growing. The USDA recommends 25 grams of soy protein per day to lower cholesterol and improve heart health. Soyfoods are rich in a group of compounds called isoflavones, which may have some good effects on health.

**Isoflavones** are one type of a larger group of chemicals called phytochemicals (plant chemicals). Phytochemicals are compounds with a wide range of effects on health and they are found only in plant foods (grains, beans, fruits, vegetables, nuts and seeds).

Isoflavones are also sometimes called phytoestrogens, which translates to “plant estrogens.” Many plants contain isoflavones, which are much weaker than human estrogens. These can help with preventing cancer and other degenerative conditions.

### Tempeh “Sloppy Joes”

- Serving Size: 6
- 2 8-ounce packages tempeh
- 1 tablespoon canola oil
- 1 cup chopped onion
- 1 cup diced celery
- 1 cup barbecue sauce
- 6 medium hamburger buns

Crumble tempeh so that it resembles ground beef. Heat canola oil in heavy skillet and sauté onions, celery, and tempeh until tempeh is lightly browned and onions and celery are soft. Add barbecue sauce and simmer for 10–15 minutes to mix flavors well. Serve in sliced hamburger buns, and top with a slice of cheese or soy cheese, if desired.



#### TEMPEH NUTRITIONAL INFORMATION

*Nutrients in one serving of tempeh (2.6 oz.)*

Calories	180
Protein	16 g
Fat	8 g
Carbohydrates	12 g
Cholesterol	0
Sodium	10 mg

#### TOFU NUTRITIONAL INFORMATION

*Nutrients in one serving of tofu (3.2 oz.)*

	Traditional firm	Water-pack soft	Silken firm
Calories	110	86	72
Protein (g)	11	9	6
Carbohydrates (g)	3	3	2
Fat (g)	6	5	2.4
Saturated fat (g)	1	1	•
Trans fat (mg)	•	•	•
Fiber (g)	1	•	•
Cholesterol	•	•	•
Sodium	5	5	30

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**StrongerTogether.coop** is a place for people to gather on their food journeys. It’s a place to find out more about what’s in your food, where it comes from, where to find great food, how to prepare it, and a whole lot more. It’s also a place to talk with others about food topics you’re exploring, are passionate about, and even want to get involved in.

Learn more about co-ops, and find food co-ops all across the U.S. at [www.strongertogether.coop](http://www.strongertogether.coop). Follow [@strongrtogether](https://twitter.com/strongrtogether) on Twitter and like us on Facebook; we’re at [www.facebook.com/coop.strongertogether](https://www.facebook.com/coop.strongertogether).

ALL ABOUT

# Soy Foods



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# The Number of Soyfoods available these days is

nearly staggering. The most common are tofu, tempeh, soy milk and miso. Newer entrants into the product mix include “veggie” meats similar to Canadian bacon or sausage, and a wide range of products that are soy-based, like salad dressings, snack foods, frozen confections and entrees.

**Miso** is a rich, salty condiment. To make miso, soybeans and sometimes a grain such as rice are combined with salt and a mold culture called koji, then aged for one to three years.

**“Second generation” soyfoods.** Many of the newer soyfood products imitate meat or dairy products. These second generation products, such as soy deli meats and soy cheeses fill the demand for meat substitutes while also delivering many of the much sought-after nutritional benefits of soy foods.

**Soy flour** is richer in calcium and iron than wheat flour; it is also gluten-free and high in protein, and increases the nutritive value of goods baked with it. Soy flour can be whole, which contains soy oil, or the beans may have had the oil pressed out first to make low-fat or de-fatted soy flours. Loaves made with soy flour brown quickly.

**Soy milk**, also known as soy drink or soy beverage, is the rich creamy milk of whole soybeans. With its unique nutty flavor and rich nutrition, soy milk can be used as a beverage or dairy milk substitute. Soy milk is high in B-vitamins and is an excellent source of protein. Most soy milks are fortified with the same vitamins and minerals as regular milk.

There may be ingredients like carrageenan or Job’s tears in soy milk (plant-based thickening agents that give it a mouth-feel like cow’s milk)

or extra nutrients. Soy milk is also used in the production of many second generation soyfoods, such as ice cream, cheeses and yogurt.

**Soy sauce.** Look for a naturally brewed product made from soybeans, rather than a chemical hydrochloric acid extraction or imitation sauce flavored with corn syrup. Shoyu is a liquid condiment naturally brewed from soybeans and wheat, and has a light flavor used to dress dishes at the end of cooking. Tamari is a naturally-brewed shoyu with a much higher amount of soybeans. This gives tamari a stronger, deeper flavor best used at the beginning of the cooking process. Some tamaris are wheat-free.

**Tempeh** is made with cooked soybeans that are split and hulled, cultured and then compressed into cakes on large trays to ferment for 24 hours. Tempeh maintains all of the fiber of the beans, and gains some digestive benefits from the enzymes created during the fermentation process. It is a generous source of many nutrients, such as calcium, B-vitamins (except B-12) and iron. It can be fried or baked, and used in salads, tempura, spaghetti sauces, tacos, or kebabs; it marinades well. Tempeh is usually sold in the refrigerated or frozen foods case. Frozen tempeh keeps well for several months. Refrigerated tempeh should be used or frozen by its expiration date. As with other fermented products, a little mold on the surface of tempeh is harmless.

**Textured Vegetable Protein (TVP)** is made from defatted soy flour sold in dry granular form. When it is rehydrated it is used in main dishes as a meat substitute.

**Tofu** is soybean curd that is low in calories and sodium and is cholesterol-free. It can be an excellent source of calcium and is a good source of B-vitamins and iron. A four-ounce serving of tofu contains just six grams of fat and is low in saturated fat. Generally, the softer the tofu, the lower the fat content.

There are two types of tofu: silken and traditional, which comes in soft (good for smoothies and desserts), firm or extra firm (both good for grilling, soups and stir fry). Blocks of tofu can be stored in your refrigerator for one week if they are covered with water, or frozen for up to five months. Frozen tofu has a spongy texture that soaks up marinade sauces and is great for frying.

## Creamy Banana Berry Shake

*Serving Size: 4*

12.3-ounce package soft silken tofu  
5 ounces fresh or frozen berries  
2 ripe bananas  
¾ cup apple juice

Blend all ingredients in a blender until smooth. Serve chilled or topped with granola.

## Savory Baked Tofu

*Serving Size: 4*

¼ cup toasted sesame oil  
¼ cup tamari soy sauce  
2 tablespoons mirin or dry sherry  
2 tablespoons rice or cider vinegar

2 garlic cloves, minced  
¼ cup minced onion  
2 teaspoons grated fresh ginger  
⅓ cup water  
1 pound firm tofu, cut into ½” slices

Preheat oven to 375°. Combine all ingredients except tofu in a large shallow baking dish. Place tofu slices in dish and then turn them over to expose all sides to the marinade. Bake for about 20 minutes, turn slices, then bake for about 20 more minutes or until liquid is absorbed.

## Tempeh Fajitas

*Serving Size: 4*

2 tablespoons tamari soy sauce  
2 tablespoons ketchup  
4 tablespoons water  
¼ teaspoon garlic powder  
½ teaspoon cumin  
½ teaspoon coriander  
8 ounces tempeh, cut into 1/4” strips  
1 tablespoon oil  
1 medium onion, sliced  
1 green or red bell pepper, sliced  
4 tortillas, warmed

Combine tamari, ketchup, water, garlic powder, cumin and coriander. Pour over tempeh strips and marinate at least 30 minutes in the refrigerator. Heat oil in a large skillet. Place tempeh strips carefully in the hot skillet and cook about 5 minutes on each side. Add onions and peppers, lower heat and stir-fry until onions and peppers are soft. Lay strips of tempeh, onions and peppers in warm tortillas. Drizzle with salsa, and add lettuce, tomatoes, cheese and sour cream if desired.