

# Soy in the Supermarket

Eating soy every day is easier than you think with the plethora of great-tasting soy products on the market.

## PRODUCE

Edamame, tofu, tempeh, refrigerated soy protein smoothie drinks

## BAKERY

Protein-fortified baked snacks (cookies, brownies, etc.)

## MEAT SECTION

Vegetarian meat alternatives - burgers, sausages, other forms

## DAIRY SECTION

Soy cheese, soy yogurt, soy milk

## CEREAL

Soy protein-fortified hot and cold cereals, granola, nutrition bars

## BEVERAGES

Protein-fortified nutritional beverages, meat replacements, coffee drinks

## DESSERTS

Non-dairy frozen dessert, pastry fillings

## PHARMACY

Soy protein-fortified bars and protein powders, weight management, pediatric and adult nutritional supplements

## MISC

Soy nuts, soy protein-fortified pasta and soups

## Meal and Snack Ideas

### Breakfast

- Try a soy protein-fortified breakfast cereal or granola with soy milk
- Swap regular sausage with a meatless sausage patty or have a combination of sausage crumbles and soy crumbles
- Create a fruit and yogurt parfait layering soy yogurt with fresh fruit and granola
- Whip up a soy protein smoothie with 1 cup soy milk, frozen fruit, and a scoop of soy protein powder
- Swirl a tablespoon of soy nut butter or soy protein powder into your oatmeal to boost the protein

### Lunch

- Enjoy a glass of soy milk or a soy protein beverage
- Substitute regular deli meats with meatless deli slices
- Make a grilled cheese sandwich with soy cheese
- Trade regular peanut butter for soy nut butter
- Have a soy veggie burger or "hotdog" in lieu of a traditional burger or hotdog
- Roasted soy nuts or steamed edamame
- Soy nut butter on whole grain crackers

### Snacks

- Always have in your desk, or in your bag, a soy protein nutrition bar to stave off hunger in between meals
- Look for nutrient rich bars that have at least 6 grams of protein, contain a good source of fiber, and are low in fat and sugar
- Roasted soy nuts or steamed edamame
- Soy nut butter on whole grain crackers
- A glass of soy milk or a soy protein beverage
- After exercise, choose a protein recovery beverage that includes soy protein

### Dinner

- Grill tofu and skewer it with roasted vegetables for easy kabobs
- Substitute soy veggie crumbles in place of ground beef in chili or lasagna, or toss into marinara sauce for a protein boost, or do half ground beef and half soy veggie crumbles
- Cube tempeh and toss in soybean (vegetable) oil, soy sauce, and garlic powder. Roast in a 450 degree oven for about 15 minutes. Toss tempeh into your favorite salad

