

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
Soy-Protein Smoothie Drinks
Tempeh
Tofu
Miso

DAIRY
Soy-Based Cheese
Soy-Based Yogurt
Soy milk

BEVERAGES
Protein-Fortified Beverages
Meal Replacements
Coffee Drinks

FROZEN
Soy-Based Meat Alternatives
Non-Dairy Frozen Treats
Pre-Made Meals
Edamame

PANTRY	
Hot & Cold Cereals	Packaged Noodles & Soups
Protein Bars	Protein-Fortified Baked Goods
Soy nut Butter	Vegetable Oil
Soy nuts	Dry Soybeans

Meal and Snack Ideas

Breakfast

- Try a soy protein-fortified breakfast cereal or granola with soymilk.
- Swap regular sausage with a meatless sausage patty or have a combination of sausage crumbles and soy.
- Create a fruit and yogurt parfait layering soy yogurt with fresh fruit and granola.
- Whip up a soy protein smoothie with 1 cup of soymilk, 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 soymilk or 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.

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 soymilk or 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.

**If you are unable to locate any of these soy foods items in the store, check the health foods aisle or section.*

