

Soy Foods Guide

2025–2026

10 Benefits of **Eating Soy**

Unpacking the Science
on **Seed Oils**

Soy milk Can Benefit
Cardiovascular Health

Manage Weight with
Soy Foods

Navigating the Nuances
of **Ultra-Processed Foods**

SOY



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SOY



10 Benefits of Eating Soy

Research suggests that consuming soy may have a positive impact on your health in many ways.

1 High-quality protein

Soy is a high-quality plant protein, providing all nine essential amino acids in amounts the body needs. The quality of soy protein is similar to animal protein and higher than the quality of nearly all other plant proteins.

2 Heart disease

Soy foods can work in multiple ways to help lower your heart disease risk; they can lower blood cholesterol levels and they contain lower levels of saturated fat than other common protein sources. Soy is the only plant-based protein with an FDA-authorized health claim stating that “25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”

3 Blood pressure

Soybeans contain components that may have beneficial effects on blood pressure. Isoflavones may improve artery health, while soy protein may modestly lower blood pressure. Studies also indicate that soymilk (both sweetened and unsweetened) consumption was associated with large reductions in systolic and diastolic blood pressure.

4 Chronic disease

Soybean oil (often labeled vegetable oil) contains mono-unsaturated fatty acids, and omega-6 and omega-3 polyunsaturated fatty acids. A review of the research suggests that increased consumption is associated with reduced inflammation and lower risk of chronic conditions like cardiovascular disease and type 2 diabetes.

5 Cognitive function

Soy food consumption may contribute to brain function as we age due to the isoflavone content. Additionally, research suggests fermented foods (like tempeh, miso and natto) have the potential to influence brain health due to their microbial action.

6 Prostate cancer

Eating soy foods may help reduce the risk of developing prostate cancer. One meta-analysis showed that soy consumption was related to an approximate 26% reduction in risk.

7 Breast cancer

Consuming approximately two servings of soy foods daily during childhood and adolescence, such as a cup of soymilk or tofu, may reduce breast cancer risk later in life. Some population studies show that consuming soy after a breast diagnosis may reduce breast cancer recurrence and mortality.

8 Skin health

Research suggests soybean isoflavones help reduce wrinkles and improve other aspects of the skin. Consuming about two servings of soy foods per day may improve skin appearance in lighter-skin postmenopausal women with benefits such as reducing severity of facial wrinkles and increasing skin hydration.

9 Menopause symptoms

Clinical studies have shown that consuming soybean isoflavones—the amount contained in two servings (1 cup) of soymilk or tofu—may reduce the number of daily hot flashes by approximately half.

10 Weight management

Eating soy may support weight management by providing healthy snacking options, offering complete protein that imparts a sense of fullness, and helping reduce excess body fat.

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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	DAIRY	BEVERAGES	FROZEN
Edamame	Soy-Based Cheese	Protein-Fortified Beverages	Soy-Based Meat Alternatives
Soy-Protein Smoothie Drinks	Soy-Based Yogurt	Meal Replacements	Non-Dairy Frozen Treats
Tempeh	Soymilk	Coffee Drinks	Pre-Made Meals
Tofu			Edamame
Miso			

PANTRY	
Hot & Cold Cereals	Packaged Noodles & Soups
Protein Bars	Protein-Fortified Baked Goods
Soynut Butter	Vegetable Oil
Soynuts	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°F 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.

3

Simple Soy Protein Snack Recipes

Adding plant-based soy protein to your diet is simple. Soy foods like steamed edamame in the pod or soy nuts make great grab-and-go snacks on their own. For easy-to-create satisfying snacks, consider these recipes incorporating soymilk, soy protein powder, silken tofu, or canned black soybeans. All you need is a blender to make these quick shakes, smoothies, and dips. Bottom line: snacking on sustainably grown U.S. soy is as mindful as it is enjoyable.

1 Tzatziki Tofu Dip

By Joy Blakeslee, RDN

Create a new plant-based tzatziki tradition by featuring silken tofu instead of yogurt. Pair the versatile dip with fresh vegetables or pita triangles. It's a refreshing sandwich spread, too.

INGREDIENTS

- 8 ozs. (1 cup) silken tofu, drained
- 2 Tbsp soybean (vegetable) oil, divided
- 2 Tbsp fresh lemon juice
- 1½ teaspoons minced garlic
- ½ tsp salt
- ⅛ tsp ground black pepper
- 1 small cucumber, seeded, cut in half lengthwise, and thinly sliced

INSTRUCTIONS

1. Puree tofu, 1 tablespoon soybean oil, lemon juice, garlic, salt, and pepper in a blender on high for 15 seconds until smooth. Place in a small bowl, cover and refrigerate for 1 hour.
2. Peel and cut cucumber in half lengthwise. Remove seeds and slice very thinly into thin half-round pieces to yield 1 cup. Place cucumber slices into a fine mesh strainer and press with the back of a spoon to remove excess water. Cover and refrigerate for 1 hour.
3. Stir cucumber and dill into the tofu mixture. Drizzle with remaining soybean oil and serve immediately.

NUTRITION FACTS

Serving Size:

Serves 10 (2 tablespoons per serving)

Per Serving:

Calories: **40**, Protein: **2g**, Calcium: **10mg**,
Fiber: **0g**

Prep Time: 10 min

Chill Time: 60 min

Total Time: 70 min



Recipes continued on page 6

2 Refuel-Me Soy Date Shake

By Joy Blakeslee, RDN

Refuel, repair, and recover are watch words for post-workout snacks. This soymilk-based shake offers 21 grams of soy protein. Fortified soymilk is the only non-dairy plant milk recommended as a suitable alternative to dairy by the USDA. Drink to your health!

INGREDIENTS

- 3 whole dates, pitted and chopped
- 1½ cups plain, vanilla, or chocolate soymilk
- 1 scoop (3 Tbsp) vanilla or chocolate soy protein powder
- 1 ripe banana, peeled and sliced
- 12 almonds

INSTRUCTIONS

1. Place dates into a small microwave-proof bowl with 1 tablespoon of water. Microwave for 20 seconds to soften.
2. Puree all ingredients in a blender on high for 30 seconds or until smooth. Serve immediately.

Recipe may be cut in half or doubled.

NUTRITION FACTS

Serving Size:

Serves 2

Per Serving:

Calories: **350**, Protein: **21g**, Calcium: **370mg**,
Fiber: **6g**

Prep Time: 5 min

Total Time: 5 min



3 Black Soybean Dip

By Linda Funk, Executive Director, The Soyfoods Council

Canned black soybeans are bursting with protein and snack possibilities. All you need are a blender and seasonings to bring memorable dips to life. Pair this one with tortilla chips or your favorite food to dip.

INGREDIENTS

- 1 Tbsp minced garlic
- 1 can black soybeans, rinsed and drained
- ½ cup cannellini beans, rinsed and drained
- 2 Tbsp soybean (vegetable) oil
- 1 tsp red wine vinegar
- 2 tsp chopped onion
- 2 Tbsp lime juice
- 2 Tbsp ground cumin
- Pinch of red pepper flakes
- Salt and pepper to taste

INSTRUCTIONS

1. Combine all ingredients in a food processor, purée until smooth. Top with shredded cheese if desired.
2. Serve with tortilla chips, pitas, crackers, or fresh vegetables.

NUTRITION FACTS

Serving Size:

Serves 28 (1 tablespoon per serving)

Per Serving:

Calories: **45**, Protein: **3g**, Calcium: **0g**,
Fiber: **1g**

Prep Time: 10 min

Total Time: 10 min



Recent Data Support Health Benefits of Seed Oils, Including Soybean Oil

By Mark Messina, PhD, MS

Newly published research supports the benefits of consuming seed oils (vegetable oils) including soybean oil and adds to the possible ways in which they may improve health. For example, findings from an analysis of the Nurse's Health Study (n=65,179) and the Health Professionals Follow-up Study (n=20,571) show that replacing 5% of energy from saturated fat with 5% of energy from polyunsaturated fat and monounsaturated fat reduced all-cause mortality by 17% and 9%, respectively.¹ The predominant type of fat in seed oils is polyunsaturated fat.

In contrast, replacing saturated fat with trans fatty acids was associated with an increased risk of death. Also, replacing 5% of energy from saturated fat with 5% energy from linoleic acid (the main dietary polyunsaturated fatty acid) was associated with a 19% lower all-cause mortality risk and replacing 0.3% of energy from saturated fat with equivalent energy from marine omega-3 fatty acids (e.g., salmon, tuna) was associated with an 11% reduced risk of mortality. Participants in both cohorts were free from cardiovascular disease, cancer, and diabetes at baseline in 1994. During the follow-up period through 2020, there were 20,571 deaths. Diets were assessed every four years using validated questionnaires.

In addition to the reduction in mortality, new research suggests linoleic acid may also favorably affect brain health according to analysis of 169,295 participants of the UK Biobank.² Low dietary omega-6 polyunsaturated fat intake was associated with statistically increased risks of incident dementia, Parkinson's disease and multiple sclerosis. Additionally, low intake was linked to diminished volumes of various brain structures and white matter integrity was also found to be compromised in individuals with low omega-6 polyunsaturated fat intake.

This new data adds to the existing evidence that seed oils play a supporting role in an overall healthy diet. Clinical and observational studies show linoleic acid intake does not increase inflammation or oxidative stress. In fact, linoleic acid-rich diets are associated with health benefits such as lower risk of CVD, CHD, diabetes, and overall mortality.

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A recent peer-reviewed manuscript published in the *British Journal of Nutrition* is intended as a resource for public health professionals amidst rising confusion and contradictory claims about seed oils. Scan the QR code to learn more.



Research Indicates Soymilk Supports Heart Health

By Joy Blakeslee, RDN

Soymilk is one of the most popular and versatile soy foods, and for good reason. Fortified soymilk has more than twice the protein of oat milk and seven times that of almond, coconut, and rice milk.¹ According to the USDA, soymilk is the only nutritionally suitable plant-based alternative to cow's milk.²

Recent research also revealed that soymilk supports heart health. Heart disease is the leading cause of death in the U.S. for men, women, and people of most racial and ethnic groups, making these new findings further evidence of soy's benefit to public health.³ A meta-analysis of 17 randomized controlled trials found that those drinking soymilk (including sweetened soymilk) had large reductions in blood pressure, moderate reduction of "bad" (non-HDL) cholesterol, and modest reductions of C-reactive protein (a marker of inflammation)—all of which are significant factors for the prevention of heart disease.⁴

Researchers also sought to understand whether nutrient-dense, plant-based foods like soymilk can be con-

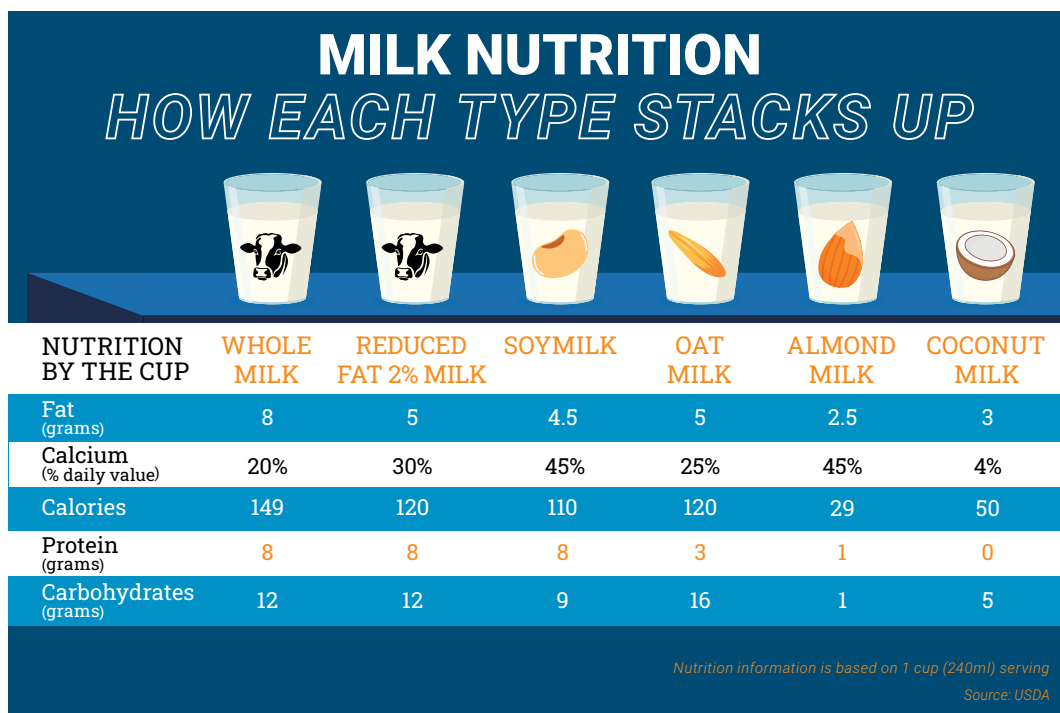
sumed as part of a healthy diet, despite being classified as "ultra processed." They concluded that while all plant-based dairy alternatives (soy, hemp, flax, coconut, oat, rice, and almond) are classified as "ultra processed" by the Nova food classification system, labeling soymilk as "ultra processed" may mislead consumers about its nutritional qualities and benefits.⁴

"One in three Americans is now familiar with the term 'ultra processed foods', even though there is no scientific consensus on the definition and many foods classified as ultra processed are highly rated by other food classification systems used around the world," explained Madeline Erlich, PhD(c), RDN and the lead author of the analysis.

Just as soymilk is nutritionally similar to dairy milk, soy protein is comparable in quality to animal protein, making it unique among plant proteins.⁵

Soy protein is the only plant-based protein with a U.S. Food and Drug Administration-authorized health claim stating that "25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."⁶

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The Role of Soy Foods in Healthy Weight Management

By Mark Messina, PhD, MS

The advent of the new generation of anti-obesity medications such as the glucagon-like peptide-1 receptor agonists (GLP-1 RAs) has ushered in an exciting era in weight management, with nearly 40% of Americans expressing interest in taking prescription drugs for weight loss.¹ Nevertheless, diet has an important role to play for those losing weight via pharmacological means. The marked reduction in caloric intake necessitates consuming a nutrient-dense and protein-rich diet to help reduce the loss in muscle mass that occurs with weight loss.² Soybeans are higher in protein than other legumes and the quality of soy protein is higher than that of nearly all other plant proteins.³ And because soy foods don't come with the amounts of saturated fat found in animal foods, and the protein itself lowers blood cholesterol levels, they are excellent choices.⁴

In addition, the range of soy products available means there is likely a food to help with many of the side effects of the weight loss drugs. For example, constipation is experienced by many patients, especially during the early weeks of using GLP-1 RAs, so fiber-rich foods like whole soybeans, edamame and soy nuts are especially good options.⁵ Conversely, because some patients suffer from diarrhea, soy foods that are lower in fiber and certain types of sugars, such as tofu and soymilk, are good choices.⁶ Finally, although much remains to be learned, some research indicates taste preferences change when taking weight-loss drugs.⁶ Some patients report wanting to consume foods that have a more neutral flavor, so tofu and textured vegetable protein will likely work well for them. Also, concentrated forms of soy protein provide large amounts of protein that can be added to beverages or can be consumed in the form of ready-to-use products such as soy burgers.

While new anti-obesity medications like GLP-1 RAs offer promising results in weight management, diet plays a vital role in optimizing their benefits and managing side effects. With their versatility and health-promoting properties, soy foods are an appealing choice to help patients using GLP-1 RAs achieve sustainable and balanced results.

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The Truth About Ultra-Processed Foods

Navigating the Nuances of UPFs

By Sarah Glinski, RDN

When you hear the term “ultra-processed foods” (UPFs), you probably think of foods like chips, candy, and soft drinks. However, according to the Nova food classification system, some highly nutritious foods also fall into this category. So, what’s the scoop on UPFs, and what does the research actually say?

What is the Nova food classification system?

The Nova system¹ splits foods into four groups based on their level of processing. UPFs are considered the most highly processed foods. While it’s easy to understand why sugary cereals or soda are labeled as UPFs, foods like fortified plant-based milks² and soy-based meat alternatives also make the list of UPFs because of how they’re manufactured.

While the Nova system does a good job of bringing attention to the health risks of certain foods, it oversimplifies the picture. Not all UPFs are created equal. Foods like fortified soymilk can offer significant health benefits,³ including reducing blood pressure, LDL (bad) cholesterol, and markers of inflammation—even though it’s classified as a UPF. The Nova system doesn’t consider nutrient density or the purpose of processing, which can sometimes improve a food’s safety, shelf life, or nutritional value.

What does the research say about UPFs and health?

When it comes to UPFs and health, context is key. A 2023 study⁴ looking at the relationship between UPFs and the development of cancer and heart disease found that although UPFs as a whole were associated with an increased risk of cancer and heart disease, there were nuances within subcategories of UPFs. For example, when you looked at plant-based alternatives independently, there was no additional risk of developing these diseases.

Plus, in 2023, a group of researchers created a menu plan⁵ following the Dietary Guidelines for Americans with

over 90% of the calories coming from UPFs. Overall, the menu plan received 86 points out of a possible 100 for its healthfulness, and the menu contained enough of most nutrients.

The bottom line? Even if the bulk of your diet comes from UPFs, choosing nutrient-dense UPFs like fortified plant-based milk and soy-based meat alternatives ensures you can still eat a diet that aligns with current healthy eating guidelines.

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Soy Allergy

How Common Is It?

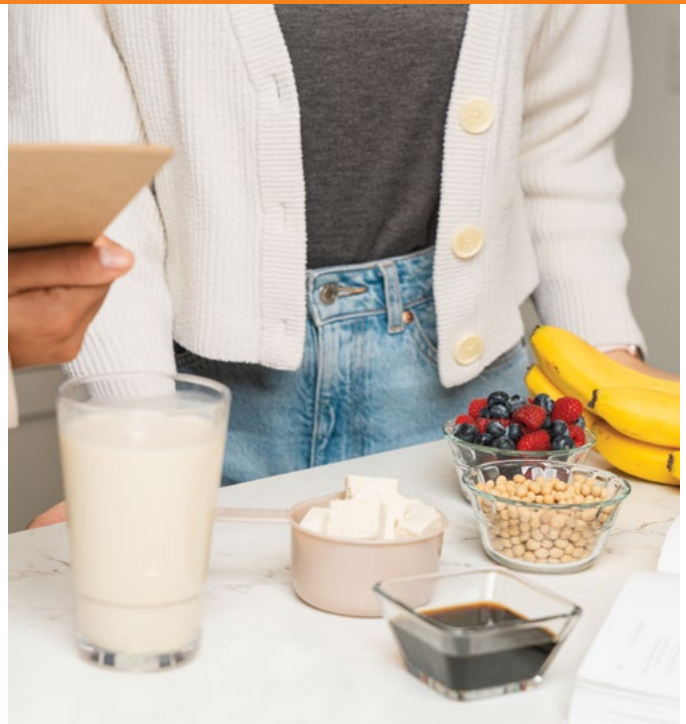
By Christopher M. Warren, PhD
Center for Food Allergy & Asthma Research

There is little doubt that the population health impact of food allergies has risen in recent decades, but here in 2025, what do the available data tell us about the prevalence of soy allergy in North America?

To date, the United States Center for Disease Control and Prevention's (CDC) annual chronic disease surveillance systems has not routinely captured the prevalence of specific food allergies like soy, so nationally representative estimates of soy allergy prevalence are relatively sparse and limited to occasional survey-based assessments. This is unfortunate since survey studies of food allergy prevalence are limited in their ability to confirm food-allergic sensitization and clinical reactivity, and there are many relevant differential diagnoses for food-triggered conditions. Nevertheless, estimates from a handful of North American epidemiologic studies, each of which employed slightly different methods and case definitions, have all been fairly consistent in estimating the current prevalence of soy allergy at between 0.1% and 0.5% among the general U.S. population.

These survey studies, which include those conducted by the CDC,¹ NIAID/Northwestern University's Center for Food Allergy and Asthma Research,² and the Canadian SCAALAR research network³ estimated the current pediatric prevalence of IgE-mediated soy allergy to be between 0.2%–0.5%. This translates to soy allergy directly impacting between 1 in 500 and 1 in 200 children. Specifically, among Canadian adults surveyed in 2008–2009, the estimated prevalence was 0.32% (0.08%–0.55%), while NHANES data collected around this time (2007–2010) estimated soy allergy to impact 0.25% of U.S. children. In 2015–2016, the estimated prevalence of pediatric soy allergy in the U.S. was 0.5%. However, in this 2015–2016 survey, only 40% of these children reportedly received a physician-diagnosis of soy allergy with accompanying skin prick, blood, and/or oral food challenge testing, suggesting that most of the reported cases were not physician-confirmed.

Each of the above survey studies also included soy allergy prevalence estimates for adults, which were generally comparable and consistent with increasing food allergy



burden over time. For example, among Canadian adults surveyed in 2008–2009 the estimated prevalence was 0.16% (95%CI: 0.07%–0.25%) compared to 0.32% (0.08%–0.55%) in children. NHANES data collected around this time (2007–2010) estimated soy allergy to impact 0.35% of U.S. adults, while FDA's 2010 Food Safety Survey⁴ estimated soy allergy to only impact 0.1%. In contrast, among U.S. adults surveyed a few years later in 2015–2016,⁵ 0.6% (95%CI: 0.05%–0.07%) met study criteria for current soy allergy, but again fewer than half reported that their soy allergy was physician-diagnosed with corresponding confirmatory testing. It is notable that roughly 75% of individuals with soy allergy identified by these surveys reported having additional food allergies, and fewer than half reported a current epinephrine prescription—suggesting that management is suboptimal.

However, it is important to note that, while epidemiologic evidence⁶ is consistent with a general increasing trend in the prevalence of food allergies across recent decades, it has been nearly 10 years since the most recent national soy allergy prevalence estimates were collected in the U.S., and even longer in Canada. During the intervening years there have been shifts in population-level dietary practices, health behaviors, and other environmental exposures that may impact food allergy prevalence. This renders the current population-level prevalence and burden of soy allergies in North America uncertain and in need of an update.

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Farming for the Future

A Q&A with U.S. Soybean Farmers



When you think of soybeans, you might simply picture tofu or soymilk, but there's so much more to this tiny powerhouse crop. Beyond the grocery store shelves, soybeans play a critical role in sustainable farming, feeding livestock, and even fueling industries with innovative soy-based products.

To get a behind-the-scenes look at how soybeans are grown and the passion that drives U.S. soybean farmers, we spoke with Laurie Isley from Michigan and Tim Bardole from Iowa. These passionate farmers share their experiences, sustainable practices, and insights into the future of soy farming.

“Land isn’t something they’re making more of, so we take our responsibility to protect and enhance it very seriously.”

Q: Can you tell us about your farms and what you grow?

Laurie Isley: “Our farm is Sunrise Farms. We’re located in southeastern Michigan, just north of the Ohio line and relatively close to Lake Erie. We’ve actually been farming in that area for about 150 years, and my husband and I farm with our son Jacob.”

Tim Bardole: “I farm in central Iowa. We raise soybeans, corn, hogs, and have a small cow calf herd. I farm with my father, my brother, and my son.”



Q: Why do you love growing soybeans?

Laurie Isley: “Soybeans are a great crop to grow in conjunction with corn, and that’s a really common combination. When you can rotate your crops and do one crop one year and the next crop the next year, it’s just much better for your soil. And we’re really conscious of soil health. The more you learn about how many different ways soybeans can be used, the more exciting it is to really just be a part of the production of that product.”

Tim Bardole: “I love growing soybeans because it is a seed like no other. It has so many uses in the world, not only for human food but also livestock feed, oil, fuel, and industrial uses such as in some paints, firefighting foam, and asphalt. There is no other seed or ag product in the world that can be so varied in its uses.”

Q: How do you implement sustainable practices on your farm?

Laurie Isley: “We have a multitude of sustainable practices that we use on our farm. We’re very flat and very sandy, so one of our major concerns was wind erosion when we first started looking at farming with a conservation mindset. We use no-till, which means we don’t do any extra tillage of the soil. We also use filter strips along all of our waterways and put in water retention structures. Probably one of the things that’s most important that we do is regular soil testing to help us make decisions about what we apply to our soil.”

Tim Bardole: “On our farm we’ve been no-till for over 30 years, meaning we do not till up the soil; we plant into last year’s residue. That keeps the soil stable and is actually healthier for the soil, for the microbes in the soil to make the nutrients available to the crop. We also use cover crops, which is a soil health and water quality tool that utilizes any free nutrients in the soil when there is no crop growing there to uptake it.”

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Q: And why is sustainability so important to you?

Laurie Isley: “We’re fifth-generation farmers, and we farm with our sons. Sustainability is about ensuring our farm’s legacy for future generations. Land isn’t something they’re making more of, so we take our responsibility to protect and enhance it very seriously.”

Tim Bardole: “For me, sustainability means protecting the resources we have. In our case as a farmer, it’s making sure that we can farm in a way that not only protects the soils, the water and the environment, but also be able to make enough money to farm the next year. We are always looking out for the next generation, trying to make our farms better for our kids and grandkids.”



Q: What kinds of technology do you use on your farm?

Laurie Isley: “We have the technology that we can actually do what we call a prescription, which is unique to our monitors. Our soybean planter and our sprayer will actually change as it’s going across the field. We sometimes call it farming by the inch instead of farming by the field. It helps us reduce waste and be more efficient.”

Tim Bardole: “We use GPS auto-guidance on our equipment. Our sprayer, tractors, and combine use satellite signals to steer, so it steers within a three-centimeter path. It keeps it very precise and eliminates fuel waste by overlapping herbicide or other things we spray on the crop. It’s really improved efficiency and accuracy.”



“U.S. soybean farmers care. We are family-run operations. I farm land that has been in the family for over 120 years, and I wouldn’t do anything to hurt that ground. I want my grandson to farm that ground someday.”

Q: GMOs are a hot topic and many people have concerns or questions about them and their impact. Could you clarify what genetic modification means in the context of soybeans and how it benefits your farm and consumers?

Laurie Isley: “Genetically modified organisms (GMOs) have been around forever. I think a lot of people misunderstand how much more detail oriented we can be by using genetic technology—we’re able to change just one thing about a seed rather than change a lot of things about a seed. We’ve had them commercially for well over 20 years now with no reported issues.”

Tim Bardole: “All it is changing is a few genes and turning it on, turning it off. So whatever that gene, whatever it’s going to bring out in the plant, it’ll turn it on or turn it off. Instead of having to wait for 50 years (through traditional breeding), we can get these new products in a year or two.”

Q: How do you balance the benefits of GMOs with individuals’ concerns? And what message would you like to send to consumers?

Laurie Isley: “Listen to the research and don’t be afraid to talk to the farmers. They’re not going to do anything to harm consumers. We’re here to produce a quality and safe product for you, and we take that responsibility very seriously. And so we want to look at it as a step forward rather than something that is a frightening misconception.”

Tim Bardole: “GMOs are very important to us and to agriculture around the world. By having GMO soybeans, I won’t have to worry about the residue of the spray because of the safer sprays we are able to use.”

Q: What is something you wish consumers knew about U.S. soybean farmers?

Laurie Isley: “I would hope that the public would recognize that U.S. soybean farmers are dedicated to their craft and that they care about the product they’re producing. Their goal is to have a profitable crop for their family, but even more importantly, we take pride in the role we play in agriculture.”

Tim Bardole: “U.S. soybean farmers care. We are family-run operations. We farm land that has been in the family for over 120 years, and I wouldn’t do anything to hurt that ground. I want my grandson to farm that ground someday.”

From sustainability to innovation, U.S. soybean farmers are paving the way for a more efficient and environmentally-friendly future. Their dedication to their land, families, and communities ensures that soy continues to be an essential part of our diets and industries.



All About Tofu

What is Tofu?

Tofu, a white block made from soybeans, is a high-quality and sustainably-grown plant protein that varies in consistency, from soft to extra firm.

Soy protein contains all of the essential amino acids in the amounts the body needs. The quality of soy protein is similar to animal protein and higher than the quality of nearly all other plant proteins.^{1,2}

Tofu is versatile and has a neutral flavor profile, so it easily absorbs the flavors of whatever it's cooked with.

Tofu Types



■ Firm/Extra-Firm Tofu

Firm: 17.3 grams of protein per ~3.5 ounces.²

Extra-Firm: 10.6 grams of protein per ~3.5 ounces.³

Best cooking applications: baked, grilled, air-fried, stir-fried, deep-fried, sautéed, scrambled, seared, glazed, and battered/crusted.

■ Soft/Silken Tofu

Soft: 8.24 grams of protein per ~3.5 ounces.⁴

Silken: 5.88 grams of protein per ~3.5 ounces.⁵

Best cooking applications: blended in smoothies, soups, sauces, dressings, and desserts.



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Tofu Health Benefits



- Tofu is a high-quality protein that contains all the essential amino acids the body needs.²
- Many tofu options are calcium-set, making tofu rich in calcium and magnesium, which support bone health.⁷
- A tofu-inclusive diet can reduce risk of heart disease by up to 18%.⁸
- Tofu contains isoflavones, a phytoestrogen that may help with brain function and menopause symptoms and lower the risk of breast cancer.⁹⁻¹⁴
- Tofu is low in calories and high in protein, which may help you feel fuller longer.

Tofu Cooking Tips

- **Eating Raw:** Any tofu can be eaten straight out of the package—just drain any access water and enjoy.
- **Draining/Pressing:** The most common tofu prep technique. Press tofu between dish towels or paper towels, top with a flat, heavy object (such as a skillet or dish), and push down to drain excess liquid. A kitchen tool called a tofu press is another option.
- **Marinating:** Infuse the tofu with a marinade to elevate its flavor.
- **Prepared Tofu:** Choose smoked or pre-seasoned tofu for a simple no-prep option.



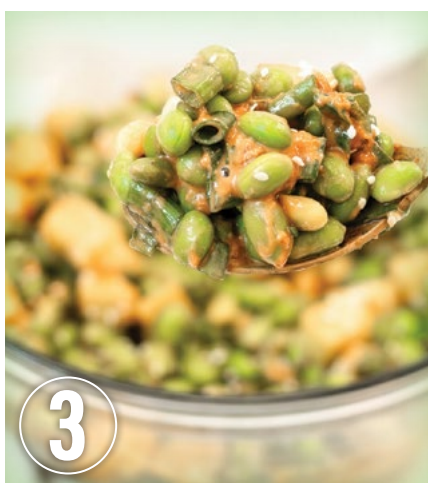
Tofu Shopping Tips

Tofu is typically found in the refrigerated section of a store's produce department.

Non-refrigerated tofu, like silken or soft tofu, is sometimes found in a store's Asian or international sections.

Navigate to the **Cook with Soy** section starting on page 18 for tofu recipe ideas!

COOK WITH SOY

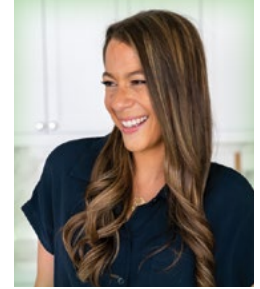


From savory to sweet, registered dietitian nutritionists recommend their favorite recipes that are suitable for all eating occasions

The Recipes

1. Miso Glazed Air Fryer Salmon Bites
2. Tofu-Stuffed Manicotti with Creamy "Cheese" Sauce
3. Edamame Cucumber Salad with Ginger Soynut Vinaigrette
4. Tofu Empanadas
5. Tempeh Burrito Bowl
6. Saag Tofu

Miso Glazed Air Fryer Salmon Bites



By Alyssa Lavy, MS, RDN, CDN, CPT

Equipment Needed:

Air Fryer

(alternate instructions for oven included*)

INGREDIENTS

16 oz. salmon

1/4 cup miso paste

2 1/2 Tbsp honey

2 Tbsp toasted sesame oil

1 Tbsp rice vinegar

1/2 lemon, juiced

1/8 tsp salt

1/8 tsp ground black pepper

1/4 tsp onion powder

1/4 tsp garlic powder

Nonstick cooking oil spray (optional)

INSTRUCTIONS

1. Use a sharp knife to remove skin from salmon. Cut the salmon into cubes approximately 1 inch in size. Transfer to a large bowl and set aside.
2. In a medium sized bowl, add the miso paste, honey, toasted sesame oil, rice vinegar, lemon juice, salt, ground black pepper, onion powder and garlic powder. Mix together with a spoon until well combined.
3. Pour the miso mixture over the salmon and mix together with a spoon so the sauce is distributed evenly. Set aside.
4. Spray air fryer basket with nonstick cooking spray (optional) and preheat air fryer to 400°F for about 5 minutes while salmon marinates.
5. Transfer salmon to air fryer, making sure to pour all of the sauce over the salmon. Arrange the salmon in an even layer and air fry at 400°F for 10 minutes. Give the salmon a shake half way through and again when there are 2 minutes left to ensure even cooking. Salmon should be cooked to a minimum internal temperature of 145°F. Enjoy! I recommend adding the miso glazed salmon to a rice bowl with edamame, a handful of shredded cabbage and carrots, chopped cucumber, avocado topped with the remainder of the sauce from the air fryer and sesame seeds.

* Alternatively, salmon can be cooked in oven at 400°F on a baking sheet sprayed with nonstick cooking spray for approximately 15 minutes, flipping halfway through. Salmon should be cooked to a minimum internal temperature of 145°F.

NUTRITION FACTS

Serving Size:

Serves 4 (4 oz. per serving)

Per Serving:

Calories: 239, Carbohydrates: 16g, Fat: 8g, Protein: 25g

Prep Time: 10 min

Cook Time: 10 min

Total Time: 20 min



Tofu-Stuffed Manicotti with Creamy “Cheese” Sauce



By Ashley Hawk, MS, RDN

INGREDIENTS

Filling

- 1 (14 oz.) block firm tofu, pressed and crumbled
- 2 cups fresh spinach, chopped
- ¼ cup nutritional yeast
- 2 Tbsp fresh basil, chopped (or 1 tsp dried basil)
- 2 Tbsp fresh parsley, chopped (optional)
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper

“Cheese” Sauce

- 2 Tbsp vegan butter or soybean (vegetable) oil
- 3 Tbsp all-purpose flour (or gluten-free flour for a GF version)
- 2 cups unsweetened soymilk
- ¼ cup nutritional yeast
- 1 tsp garlic powder
- ½ tsp salt (adjust to taste)
- ¼ tsp turmeric (for a cheesy color, optional)

Assembly

- 12 manicotti shells, cooked al dente
- 2 cups marinara sauce

NUTRITION FACTS

Serving Size:

Serves 6

Per Serving:

Calories: **350**, Carbohydrates: **37g**, Fat: **15g**, Protein: **17g**

Prep Time: 20 min

Cook Time: 30 min

Total Time: 50 min

INSTRUCTIONS

Prepare the Filling

In a mixing bowl, combine crumbled tofu, chopped spinach, nutritional yeast, basil, parsley (if using), garlic powder, onion powder, salt, and pepper. Mix until well combined. Adjust seasoning as needed.

Make the “Cheese” Sauce

1. In a medium saucepan, melt the vegan butter or oil over medium heat. Add the flour and whisk continuously for 1–2 minutes to form a roux.
2. Gradually add the soymilk, whisking constantly to avoid lumps. Cook for 4–5 minutes, stirring, until the sauce thickens.
3. Stir in nutritional yeast, garlic powder, salt, and turmeric (if using). Taste and adjust seasoning if needed.

Stuff the Manicotti

Using a spoon or piping bag, stuff the cooked manicotti shells with the tofu-spinach mixture.

Assemble the Dish

1. Preheat your oven to 375°F (190°C).
2. Spread 1 cup of marinara sauce evenly on the bottom of a 9x13-inch baking dish.
3. Arrange the stuffed manicotti shells in a single layer over the marinara.
4. Pour the remaining marinara sauce over the shells, then drizzle with the “cheese” sauce.

Bake

Cover the dish with foil and bake for 20 minutes. Remove the foil and bake for an additional 10 minutes, or until bubbling and lightly golden on top.

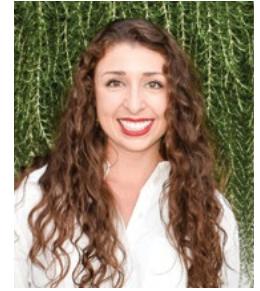
Serve

Garnish with fresh basil or parsley and serve hot. Enjoy your creamy, comforting vegan manicotti!



Edamame Cucumber Salad with Ginger Soynut Vinaigrette

By Chelsea LeBlanc, RDN



INGREDIENTS

Salad

- 2 cups shelled frozen edamame, defrosted
- 1 English cucumber, thinly diced
- 3 green onions, chopped

Edamame Cucumber Salad Dressing

- 1 Tbsp soynut butter
- 1 Tbsp soybean (vegetable) oil
- 1½ Tbsp rice wine vinegar
- 1½ Tbsp low-sodium soy sauce (or tamari for gluten-free)
- 1 tsp sriracha (adjust to taste)
- 1 Tbsp maple syrup
- ½ tsp ground ginger
- ½ tsp garlic powder

Optional

- Water to thin
- Sesame seeds

INSTRUCTIONS

Prepare the Salad

1. Many edamame options come pre-cooked, so you can simply rinse them under cold water to defrost, or cook them according to package instructions if needed. Once ready, drain well.
2. In a large mixing bowl, combine the edamame, cucumbers, and green onions.

Make the Dressing

In a small bowl, whisk together the soynut butter, soybean oil, rice wine vinegar, soy sauce, sriracha, maple syrup, ginger, and garlic powder until smooth. Option to add a little water to the mason jar to help get the remaining dressing off the side

Combine

Pour the dressing over the salad ingredients and toss until everything is evenly coated.

Serve

Sprinkle with sesame seeds and serve or refrigerate for 20 minutes to let the flavors meld.

NUTRITION FACTS

Serving Size:

Serves 4

Per Serving:

Calories: **169**, Carbohydrates: **18g**, Fat: **7g**, Protein: **12g**

Prep Time: 10 min

Cook Time: 0 min

Total Time: 10 min



Tofu Empanadas

By Gisela Bouvier, RDN, LDN



INGREDIENTS

- 1 (14 oz.) block firm tofu, pressed (if desired) and crumbled
- 2 Tbsp soybean (vegetable) oil
- 1/2 cup jarred sofrito
- 1 tsp minced garlic
- 1/2 cup tomato puree
- 1/2 tsp smoked paprika
- 2 tsp fresh cilantro
- 1/2 tsp salt
- 1 tsp pepper
- 3 cups fresh spinach
- 2 (10-pack, 5") empanada dough discs
- 1 egg (for egg wash)

INSTRUCTIONS

Prepare the “Picadillo” Filling

1. If desired, press tofu for a minimum of 12 hours overnight or use a tofu press to remove excess water.
2. Heat soybean (vegetable) oil in a skillet over medium heat.
3. Add the crumbled tofu to the pan and cook for 5–7 minutes, stirring occasionally, until lightly browned.
4. Stir in jarred sofrito and garlic and cook for 2–3 minutes until fragrant.
5. Add the tomato puree, smoked paprika, cilantro, salt, and pepper. Mix well and let it simmer for 5 minutes.
6. Add in fresh spinach and stir until spinach is fully cooked.

Assemble the Empanadas

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Lay out the empanada dough discs on a clean surface.
3. Place approximately 2 tablespoons of the tofu picadillo filling in the center of each dough disc, being careful not to overfill. Total tofu picadillo amount made fills ~18–20 empanada discs depending on how much is scooped in each disc.
4. Using your finger, dampen the edge of each empanada dough disc. While still damp, fold the dough over the filling to create a half-moon shape and press the edges together with a fork to seal.
5. Brush the tops of the empanadas with a beaten egg.
6. Bake in the oven for 30 minutes or until lightly golden brown.
7. Let cool and sit for 15 minutes and enjoy! Serve with a side salad, guacamole or salsa.

NUTRITION FACTS

Serving Size:

1 empanada (makes 18 empanadas)

Per Serving:

Calories: **171**, Carbohydrates: **22g**, Fat: **6.5g**, Protein: **7g**

Prep Time: 30 min

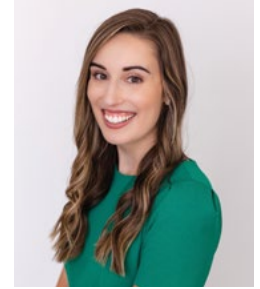
Cook Time: 30 min

Total Time: 60 min



Tempeh Burrito Bowl

By Mackenzie Burgess, RDN



TEMPEH CRUMBLE INGREDIENTS

- 1 Tbsp soybean (vegetable) oil
- 1 (8 oz.) block unseasoned tempeh, crumbled up with hands to make ~2 cups total
- 4 tsp taco seasoning
- ¼ cup vegetable broth, plus more as needed to deglaze pan

BOWL INGREDIENTS

- 2 cups cooked white rice
- 1 small lime, juiced (about 2 Tbsp)
- ¼ cup chopped fresh cilantro, plus more for serving
- 1 cup black beans, rinsed and drained
- 1 cup fresh or canned corn kernels
- 1 cup pico de gallo or chopped tomatoes
- ½ cup shredded mexican blend cheese (sub vegan alternative if preferred)
- 1 large avocado, diced into ½-inch pieces
- Lime wedges, for serving

Additional Toppings Of Your Choice

Sour cream or plain Greek yogurt, shredded lettuce, diced red onions, sliced jalapeños, fajita peppers, guacamole, hot sauce, crushed tortilla chips



INSTRUCTIONS

1. Heat oil in a skillet over medium-high heat. Add the crumbled tempeh and cook for 3 minutes until lightly browned, stirring occasionally.
2. Lower heat to medium, then stir in taco seasoning. Add broth or water, mix well, and cook for another 3–4 minutes until the tempeh absorbs the flavors and becomes slightly crispy. (Note: If the pan dries out while cooking and starts to have burnt bits, feel free to add a small splash of broth or water to deglaze the pan.)
3. In a large bowl, mix the cooked rice with lime juice and chopped fresh cilantro until evenly combined.
4. To assemble the bowls, divide the following portions among four bowls: ½ cup cilantro-lime rice, ½ cup tempeh crumbles, ¼ cup black beans, ¼ cup corn kernels, ¼ cup pico de gallo or chopped tomatoes, 2 tablespoons cheese, and ¼ of the avocado.
5. Add any additional toppings of your choice, garnish with fresh cilantro, and serve with lime wedges on the side.

Seasoning Note: If you don't have taco seasoning for the tempeh crumbles, you can also season by using the following: 1 tsp chili powder, 1 tsp cumin, 1 tsp smoked paprika, 1 tsp garlic powder, and ½ tsp salt.

Broth Note: Feel free to use water if you don't have any broth. You may just want to season with a bit more salt in this case.

Rice Note: Feel free to cook fresh rice, use a rice packet, or this recipe is a great way to use up leftover rice! We typically use jasmine rice, but any type should work. You can also substitute for brown rice if preferred.

Avocado Note: If you are storing the bowls, it's a good idea to add a bit of lime juice over the avocado to slow the browning.

NUTRITION FACTS

(not including additional toppings)

Serving Size:

Serves 4

Per Serving:

Calories: **468**, Carbohydrates: **53g**, Fat: **20.7g**, Protein: **22.8g**

Prep Time: 15 min

Cook Time: 10 min

Total Time: 25 min

Saag Tofu Recipe

By Rachelle Mallik, RDN



INGREDIENTS

- 16 ozs. (450g) extra or super firm tofu (water drained and pressed)
- 1 Tbsp garlic-infused oil
- 1½ tsp ground turmeric, divided
- 2½ tsp garam masala, divided
- 1 tsp fine salt, divided (or more to taste)
- 1 Tbsp soybean (vegetable) oil
- 2 tsp ground cumin
- ½ cup yellow onion, diced
- 1 tsp grated fresh ginger
- 1 green chili or jalapeño pepper, finely chopped (optional)
- 16 ozs. (450g) frozen chopped spinach
- 1½ cups reduced-fat or “light” coconut milk

INSTRUCTIONS

1. Pat tofu dry with a clean kitchen towel or paper towels and cut into 1-inch cubes.
2. Toss cubed tofu with garlic-infused oil, ½ teaspoon each turmeric, garam masala and salt in a large bowl until coated. Let marinate in the fridge for at least 30 minutes up to overnight. (The longer it marinates, the better!)
3. Heat a wide, heavy bottomed pan over medium heat, then add cooking oil and remaining spices—turmeric, garam masala and cumin. Cook for about 30 seconds until spices are fragrant but not burnt. Then stir in onions and ginger and cook for 5 minutes, stirring occasionally, until the onions are softened. (If the pan seems dry during cooking, add a little water, 1 tablespoon or so at a time.)
4. Stir in frozen chopped spinach and sprinkle with salt, about a ½ teaspoon. Cook for about 5 minutes uncovered, stirring occasionally, until thawed and liquid starts to evaporate.
5. Stir in light coconut milk. Bring to a simmer then reduce heat to low and cover. Cook for about 20 minutes.
6. While spinach is cooking, preheat the air fryer or convection oven to 375°F. Spread marinated tofu on the air fryer rack, allowing space between cubes to allow for better air flow and crispiness. Cook until crispy on the edges, about 15 minutes. Remove and add to spinach. Serve immediately. Garnish with fresh cilantro if desired.



NUTRITION FACTS

Serving Size:

Serves 4

Per Serving:

Calories: **221**, Carbohydrates: **10.5g**, Fat: **15.8g**, Protein: **15.1g**

Prep Time: 1hr 10 min (includes marinating time)

Cook Time: 30 min

Total Time: 1hr 40 min

Pressing Tofu: If you can’t find super-firm or ready-to-cook tofu, buy extra-firm tofu packed in water. Drain the liquid, wrap the tofu in a clean kitchen towel, and place something heavy (like a cast iron pan) on top for about 15 minutes to press out the excess moisture.

Replacing Garam Masala: If you don’t have garam masala, substitute a blend of equal parts ground black pepper, cumin, coriander, and cardamom. (If you’re out of cardamom, cinnamon works too!)

Replacing Garlic-Infused Oil: If you don’t have garlic-infused oil, you can swap in garlic powder for marinating the tofu. A half teaspoon should do the trick.

Alternative to Air-Frying: Instead of using an air fryer, you can bake the tofu with a convection setting or pan-fry it.



A collection of soy-centered recipes to nourish the mind, body, and soul—from skin boosting smoothies and soups, to “better-for-you” boba tea made with nutrient-rich soymilk.



The Recipes

1. Skin Boosting Soy Smoothie
2. Creamy Mushroom Soy Soup
3. Golden Soymilk with Turmeric and Ginger
4. Soy Matcha Latte
5. Fresh and Fruity Soymilk Boba Tea
6. Veggie Packed Tofu Shakshuka



Skin Boosting Soy Smoothie

Looking to give your skin a boost? This delicious hydrating smoothie is packed with skin-nourishing nutrients such as protein and antioxidant vitamins A and C. Intriguing clinical evidence shows that naturally occurring proteins and isoflavones in soybeans may benefit skin appearance. This recipe provides 6 grams of soy protein and 19mg of isoflavones per serving.

INGREDIENTS

- ¾ cup plain or vanilla soymilk
- ½ cup fresh or frozen strawberries
- ½ date, pitted and chopped
- 1 fresh kiwi fruit, peeled and sliced
- 2 tsp chia seeds
- ½ scoop (about 12 grams) collagen peptide powder, optional

INSTRUCTIONS

1. Puree soymilk, berries, and date pieces in a blender on high for 30 seconds or until smooth.
2. Add kiwi, chia seeds, and collagen powder (optional). Puree for an additional 15 seconds, just until blended.
3. Serve immediately.

Recipe may be doubled.

Tip: Microwave the date with 1 tablespoon of water to soften before adding to the blender.

NUTRITION FACTS

Serving Size:

Serves 1 (8 oz. per serving.)

Per Serving:

Calories: **180**, Carbohydrates: **26g**,

Fat: **6g**,

Protein: **8g**

Prep Time: 5 min

Cook Time: 0 min

Total Time: 5 min



Creamy Mushroom Soy Soup

This nourishing soup features a double dose of soy goodness. Silken tofu adds creamy richness and protein while miso adds prebiotics and savory umami flavor. This soup may also be good for your skin, as clinical evidence shows that soybean isoflavones favorably affect several skin parameters, including a reduction in wrinkle depth. This recipe provides 8 grams of soy protein and 28mg of isoflavones per serving.

INGREDIENTS

1 tsp soybean (vegetable) oil
 2½ cups, about 4 ounces, sliced fresh mushrooms
 ½ cup diced yellow onion
 1⅓ cups reduced-sodium vegetable broth
 6 oz. (¾ cup) silken tofu
 2 Tbsp white miso paste
 1½ tsp minced fresh ginger
 2 tsp fresh lemon juice
 Pepper, to taste
 1 Tbsp chopped fresh scallions, optional for garnish

NUTRITION FACTS

Serving Size:

Serves 2 (8 oz. per serving)

Per Serving:

Calories: **140**, Carbohydrates: **15g**, Fat: **6g**, Protein: **9g**

Prep Time: 10 min

Cook Time: 10 min

Total Time: 20 min

INSTRUCTIONS

1. Heat soybean oil in a medium saucepan over medium heat. Add mushrooms and onions and cook, stirring occasionally, for 4 to 5 minutes, until lightly browned. Remove ½ cup of the mushroom mixture and set aside. Add broth to saucepan and cook for 30 seconds to deglaze pan.
2. Transfer the mushroom broth mixture to a blender. Add, tofu, miso paste, and ginger. Puree for 30 seconds just until smooth.
3. Return the tofu mixture to the saucepan. Bring to a gentle simmer over medium heat. Season to taste with lemon juice and pepper. Divide into two bowls and top with reserved mushroom mixture and scallions.

Recipe may be doubled.



Golden Soymilk with Turmeric and Ginger

Give your skin a boost with a cup of comforting golden soymilk. A recent peer-reviewed study found that postmenopausal women who consumed 30 grams of soy protein daily for six months experienced decreased wrinkle depth and pigmentation and increased skin hydration. This recipe provides 7 grams of soy protein and 29mg of isoflavones per serving.

INGREDIENTS

- 1 tsp ground turmeric
- 3/4 tsp ground cinnamon
- 3/4 tsp ginger powder or 1 Tbsp fresh grated ginger root
- 1 pinch ground black pepper
- 2 cups plain, vanilla, or chocolate soymilk
- 2 tsp honey or maple syrup, optional

INSTRUCTIONS

1. Combine all ingredients in a small saucepan. Simmer over medium heat for 5 minutes, whisking briskly until frothy.
2. Pour into two mugs, sprinkle with additional spices, and sweeten if desired.

Tips

For extra protein, stir in 1 tablespoon of vanilla or chocolate soy protein powder.

For a cold version, chill prepared golden milk and serve over ice.

NUTRITION FACTS

Serving Size:

Serves 1 (8 oz. per serving)

Per Serving:

Calories: **120**, Carbohydrates: **12g**, Fat: **4g**, Protein: **7g**

Prep Time: 5 min

Cook Time: 5 min

Total Time: 10 min



Soy Matcha Latte

Soy milk makes this matcha latte “soy-matcha” better. Did you know that soy milk has more than twice the protein of oat milk and seven times the protein of almond, coconut, or rice milk? This recipe provides 8 grams of soy protein and 29mg of isoflavones per serving.

INGREDIENTS

1½ teaspoons matcha green tea powder
2 Tbsp hot water
1 cup plain or vanilla soy milk, hot
Sugar, honey, or maple syrup, optional

INSTRUCTIONS

1. Combine matcha powder and hot water in a large mug. Add hot soy milk and whisk briskly until frothy.
2. Sprinkle with additional matcha powder and sweeten, if desired.

Tips

For extra protein, stir in 1 tablespoon of vanilla soy protein powder.
For a cold version, prepare with cold soy milk and serve over ice.

NUTRITION FACTS

Serving Size:

Serves 1 (8 oz. per serving)

Per Serving:

Calories: **120**, Carbohydrates: **10g**, Fat: **4.5g**,
Protein: **8g**

Prep Time: 5 min

Cook Time: 5 min

Total Time: 10 min



Fresh and Fruity Soymilk Boba Tea

Boba or “bubble” tea is the sweet Taiwanese treat that’s gone mainstream across the globe. Traditionally made with non-dairy creamer and lots of sugar, this “better-for-you” boba tea features nutrient-rich soymilk and is sweetened with fresh ripe fruit instead of sugar. This recipe provides 6 grams of soy protein and 19mg of isoflavones per serving.

INGREDIENTS

- 1 cup ice cubes
- 1/2 cup very strongly brewed black tea, chilled
- 1/2 cup fresh ripe pieces of pineapple or strawberries, finely chopped
- 1/4 cup boba* tapioca balls, cooked according to package directions
- 1 1/2 cups vanilla or plain soymilk
- 1 cup ice cubes
- Sugar or honey, optional

INSTRUCTIONS

1. Divide ice, tea, fruit pieces, and boba balls into two tall 12-ounce glasses.
2. Stir and sweeten with honey to taste, if desired.
3. Serve immediately. Sweeten to taste, if desired.

* Boba balls can be found in Asian markets or on popular online vendors.

NUTRITION FACTS

Serving Size:

Serves 1 (10 oz. per serving)

Per Serving:

Calories: **190**, Carbohydrates: **35g**, Fat: **3g**, Protein: **5g**

Prep Time: 5 min

Cook Time: 0 min

Total Time: 5 min



Veggie Packed Tofu Shakshuka

This all-plant-based dish makes a nutrient-rich meal for any time of day. If you want to add protein and fiber to your day, this dish provides 15 grams of protein, 7 grams of fiber, and 37mg of isoflavones per serving.

INGREDIENTS

- 1 pound (16 oz.) package of medium-firm tofu, drained
- ½ tsp ground turmeric (to add color to tofu), optional
- ½ tsp salt
- 2 Tbsp soybean (vegetable) oil
- 1 medium onion, peeled, halved and sliced into ¼-inch-wide slices
- 1 medium red or yellow bell pepper, seeded and cut into ½-inch square pieces
- 2 cloves garlic, chopped
- 1 tsp ground cumin
- ½ tsp ground paprika
- 2 Tbsp tomato paste
- 2 cans (14 oz. each) whole tomatoes, packed in juice
- ¼ cup fresh flat-leaf parsley, roughly chopped

NUTRITION FACTS

Servings Size:

Serves 4 (3 oz. tofu, 1½ c. vegetables per serving)

Per Serving:

Calories: **220**, Carbohydrates: **15g**, Fat: **12g**, Protein: **15g**

Prep Time: 10 min

Cook Time: 25 min

Total Time: 35 min

INSTRUCTIONS

1. Cut tofu into 8 square, 2-ounce pieces. Trim the edges of tofu pieces to create round corners so tofu pieces look like eggs if desired. Sprinkle evenly with turmeric and salt. Place on paper towels to drain.
2. Heat oil in a 10-inch skillet over medium heat. Add onions and sauté for 5 minutes until onions begin to caramelize. Add bell pepper, garlic, cumin, and paprika and continue sautéing for 5 to 7 minutes until vegetables are lightly caramelized.
3. Add tomato paste and stir to combine. Pour in canned tomatoes and parsley. Stir and bring to a gentle simmer. Arrange tofu pieces on top of the tomato mixture and cook for 10 minutes to reduce the liquid by about half.



Showcasing farm-to-table ingredients, these recipes highlight the dedication of U.S. soybean farmers to providing healthy, high-quality food options.

Blueberry Oatmeal Muffins

U.S. Soybean Farmer Teresa Brandenburg,
Recipe by the Kansas Soybean Commission



“Soy can easily be incorporated into recipes you already make, like the soy flour and soymilk in these delicious muffins!”

BATTER INGREDIENTS

- 1¼ cups soy-flour blend
- 1 cup quick-cooking oatmeal
- ½ cup brown sugar
- 1 tsp baking powder
- ½ tsp salt
- 1 cup blueberries
- 1 egg
- ½ cup soymilk
- ⅓ cup soybean (vegetable) oil

TOPPINGS INGREDIENTS

- 1 Tbsp sugar
- ¼ tsp ground cinnamon

INSTRUCTIONS

1. In a mixing bowl, combine soy-flour blend, oatmeal, sugar, baking powder, baking soda, and salt.
2. Add blueberries and stir to coat lightly with flour mixture.
3. In a second mixing bowl, combine egg, soymilk, and soybean oil. Add liquid mixture to dry mixture and stir until just moistened.
4. Place batter in greased muffin tins or muffin tins lined with paper liners.
5. Combine sugar and cinnamon for topping. Sprinkle over each muffin.
6. Bake at 400°F for 18 to 22 minutes or until wooden pick inserted comes out clean.

NUTRITION FACTS

Servings Size:

Serves 12 (1 muffin per serving)

Per Serving:

Calories: **313**, Carbohydrates: **41g**, Fat: **3g**, Protein: **37g**

Prep Time: 8 min

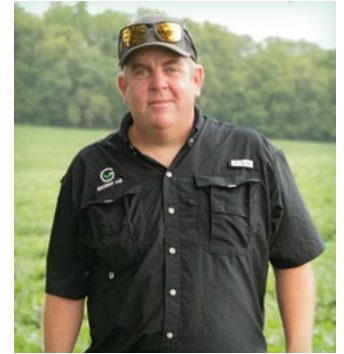
Cook Time: 22 min

Total Time: 30 min



Mexican Black Bean and Corn Salad

U.S. Soybean Farmer Brandon Geiger,
Recipe by the Kansas Soybean Commission



“This recipe can be quickly put together on your way to a holiday party or family get-together and includes two protein-packed soy ingredients!”

INGREDIENTS

- 1 can (15 oz.) black soybeans, drained and rinsed
- 1 cup frozen corn
- 1 cup edamame, cooked
- 2 Roma tomatoes, chopped
- ½ cup chopped bell pepper
- ½ cup chopped onion
- ⅓ cup chopped cilantro
- 2 Tbsp fresh lime juice
- 1 Tbsp soybean (vegetable) oil
- 1 tsp ground cumin
- 1 tsp minced garlic
- ½ tsp. salt

INSTRUCTIONS

1. Place black beans, corn, edamame, tomatoes, bell pepper, green onion and cilantro in a mixing bowl
2. Combine lime juice, vegetable oil, cumin, minced garlic, and salt until well blended
3. Pour over vegetables and combine thoroughly
4. Chill before serving



NUTRITION FACTS

Servings Size:

Serves 6 (1 cup per serving)

Per Serving:

Calories: **79**, Carbohydrates: **7g**, Fat: **4g**, Protein: **5g**

Prep Time: 15 min

Cook Time: 0 min

Total Time: 15 min

Facts about Kansas:

- ★ Kansas is ranked 11th in soybean production.
- ★ Kansas has 12,000 soybean farmers.
- ★ Kansas produced 154,700,000 bushels in 2024.
- ★ Kansas harvested 4,420,000 acres of soybeans in 2024.

Soy Foods Index



EDAMAME

What is it?

Soybeans that are harvested while the plant is still green.

Uses:

Enjoy as a snack; add to a salad or grain bowl; use in dips.

Benefits:

Good source of protein; good source of fiber.



MISO

What is it?

Soybean paste that is fermented and made with salt and koji.

Uses:

Soup base; dressings; sauces; marinades.

Benefits:

Contains probiotics.



NATTO

What is it?

Fermented whole soybeans.

Uses:

Eat plain over rice or top with an egg and green onions.

Benefits:

Good source of protein; source of probiotics.



SOYMILK

What is it?

A non-dairy milk alternative made with soybeans.

Uses:

Plant-based beverage that can also be used in cooking or baking.

Benefits:

Good source of protein; source of B vitamins. Often fortified with calcium, vitamin D, and vitamin A.



SOYNUITS

What is it?

Whole, roasted soybeans.

Uses:

Enjoyed as a snack, or use as a topper.

Benefits:

Good source of protein.



SOY SAUCE

What is it?

A liquid made from fermented soybeans.

Uses:

Ingredient in sauces, dressings or marinades; used as a dipping sauce in many Asian cuisines; adds an umami flavor.

Benefits:

Contains probiotics.



SOY YOGURT

What is it?

Yogurt made with soymilk.

Uses:

Enjoy plain or with toppings.

Benefits:

Source of probiotics and protein.



TEMPEH

What is it?

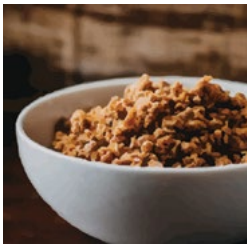
Whole soybeans (sometimes mixed with other grains) fermented and pressed.

Uses:

A versatile protein source; use in sandwiches or salads; a protein alternative “crumble” in tacos, enchiladas, and more.

Benefits:

Good source of protein; prebiotic.



TEXTURED VEGETABLE (SOY) PROTEIN

What is it?

Textured vegetable protein (TVP) also known as textured soy protein (TSP) is a defatted soy flour product.

Uses:

Add to recipes with meat; or use in chili, soups, cookies, and more.

Benefits:

Economical protein, versatile, easy to use.



TOFU

What is it?

Curdled soymilk, pressed into blocks. Varies in firmness for different applications.

Uses:

Blend silken tofu in soups, smoothies, and sauces; bake, grill, air fry, or sauté firm tofu for salads, sandwiches, stir fries, bowls, and more.

Benefits:

Good source of protein; low in sodium.



WHOLE SOYBEANS

What is it?

Whole soybeans picked from the soybean plant.

Uses:

Can be cooked and used in sauces, stews, and soups or soaked and roasted for snacks.

Benefits:

Good source of protein.

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