SNI GLOBAL
SOY NUTRITION INSTITUTE
with support from U.S. Soy

PLANT-POWERED EATING WHILE TAKING OBESITY MEDICATIONS

Small changes today can become lifelong habits.

AN OPPORTUNITY TO BUILD HEALTHY HABITS

GLP-1s and other obesity medications may make it easier to build healthy eating habits that last. Typical experiences include:

- Decreased/smaller appetite
- Feeling satisfied with smaller portions
- Greater interest in foods associated with better health
- Thinking about food less ("food noise" disappears)

On the flip side, you may also experience mild to moderate side effects that can be unpleasant, such as constipation, nausea, diarrhea, or bloating.

The good news? You can create a meal plan strategy that helps to alleviate some of these side effects by:

- Adding plant proteins to the mix
- Ensuring you are adequately hydrated
- Consuming more fiber-rich foods, which can help prevent or manage constipation

HOW TO BUILD A HEALTHY PLATE

The reduction in "food noise" can decrease cravings for high-calorie foods, while allowing you to focus on healthier options like fruits, vegetables and other plant foods.

Protein and fiber are the stars of the show when taking weight loss medications, and soy foods support those goals.

- 3 ounces silken tofu: 3 to 5 grams protein
- 3 ounces extra firm tofu: 8 grams protein
- 8 ounces plain soymilk: 8 grams protein
- 1/2 cup (3 ounces) edamame: 9.9 grams protein; 6 grams fiber
- ¼ cup soy nuts: 10 grams protein; 5 grams fiber
- 3 ounces tempeh: 16 grams protein; 6.7 grams fiber

WHY CHOOSE MORE PLANT FOODS?

Adding more plant foods to your meals can help you:

- Consume more protein and fiber to support fullness and satisfaction
- Increase intake of vitamins, minerals, and other beneficial nutrients
- Enjoy more variety at meals
- Support heart and metabolic health
- Make choices that are good for your budget and the environment

You don't have to become vegetarian. Simply adding more plant foods is a great place to start.

SPOTLIGHT ON SOY

Soy foods are widely available, and many are affordable. Including soy foods in your diet provides health-promoting nutrients and offers:

- High-quality protein
- Support for heart, skin, and brain health
- Versatility by working them into your favorite recipes
- More excitement by allowing you to experiment with culturally diverse flavors and recipes

FIND SOY THROUGHOUT THE SUPERMARKET

Soy foods can be found in almost every section of the grocery store.

Produce

- ☐ Edamame
- ☐ Tofu
- ☐ Tempeh
- ☐ Miso

Pantry

- ☐ Roasted soy nuts
- ☐ Soy nut butter
- ☐ Protein bars (look for soy protein ingredients)
- ☐ Cereals
- ☐ Soups and noodles made with soy (e.g. edamame noodles)
- ☐ Soy flour
- ☐ Soy protein powder

Dairy/Refrigerated/Beverages

- ☐ Soymilk
- ☐ Soy protein drinks
- ☐ Ready-to-drink smoothies
- ☐ Soy yogurt
- ☐ Soy-based cheese
- ☐ Soy creamer

Frozen

- ☐ Shelled and in pod edamame
- ☐ Soy burgers and meat alternatives
- ☐ Soy crumbles
- ☐ Frozen meals made with soy

EASY WAYS TO EAT MORE SOY

Breakfast

- Blend soy protein powder into a smoothie
- Pour soymilk over cereal or oatmeal
- Top soy yogurt with fruit
- Tempeh bacon

Dinner

- Stir-fry tofu with colorful vegetables
- Add edamame to fried rice or pasta
- Try tempeh in sandwiches or grain bowls
- Substitute frozen soy crumbles in tacos, chili, or anywhere you use ground meat

Lunch

- Add baked tofu or edamame to a salad
- Stir edamame into soup
- Build a grain bowl with tofu and vegetables

Snacks

- Steamed or roasted edamame
- Roasted soy nuts
- Soy yogurt with fruit
- Soy protein bars and other snacks

START SMALL

- You don't have to change everything at once.
- Try one new soy food this week.
- Swap one meal for a plant-powered option.
- Add soy to your animal protein (e.g., tacos with 50% ground beef & 50% soy crumbles)
- Keep experimenting until you find meals you love.
- Small steps can become lifelong habits.

Scan to learn more

EDAMAME CRUNCH SALAD

By: Rosanne Rust, MS, RDN and Liz Weiss, MS, RDN

Serves 8 (1 cup per serving)

Edamame brings plant protein and fiber to this colorful, crunchy salad. It comes together quickly with cabbage, cucumber, and bell pepper, all tossed in a creamy peanut-ginger dressing. Serve as a side salad or top with Crispy Tofu for a more substantial side dish or mini meal. (Recipe on back side.)

INGREDIENTS:

- 2 cups shelled frozen edamame or one 10-ounce bag, cooked according to package directions
- 1 bag (10 to 12 ounces) pre-shredded, tri-color cabbage or broccoli slaw
- 1 red bell pepper, cut into ½-inch dice
- 1/3 English cucumber, quartered and thinly sliced
- 2 green onions, trimmed and thinly sliced
- ½ cup roughly chopped salted peanuts or cashews
- ¼ cup cilantro or mint or a combination of both, roughly chopped, plus more to taste
- 3 tablespoons soybean oil
- 1 tablespoon rice wine vinegar
- 1 tablespoon peanut butter
- 1 tablespoon reduced-sodium soy sauce
- Zest of 1 lime
- 1 tablespoon lime juice
- 2 teaspoons honey or sugar
- ¼ teaspoon ground ginger
- Pinch kosher salt
- Black pepper

DIRECTIONS:

1. Place the edamame, cabbage slaw, bell pepper, cucumber, green onions, peanuts, and herbs in a large bowl and toss to combine.
2. For the dressing, place the soybean oil, vinegar, peanut butter, soy sauce, honey, lime zest, lime juice, ginger, and salt in a small jar. Secure with a tight-fitting lid and shake until well combined.
3. Pour the dressing over the salad and toss until evenly coated. Season with salt and pepper to taste.



CRISPY TOFU

Serves 8 (2 tofu triangles per serving)

Crispy on the outside and tender and creamy on the inside, this tofu makes a delicious plant-protein addition to salads, grain bowls, and stir-fries.

INGREDIENTS:

- One 14- to 16-ounce package extra-firm tofu
- 3 tablespoons cornstarch
- 1 teaspoon ground ginger
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- 2 tablespoon soybean oil

TIP:

Prefer to bake the tofu? Brush the tofu triangles lightly with soybean oil on both sides, then coat with the cornstarch mixture. Arrange in a single layer on a parchment-lined baking sheet. Bake at 425°F for 12 minutes, flip, and bake for another 12 minutes, or until golden brown and crisp on both sides.

DIRECTIONS:

1. Drain the tofu and wrap in a clean kitchen towel or several layers of paper towels. Place on a plate or cutting board and set a baking sheet on top. Place a heavy skillet or saucepan on the baking sheet to weigh it down evenly. Press for 10 to 15 minutes to remove excess moisture. (Use a tofu press if you have one.)
2. Unwrap the tofu and place on a cutting board. Slice crosswise into 8 equal slices (about ½-inch thick), then cut each slice in half diagonally to form 16 triangles. Gently pat the tofu triangles dry with paper towels.
3. Combine the cornstarch, ginger, garlic powder, and salt in a shallow bowl or on a plate. Add the tofu, a few pieces at a time, and gently turn to coat on all sides, shaking off any excess.
4. Heat the soybean oil in a large nonstick skillet over medium-high heat. Add the tofu in a single layer, working in batches if needed, and cook until golden brown and crisp on the bottom, 3 to 4 minutes. Adjust the heat to prevent burning.
5. Turn the tofu and cook, until golden brown and crisp on the second side, about 3 minutes. The tofu should be crispy and nicely browned on all sides.

