

NUTRIFAX[®]

2008

Soybean Facts

Soybeans belong to the legume family and were introduced to the Western countries in the 20th century, but they have been an important food for Asian countries for over five thousand years. Soy products are rich in protein, iron calcium, and soluble fiber.

Soy can be used in many forms and is very versatile for use in cooking. Some of the forms and uses include:

- **SOY PROTEIN ISOLATES:** A refined source of soy protein used in lactose free infant formula, breads, breakfast cereals, pastas, beverages like drink mixes and milk shake mixes, snacks and desserts.
- **WHOLE SOY BEANS:** May be used in place of any other bean.
- **TEXTURED SOY PROTEIN:** (TSP, TVP) is made from soy flour that is compressed until the protein fibers change in structure. When it is rehydrated, it has a texture that is similar to ground beef. This is found in natural food stores and can replace ground beef in recipes.
- **MEAT ANALOGS:** These are non-meat foods made from soy protein and other ingredients mixed together to simulate different kinds of meat products. They can be found in the frozen, canned or dried food section in the grocery store and generally require rehydration and cooking.
- **SOY FLOUR:** Made from roasted soy beans ground into a fine powder. Found in pies cakes, pasta, and frozen desserts. Can be used as a substitute for regular flour or eggs (1 tablespoon of soy flour +1 tablespoon of water = 1 egg).
- **SOY MILK:** The creamy milk of whole soy beans. It has become popular today with persons with lactose intolerance. Usually aseptically packaged it can be stored for 2-3 months. Soy milk can be used the same way cow's milk is used.
- **SOY OIL:** The natural oil extracted from the whole soybean. Sold in the grocery store as "vegetable oil." Check the label for ingredients since other vegetable oils may be added.
- **TOFU:** Also known, as soybean curd is available in three different forms. Firm tofu is dense and solid and is used in stir-frying. Soft tofu is a good choice for recipes that call for blended tofu. Silken tofu is creamy and resembles custard and may be eaten as is or used in pies.
- **SOY SAUCE:** Dark, salty sauce made by fermenting boiled soybeans and roasted wheat or barley. It is used to flavor foods in cooking and as a table condiment.
- **TEMPEH:** A tender cake of soybeans that is a staple of Indonesia. The flavor has been compared to mushrooms. Tempeh is sold in natural food stores in the frozen food case.
- **MISO:** Also called bean paste, this rich salty condiment is used daily in Japan. Miso is evaluated much the same way Western countries judge fine wines and cheeses. Miso is found in natural food groceries and Asian markets. Miso can be used to flavor soups, sauces, dressings, and marinades.

**Food and Nutrition Services
can assist in providing
nutrition information.
Call 703-813-4800 and ask for a
Registered Dietitian.**