

How Soy Fits Into the USDA's Food Pyramid



The Dietary Guidelines for Americans gives science-based advice on food and physical activity choices for health. To see the full 80-page Dietary Guidelines report, go to www.healthierus.gov/dietaryguidelines/.

Soyfoods can be an important part of a healthy diet as proscribed by the new USDA food pyramid. Most soyfoods contain no cholesterol, little or no saturated fat, high quality protein, and dietary fiber. Many soyfoods also provide essential vitamins and minerals, such as B vitamins, vitamins A and D, calcium, iron, and potassium.

Soy protein may help to reduce the risk of heart disease by lowering cholesterol and increasing the flexibility of blood vessels. Soybeans also contain important bio-active components that have begun to show promise in relieving menopausal symptoms, maintaining healthy bones, and preventing cancer.



Grains

- Soy cereal
- Soy grits
- Soy waffles
- Soy pasta
- Soy bread
- Soy flour

Consuming at least three or more ounce-equivalents of whole grains per day can reduce the risk of several chronic diseases and may help with weight maintenance.

Soy flour is part of this group. Substitute up to one-fourth of the total flour in your favorite baked product recipe.

Vegetables

- Green soybeans (edamame)
- Canned soybeans
- Soynuts

One-half cup of green soybeans (edamame) contains 10 grams of soy protein.

All soybeans are a good source of dietary fiber and isoflavones.

Fruits

- No soy-based foods in this category.

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Oils

- Soybean oil (also called vegetable oil)

Soybean oil is rich in polyunsaturated fat and contains only minimal saturated fat. Fats, like soybean oil, are needed to regulate your body temperature.

Fats, like soybean oil, help transport fat-soluble vitamins throughout your body.

Soybean oil is a rich source of omega-three fatty acids.

Soybean oil, labeled "vegetable oil," is a good source of the antioxidant Vitamin E.

Milk

- Soy beverage
- Soy cheese
- Soy yogurt
- Soy ice cream

According to the new USDA food guidelines, protein choices for those who do not consume milk products include calcium-fortified soy beverages, soybeans, soy yogurt, soy cheese, and tempeh.

Soy ice cream products are a part of this group, but do not contain as much calcium or protein as the other soy products in this group.

Meat & Beans

- Soy burgers
- Soy hot dogs
- Soy nuggets
- Soy burger-type crumbles
- Tofu
- Soynuts
- Canned soybeans
- Green soybeans (edamame)
- Soynut butter

According to the new USDA food guidelines, protein choices in this category include all of the above listed soyfoods.

Soybeans are a source of high-quality protein and include all eight of the essential amino acids.

For more information about soyfoods, visit the web site www.soybean.org.
For more information about the USDA Dietary Guidelines Food Pyramid: www.mypyramid.gov