



MICHIGAN SOYBEAN  
PROMOTION COMMITTEE

**a new release**



**FOR IMMEDIATE RELEASE**  
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## **Soyfoods Can Be Helpful With Diabetes Management**

November is American Diabetes Month. With nearly 24 million children and adults in the United States living with diabetes, chances are that you or someone you love has been affected by diabetes in some way. Diabetes is the biggest public health crisis of the 21<sup>st</sup> century, and it continues to grow to epidemic proportions.

The death rate for diabetes has continued to grow since 1987, while the death rates due to heart disease, stroke and cancer have declined. The American Diabetes Association states that, if current trends continue, one out of three Americans and one in two among minorities born in the year 2000 will develop diabetes in their lifetimes.

The good news is that diabetes is a manageable disease. Remembering to have A1C or blood glucose levels, blood pressure and cholesterol checked regularly can help to prevent or delay the onset of serious diabetes complications -- heart disease and stroke, blindness, kidney disease and amputations.

"Incorporating soyfoods into your diet is a step in the right direction to lower your risk of developing diabetes complications," says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County. Twenty-five grams of soy protein a day as part of a diet low in saturated fat and cholesterol may reduce your risk of heart disease, she notes.

"Many soyfoods contain fewer calories, less total fat and saturated fat, and more fiber than other sources of high quality protein," she says. "This makes soyfoods great options for diabetics and those striving for a healthy lifestyle. In addition to the satiating quality and heart-healthy components of soy protein, some research suggests that soy protein doesn't stress the kidneys to the same extent as animal protein."

A wide variety of soyfoods is readily available at mainstream grocery stores. Consider picking up edamame for a fun snack or salad topper; soy flour, which can be substituted for one quarter of the regular flour in baked goods; or soy milk the next time you're at the store. Then use one of these foods at a holiday gathering, and start to look out for not only your own health but that of your friends and family, too.

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Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee represents the soybean producers in the state and funds soybean research and educational efforts. For more information on the Michigan Soybean Promotion Committee, visit [www.michigansoybean.org](http://www.michigansoybean.org). For information on MSU Extension nutrition programs, visit [www.msue.msu.edu/fcs](http://www.msue.msu.edu/fcs) and click on "Nutrition." For more information about American Diabetes Month, please visit the American Diabetes Association at [www.diabetes.org](http://www.diabetes.org) or call 1-888-DIABETES (1-888-342-2382).

Here is a tasty treat made with soy. Look for more soyfoods recipes at [www.soyfoods.com](http://www.soyfoods.com).

### **Raspberry Fruit Dip**

1 package (12.3 oz) firm silken tofu  
2 tablespoons honey  
1 ¼ cups frozen raspberries (unsweetened)

Put the tofu and honey into a blender and blend until very smooth. Stop the blender and scrape down the sides occasionally, if necessary. Add the frozen raspberries and blend again until very smooth. Pour into a serving bowl, and serve with fresh fruit, cake, graham crackers or cookies for dipping.

Yields: 2 cups. Per ¼ cup serving: 60 calories, 1 g fat (0.2 g saturated fat), 0 mg cholesterol, 16 mg sodium, 9 g carbohydrate, 3 g protein (2 g soy protein), 0.5 g dietary fiber.

Source: 2008 Soyfoods Guide

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