



MICHIGAN SOYBEAN PROMOTION COMMITTEE

a new release



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KEEP RESOLUTIONS ON TRACK WITH HEALTHY FOOD RESOURCES

Get back on track and get your facts straight. It's the start of the New Year, and many people are resolving to be healthier. This often means they're going to exercise more and eat better.

"Before you get started or restarted down the path to a healthier lifestyle, be sure you're following sound advice," says Gretchen Hofing with Michigan State University (MSU) Extension. Beware of nutrition quackery. This could include products that claim a miracle cure, quick fix or that focus on a single food or nutrient, taking advantage of people through the creation of false hopes. Time spent with one of these products is a waste of money and time lost for moving towards a true healthy lifestyle.

"As a dietitian and soyfoods health educator, I get asked many questions about the appropriateness and safety of certain foods, specifically soyfoods," says Hofing. "Two of the keys to diet are variety of foods and moderation in the frequency and amount of foods. All foods, including soyfoods, fit into a philosophy like this."

When it comes to nutrition, diet and a healthy lifestyle, there are many good, free resources available. Take the time to look at the credentials of the resource and/or the supporter or sponsor of the Web site from which you are obtaining your information. Does the sponsor have something to gain financially from this Web site? Is there research from multiple studies to support the use of the product or the recommended behaviors? If it's a food or vitamin product, are the ingredients listed? Are proven results rather than anecdotes or testimonials used to sell it? Are there unrealistic claims to "revitalize or boost your energy"?

One of those trusted Web sites for overall nutrition guidance throughout the lifespan, which also includes menu-planning tools, is www.mypyramid.gov. There are a number of good online resources available specifically for soyfoods. Two Web sites in particular, www.soyconnection.com and www.soyfoods.org, have a variety of resources including fact sheets on soy and health, recipes, newsletters, research news and interactive media and learning tools.

While you're working on improving your diet and getting your food facts straight, consider visiting one of these Web sites for more information on soyfoods. Soyfoods support positive growth and development, are associated with many health benefits, are a source of high-quality, low-fat, cholesterol-free protein and bring variety to both your pantry and palette. They are available in a wide range of products in mainstream grocery stores.

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. For information on MSU Extension's nutrition programs, visit www.msue.msu.edu/fcs and click on "Nutrition."

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Here is a crowd-pleasing chili made with soy. Look for more soyfoods recipes at www.soyconnection.com.

SOY TURKEY CHILI

Servings: 24

3 cups boiling water
2 cups texturized soy protein (TSP)
2 pounds ground turkey breast
3 cups onions, chopped
3 cups green peppers, chopped
1 tablespoon garlic, minced
1 tablespoon soybean oil (vegetable oil)
10 ounces canned diced tomatoes, including liquid
1 ½ quarts tomato sauce
4 ounces canned green chilies, diced (½ cup)
⅓ cup chili powder
2 teaspoons salt
1 tablespoon jalapeno peppers, minced
3 quarts water

In a large bowl, pour boiling water over soy protein.

In a 14-quart pot, sauté turkey, onions, peppers and garlic in oil over medium high heat until turkey is no longer pink.

Add rehydrated soy protein (soy protein you poured boiling water over) and remaining ingredients. Bring to a boil; reduce heat and simmer uncovered for 45 minutes.

Serve with assorted condiments, such as shredded low-fat Cheddar cheese, yogurt, sour cream or minced onion.

Nutrition information per serving: 97 calories, 1.3 g fat, 27 mg cholesterol, 144 mg sodium, 7.5 g carbohydrate, 16 g protein, 3.1 g dietary fiber.

(Recipe from "Great Health, Great Taste Everyday," United Soybean Board)