



MICHIGAN SOYBEAN  
PROMOTION COMMITTEE

**a new release**



**FOR IMMEDIATE RELEASE**  
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## **Soyfoods -- A Solution to Resolutions**

Women are more likely than men to make New Year's resolutions (74 percent of women versus 58 percent of men), but among adults who make resolutions, men are more likely than women to always or often keep them (22 percent of men versus 14 percent of women), according to a study commissioned by Dorthy.com and conducted by Harris Interactive.

A yearlong study reported on [www.quirkology.com](http://www.quirkology.com) and conducted by Prof. Richard Wiseman, chair in the Public Understanding of Psychology at the University of Hertfordshire in Great Britain, revealed that among 3,000 people attempting to achieve a range of resolutions, men were significantly more likely to succeed when asked to engage in either goal setting or focusing on the rewards associated with achieving their goals. Women were more successful when they told their friends and family about their resolutions, or were encouraged to be especially resilient and not to give up because they had reverted to old habits.

A closer look at popular New Year's resolutions for Americans shows losing weight, getting fit and eating right at the top of the list, according to the U.S. government.

"As I think about these popular resolutions, I see many ways for diet, specifically soyfoods, to assist men and women in meeting their goals," says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County. "For example, for weight loss, soyfoods are sources of satisfying, high quality protein that tends to be lower in fat and cholesterol and higher in fiber than other quality protein sources. It's important to make your calories count when trying to lose weight," she notes.

"When people talk about getting fit and eating right, they're often thinking in terms of preventing future health problems," Hofing adds.

Research suggests that soyfoods have many preventive health benefits, including fighting heart disease, warding off osteoporosis and protecting against some cancers.

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“It’s key that people look at resolutions like these as a lifestyle change, not as a quick fix or dieting for a particular occasion. The concept of dieting often means that guilt and can’t-haves are associated with it, which means that most people experience failure with a diet. So focus on a healthful, gradual and long-term lifestyle change,” Hofing says.

With the wide variety of soyfood products, they easily lend themselves to a lifestyle change. You can find soyfoods in the dairy, meat and beans, vegetable and grain groups of MyPyramid. There are breakfast, lunch, snack, dinner, beverage, appetizer, main dish, dessert, fancy, simple and kid-friendly soyfoods options. They’re also readily available in mainstream grocery stores.

To help ensure success, your strategies should be tailored to fit your schedule and your personal situation and needs. If time is an issue, soyfoods often save time in the kitchen. There are many ready-to-eat soyfoods such as the meat alternatives – just throw frozen burger crumbles into spaghetti sauce or chili. Edamame is easily steamed for a side dish or salad; soynuts make a great snack; soymilk is ready to go as is or can be added to a smoothie; and soynut butter makes a great sandwich.

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.”

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

### ***Breakfast Bagel Spread***

1 package (12 oz.) firm silken tofu  
3 tablespoons honey  
1 teaspoon vanilla  
1/8 teaspoon cinnamon  
1 can (8 oz.) crushed pineapple, very well drained  
½ cup chopped, pitted dates

Combine tofu, honey, vanilla and cinnamon in a blender container and whirl until smooth, stopping to scrape down the sides of the container as necessary. Put the tofu mixture into a small bowl and stir in the pineapple and dates. Chill. This spread can also be served on apple slices or on graham crackers for a snack or dessert.

Yield: 8 servings. Per serving: Calories 8; Total fat 3 g; Saturated fat 0 g; Cholesterol 0 mg; Sodium 14 mg; Carb 18 mg; Fiber 1 g; Total protein 3 g; Soy protein 3 g.

Variation: Substitute raisins for dates.

Source: Favorites from the Heartland, 2<sup>nd</sup> Ed.