



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



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SOYFOODS HAVE A PLACE IN FAMILY MEALS

Parents of 8- to 10-year-old children identified positive and negative perceptions of family meals, including benefits such as time for conversation, feelings of togetherness and shared nutrition, in a report in the *Journal of the American Dietetic Association*. Families reported they frequently eat together but indicated there are ways to make this experience even better. Parents would like assistance with meal planning, food preparation and cleanup; spending more time at meals; help with picky eaters; new recipes and meal ideas; and decreasing conflict at mealtimes.

“Given that research indicates that the frequency of family meals is associated with improved dietary quality and intake among youth, it’s important to understand ways to help parents overcome the perceived barriers of family meals,” says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County.

“March is National Nutrition Month and the perfect time to bring parents’ attention to free online resources that help address some of their concerns about making family mealtimes more pleasant and easier,” Hofing suggests.

Nutrition recommendations for people of all ages, including pregnant and breast-feeding women, preschoolers, youth and adults, are available at www.mypyramid.gov. Additionally, this Web site provides a menu planner, tips for raising a healthy eater, suggestions for dealing with a picky eater, and ways to get kids involved in meal planning and preparation.

The Eat Smart. Play Hard Healthy Lifestyles Web site, <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/default.htm>, by the USDA’s Food and Nutrition Service, is another wealth of information. It has menu planning and shopping strategies as well as recipes and a link to a recipe database.

"If families are looking for nutritious foods that easily fit into a busy schedule and allow them to spend more time sharing at the table, parents should take a look at the variety of soyfoods available," Hofing says.

Soyfoods tend to be lower in fat and cholesterol than their traditional counterparts but still provide high quality, complete protein, she points out. They can also be a time saver. For example, using soy-based burger crumbles means no time spent thawing and browning hamburger.

"If soyfoods are unfamiliar to you, this is a great opportunity to try them together, as a family," Hofing says. "Give kids an opportunity to help decide which food they want to try and the chance to help prepare it, and then they're more likely to eat it. Discussing the cooking experience and new food also gives the family a fun topic of conversation at the dinner table," she adds. "And soyfoods have also passed the test with some of the pickiest eaters we know."

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture.

This information is being brought to you by the Michigan Soybean Promotion Committee who represents 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 nutrition programs, visit www.msue.msu.edu/fcs and click on "Nutrition."

Here is a tasty treat made with soy. Look for more soyfoods recipes at soyfoods.com.

Impossible Taco Pie

2 cups frozen soy burger crumbles	¾ cup reduced fat baking mix, such as Bisquick
½ cup chopped onion	3 eggs
1 package taco seasoning mix	2 tomatoes, sliced
1 can (4 oz) chopped green chilies, drained	1 cup shredded Monterey Jack or Cheddar cheese
1 ¼ cups soymilk	

Grease a 10-inch pie plate. Spray a skillet with non-stick vegetable spray; add soy crumbles and onion, and sauté until onion is tender. Stir in seasoning mix. Spread in pie plate and sprinkle with chilies. Beat milk, baking mix and eggs together until smooth (15 seconds in blender on high or 1 minute with a hand beater). Pour into pie plate. Bake at 400° F for 25 minutes. Top with tomatoes; sprinkle with cheese. Bake 8 to 10 minutes longer or until knife inserted in center comes out clean. Cool 5 minutes.

Yield: 6 servings. Per serving: 276 calories, 11 g fat (5 g sat fat), 20 g protein (7.8 g soy protein), 24 g carbohydrate, 726 mg sodium, 126 mg cholesterol, 4 g dietary fiber.

Source: "Favorites from the Heartland" (2nd edition).

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