



MICHIGAN SOYBEAN  
PROMOTION COMMITTEE

**a new release**



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## Soyfoods Give Your Heart a Step Up

“You’ve just got to take the first step.” How many times have you heard that phrase when it comes to being healthier? One of the United States Department of Agriculture’s guiding statements for MyPyramid is “Steps to a healthier you.” The American Heart Association has “Life’s Simple 7,” seven steps to a healthier life. In this month of love and hearts, love yourself and think about taking a step in the right direction for improved heart health.

“Eating more or simply taking a chance with a first taste of soyfoods would be a very easy step in the right direction for heart health,” says Gretchen Hofing, Lenawee County-based dietitian and soyfoods health educator with Michigan State University (MSU) Extension. “As a nutrient-rich, high-quality, low fat protein source, soyfoods embody many of the messages that are being promoted as heart healthy. There is also a wealth of research backing up the heart-healthy properties of soyfoods,” adds Hofing.

A fact sheet, “Soy & Heart Health,” released last year by the United Soybean Board, prepared by Mark Messina, Ph.D., and posted on the Web site [www.soyconnection.com](http://www.soyconnection.com), reviews the contributions soyfoods make to a heart healthy diet. Soyfoods:

- \*\* Provide high-quality protein, but minimal amounts of saturated fat.
- \*\* Directly lower blood cholesterol levels.
- \*\* Modestly elevate HDL cholesterol and decrease triglyceride levels.
- \*\* Provide ample amounts of omega-6 and omega-3 fatty acids.
- \*\* Favorably affect several cardiovascular risk factors independent of lipid levels.

“When making any sort of lifestyle or behavior change, taking it one step at a time and setting realistic, achievable goals are the keys to success,” says Hofing. “In the case of soyfoods, consider trying one new soyfood a week for four weeks to explore the multitude of options and discover which ones work best for you.”

Here are some suggestions to get you started: use soymilk in a smoothie or pancake batter; try a veggie burger or add the burger crumbles to chili; substitute canned soybeans for other beans in a favorite recipe; or snack on the green soybeans, edamame. Soyfoods are widely available in mainstream grocery stores. Look for them with other similar products in the produce, dairy, freezer and snack aisles. Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee (MSPC) represents the soybean producers in the state and funds soybean research and educational efforts. For more information on the MSPC, visit [www.michigansoybean.org](http://www.michigansoybean.org). For information on MSU Extension’s nutrition programs, visit [www.msue.msu.edu/fcs](http://www.msue.msu.edu/fcs) and click on “Nutrition.”

Here is a great tasting meal made with soy. Look for more soyfoods recipes at [www.soyconnection.com](http://www.soyconnection.com).

## **TOFU SOUTH OF THE BORDER ENCHILADAS**

Servings: 8

½ cup onion, chopped

¾ cup sweet green pepper, chopped

4 ounces mild green chilies, chopped

1 garlic clove, minced

½ teaspoon cumin seed

1 teaspoon dried cilantro

12 ounces silken firm tofu, drained and mashed

2 cups diced tomatoes, drained

8 whole-wheat tortillas, 8 inch

2 cups thick tomato salsa

1 cup low-fat shredded cheese

Preheat oven to 350° F. Lightly spray a 9-by-13 inch baking dish with no-stick vegetable spray. In a bowl, combine all ingredients except tortillas, salsa and cheese. Place ½ cup of mixture in the center of each tortilla and roll. Place in baking dish, seam side down. Pour salsa over enchiladas. Sprinkle with shredded cheese. Cover baking dish with aluminum foil and bake for 25 to 30 minutes.

Nutrition information per serving: 170 calories, 11 g total protein, 3 g soy protein, 30 g carbohydrate, 4 g fiber, 3 g total fat, 1 g saturated fat, 0 g saturated fat, 5 mg cholesterol, 520 mg sodium.

(Recipe from [www.soyconnection.com](http://www.soyconnection.com))