



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE

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Contact: Gail R. Frahm, Executive Director

gfracm@michigansoybean.org,

989.652.3294

[Gretchen L. Hofing](#), M.P.H., R.D.,

517.264.5300

Soyfoods Hit the Mark for Health

The United Soybean Board's 17th Annual Consumer Attitudes About Nutrition survey reveals Americans continue to recognize soy for its health benefits. More than half of Americans, similar to years past, believe soy-based foods can play a role in reducing obesity, and compared to past years, significantly more consumers recognize soy as heart healthy.

When it comes to food and health, three out of four consumers say they have changed their eating habits in the past three to five years due to health concerns. The health benefits consumers most often note include that soy is heart healthy, low in fat, a source of protein and good for you. In addition, they know that soy lowers cholesterol.

"Consumers are right on the mark with their associations of the health benefits of soy," says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County. "The FDA has approved a health claim stating 25 grams of soy protein a day may reduce the risk of developing heart disease," she notes. "Research continues to point towards other health benefits as well, such as prevention of some cancers, alleviation of hot flash symptoms, dairy and peanut allergy management and possible osteoporosis prevention," Hofing adds.

According to the survey, consumers are most familiar with soymilk, soybean oil, tofu, and soy veggie burgers with more than one-third (37 percent) of Americans consuming soyfoods or soy beverages at least once a month. Soymilk leads the way for soy consumption while edamame popularity has more than tripled in the last five years to bring it to the number two spot in 2010. Plain white tofu comes in at third, while consumers name soybean oil as one of their two most common cooking oils.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee 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 programs, visit www.msue.msu.edu.

Look for more soyfoods recipes at www.soyconnection.com and the full 2010 Consumer Attitudes About Nutrition report at http://www.soyconnection.com/health_nutrition/consumer_attitudes.php.

Here is a sample of a heart-healthy and tasty soy recipe.

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 canned tomato sauce
4 ounces canned green chilies, diced (½ cup)
¼ cup chili powder (adjust amount to your liking)
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 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 1 cup serving: 97 calories, 16.0 g protein (8 g soy protein), 7.5 g carbohydrates, 1.3 mg fat, 27 mg cholesterol, 144 mg sodium, 3.1 g dietary fiber

(Recipe from www.soyconnection.com)

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EDITOR NOTE: The photo of Soy Turkey Chili is available upon request to gfrahm@michigansoybean.org or call 989.652.3294