



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE
November 20, 2009

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START A NEW HEALTHY HOLIDAY TRADITION WITH SOYFOODS

Set a good example with a new tradition. The holiday season is upon us and with it comes many traditions. Families and friends have favorite activities and routines that they do together year after year: picking out a live Christmas tree, helping the needy in their community, attending holiday parties and open houses, and baking sweet treats.

This year, set the tone for future years and make a new tradition of incorporating a healthier food or two. "With the celebratory feel of the holidays, it is easy for people to overindulge. Everyone is excited and eager to share some of their holiday favorites, which are often higher in fat and calories," says Gretchen Hofing, Michigan State University (MSU) Extension soyfoods health educator and a registered dietitian based in Lenawee County. "There are multiple ways to improve your nutrition and help to ease your mind about extra fat and calories during the holiday season," she says.

Use reduced-fat versions of dairy products, like lower fat milk for hot chocolate and eggnog; or try reduced-fat cream cheese and sour cream for baking and appetizers. Fruits can be a prominent part of desserts, and vegetables easily lend themselves to appetizers. Take a closer look at your table and personal plate and make sure it's festive with plenty of color from fruits and vegetables.

"You can also easily add soyfoods to your holiday menu lineup to help with lowering the fat and cholesterol," adds Hofing. Soyfoods are plant-based and therefore contain no cholesterol. Soy protein has also been shown to reduce the risk of developing heart disease when 25 grams a day is consumed as part of a diet low in saturated fat and cholesterol.

With the use of soyfoods, you can immediately see the health benefits. Here are just a few examples. Substituting 8 ounces reduced-fat soymilk for 8 ounces of 2 percent cow's milk saves you 3 grams of fat, 18 milligrams of cholesterol and 20 calories. Using one-quarter cup of light silken tofu in place of one egg eliminates 4.5 grams of fat, 213 milligrams of cholesterol and 53 calories. The remaining silken tofu can be used in place of cream cheese and sour cream in dips and spreads, eliminating even more cholesterol and fat from your diet.

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 tasty treat made with soy. Look for more soyfoods recipes at www.soyconnection.com.

CRANBERRY TOFU DESSERT

Servings: 16

1/4 cup flour

1 package (10 oz) slice and bake refrigerated sugar cookie dough

3 cups fresh cranberries

2/3 cup sugar

1/4 cup water

2 tablespoons cornstarch

2 tablespoons unsweetened orange juice

1 package (12 oz) light/extra firm silken tofu

1/2 teaspoon vanilla

1/4 teaspoon almond extract

1/3 cup sugar

Sprinkle 1/4 cup flour onto work surface. Roll out chilled sugar cookie dough to 1/8-inch thickness. Roll dough into an 11-inch circle; fit dough into a 10-inch or 10.5-inch springform pan. Bake 12 to 14 minutes at 375 F. Cool. In saucepan, combine cranberries, 2/3 cup sugar, water, cornstarch and orange juice; stir well. Bring to a boil; cook 1 minute, stirring constantly. Remove from heat; cool. In blender, mix tofu, vanilla, almond extract and 1/3 cup sugar. Process until smooth. Spread over cooled cookie dough crust. Arrange cooled cranberry sauce over tofu filling. Chill. Cookie crust may be baked ahead, but add filling no more than 4 hours before serving.

Nutrition information per serving: 147 calories; 3 g total fat (1 g saturated fat); 2 mg cholesterol; 86 mg sodium; 28 mg carb; 1 g fiber; 3 g total protein (1.5 g soy protein).