



MICHIGAN SOYBEAN PROMOTION COMMITTEE

a new release



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For a Healthy Heart, Try Soyfoods

Take heart. There is something you can do to possibly prevent heart disease. According to the Centers for Disease Control (CDC), heart disease is the leading cause of death for both men and women in the United States. February is American Heart Month, so it's a good time to look at some simple recommendations from the American Heart Association (AHA) that could save your life.

- Balance caloric intake and physical activity to achieve and maintain a healthy body weight.
- Eat a diet rich in fruits and vegetables, and don't forget to include whole grains, high fiber foods, and add fish – especially oily fish – at least twice a week.
- Restrict saturated fat to less than 7 percent of total calories and trans fat to less than 1 percent of calories. Also, keep your cholesterol intake to less than 300 mg per day by eating lean meats or vegetable meat alternatives and fat-free (skim) or low-fat (1 percent) dairy products.
- Cut back on trans fats (also known as partially hydrogenated fats), which are often found in processed baked goods.
- Reduce the number of beverages that contained added sugar, and eat fewer foods with added sugar.
- Keep alcohol consumption moderate.
- Avoid tobacco and tobacco products.

"You can easily follow many of these guidelines by eating soyfoods," says Gretchen Hofing with Michigan State University (MSU) Extension. "Soyfoods, especially soy protein, are best known for lowering low density lipoprotein (LDL) cholesterol." Hofing, a soyfoods health educator and a registered dietitian based in Lenawee County, points out that soyfoods are good sources of quality protein that are generally lower in fat and calories and are cholesterol free, so they help you meet many of the AHA guidelines.

Look for soyfoods at your local supermarket. They are usually found in the produce, deli, frozen foods and dairy sections. To identify foods high in soy protein, check out the label. The United States Department of Agriculture (USDA) approved a health claim stating diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of developing heart disease. In order to have this claim on the label, a product must have 6.25 grams of soy protein per serving and meet other fat and sodium guidelines.

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.soyfoods.com.

Soy Cherry Apple Bars

1 cup honey
3 tablespoons orange juice
1 teaspoon salt
1/3 cup soybean oil
1 (12.3-ounce) package firm silken tofu
1 egg
1 teaspoon vanilla
1/2 cup soy flour
1 1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
2 cups peeled apple slices
2 1/2 cups dried cherries*
1/2 cup chopped walnuts (optional)
1/3 cup powdered sugar

Preheat oven to 350°. Spray a 10x15x1-inch pan with non-stick spray. Whip honey, orange juice and salt together; blend in oil. Add tofu, egg, and vanilla; beat well. Sift together flour, baking soda and cinnamon. Add to the honey mixture; stir until well blended. Fold in apples, cherries and nuts. Pour batter into pan. Bake at 350° for 30 to 35 minutes or until a toothpick inserted near the center comes out clean. Sprinkle with powdered sugar when cooled.

Yield: 48 large bars. Per bar: 77 calories, 3 g fat (0.5 saturated fat), 4 mg cholesterol, 75 mg sodium, 12 g carbohydrate, 2 g protein (1 g soy protein) 0.5 dietary fiber

* Substitute 2 cups of frozen or fresh blueberries or cranberries if cherries are not available.