



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



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Soyfoods, Good for You and Good for Your Wallet

April is National Soyfoods Month, and finding delicious soy-based foods at affordable prices has never been easier. During April several Soyfoods Association of North America (SANA) members are offering specials on a variety of tasty soyfoods, making this month a great time for consumers who may not be as familiar with the various soy products to try them for the first time. The promotions should also appeal to the soy enthusiasts, motivating them to visit their local grocery stores and stock up.

For the first time ever, soyfoods were brought front and center in the United States Department of Agriculture (USDA) and Health and Human Services (HHS)'s 2010 Dietary Guidelines for Americans. The recommendations included increasing the intake of soy products and fortified soy beverages. Vegetarian and vegan meal patterns, that included soyfoods, also made their Dietary Guidelines debut back in January as adaptations to the USDA Food Patterns.

Soyfoods, which are the only complete plant-based protein, help families follow the Dietary Guidelines. They are easy to prepare and simple to incorporate into your daily meals. Try these combinations for:

- Breakfast: Start the day off with a protein-rich soy yogurt.
- Lunch: Add some fresh edamame to a lunch salad, or heat up some soy-based "chicken" nuggets.
- Snack: For an afternoon pick-me-up, try some toasted soy nuts or a whole soy nutrition bar.
- Dinner: Soy crumbles make tasty tacos, which you can top with soy cheese. Or use silken tofu to make a creamy Fettuccine Alfredo.

Money-smart soyfoods help consumers to gain health without spending a fortune. Adopting a diet with plenty of plant-based protein from soyfoods makes good health and economic sense.

For more information on April's National Soyfoods Month, please visit www.soyfoodsmonth.org or contact SANA at 202.659.3520.

The Michigan Soybean Promotion Committee is a sponsor of the national soyfood month activities. You may visit our web site at www.michigansoybean.org for soyfood recipes and other information.

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