



MICHIGAN SOYBEAN  
PROMOTION COMMITTEE

**a new release**



**FOR IMMEDIATE RELEASE**

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## **Soyfoods – A Cancer Fighting Food**

By: Michele Bernreuter, Soyfoods Nutrition Educator

The American Institute for Cancer Research (AICR) says that 1/3 of the 1.5 million cancers diagnosed every year are related to the choices we make every day. There are 3 factors directly in our control that can reduce our risk of cancer.

**How much we move:** Be active a minimum of 30 minutes a day. It doesn't have to be all at one time. Park further away from the door, take a 5 minute power walk twice a day at work, take the stairs – it all adds up. Consider getting a pedometer to track your steps. Work towards a goal of 10,000 steps a day.

**How much we weigh:** Keep your weight in a healthy range for your height. That means eating less and exercising more. Track your weight weekly to keep on top of small changes. Use a food journal to record what you eat and drink. Surprising to see how what you really eat adds up when you record it online. (Try [www.sparkpeople.com](http://www.sparkpeople.com)).

**What we eat:** AICR puts soyfoods on their list of cancer fighting foods. Edamame can be purchased fresh or frozen and can be eaten in stir fry or straight out of the bag as a crunchy, fresh snack. Textured vegetable protein offers high protein and low fat and can be used alone as a protein source, or combined with other meat, as in spaghetti sauce or chili. Tofu also adds protein and very little fat.

AICR also lists grapes, berries, cranberries, dark green leafy vegetables, walnuts, and cruciferous vegetables as top cancer fighters. These super foods offer many health benefits beyond known components so avoid supplements and eat the whole food.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee represents soybean farmers in the state and funds soybean research and educational efforts. For more information on the Michigan Soybean Promotion Committee visit [www.michigansoybean.org](http://www.michigansoybean.org).

**Soy Stuffed Peppers**

½ cup chopped onion  
2 cloves garlic, minced  
1 teaspoon soy oil  
8 ounces frozen all soy protein crumbles  
1 cup diced tomatoes  
1 cup water  
½ cup chopped Anaheim chilies  
½ teaspoon ground cumin  
½ teaspoon salt  
¼ teaspoon ground black pepper  
1 cup uncooked brown rice, cooked according to package directions  
6 medium green peppers  
Water  
1 teaspoon salt  
Prepared salsa, optional

Sauté onion and garlic in soy oil until softened. Add protein crumbles, tomato, water, chilies, cumin, ½ teaspoon salt, and pepper; mix well. Bring mixture to boil; reduce heat and simmer 15 minutes. Gently mix in cooked rice. Cut ½ inch off the stem end of peppers; remove seeds and membrane. Bring water and 1 teaspoon salt to boil in large saucepan. Cook in boiling water 3 to 5 minutes; invert on paper towels to drain. Fill peppers with ¼ cup of crumbles/rice mixture; place in 8 inch square baking dish. Bake at 375°F for 20 minutes or until thoroughly heated. If desired, serve with salsa.

Yield: 6 servings. Per 1 pepper serving: 284 calories, 2.5 g fat (0.3 g sat fat), 20 g protein (20 g soy protein), 49.5 g carbohydrate, 158 mg sodium, 0 mg cholesterol, 11.9 g dietary fiber.

Source: *Put A Little Soy In Your Life*