



MICHIGAN SOYBEAN  
PROMOTION COMMITTEE

**a new release**



## FOR IMMEDIATE RELEASE

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### Soyfoods in the Forefront

For the first time ever, soyfoods have made their way into the core of federal nutrition policy, the “Dietary Guidelines for Americans, 2010,” as well as the Michigan Women, Infants and Children (WIC) food package.

The dietary guideline to “Choose a variety of protein foods ...” spells out soy products as a way to meet this recommendation, and fortified soy beverages are a suggested food choice to meet the guidelines recommendation to “increase intake of fat-free or low-fat milk and milk products ....” In Michigan, soymilk has also made its debut on the list of approved WIC foods.

“April is National Soyfoods Month and the perfect opportunity to spotlight these new policies. With the premise of the dietary guidelines being health promotion and chronic disease prevention, soyfoods are a natural fit,” says Gretchen Hofing, dietitian and soyfoods nutrition educator with Michigan State University (MSU) Extension. “Soyfoods tend to be lower in fat and cholesterol, while still providing a high quality, complete protein compared to their traditional counterparts,” adds Hofing.

Research points to a number of potential health benefits and disease risk reductions with the consumption of soyfoods: reduced risk of developing heart disease, prevention of some cancers, maintenance of healthy bones, alleviation of menopausal symptoms and offering alternatives for those with food allergies. Foods with at least 6.25 grams of soy protein per serving, meeting other fat and sodium guidelines, may be labeled with a health claim on their packaging stating that diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of developing heart disease.

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). For information on MSU Extension programs, visit [www.msue.msu.edu](http://www.msue.msu.edu). For more information on heart disease, visit <http://www.cdc.gov/heartdisease/index.htm>.

Here is a sample of a healthy and tasty soy recipe. Look for more soyfoods recipes at [www.soyconnection.com](http://www.soyconnection.com).

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### CREAMY TOMATO SOUP

Servings: 3

1 medium onion, diced

2 teaspoons vegetable oil

1 large tomato, diced

1/2 teaspoon chopped garlic

1 teaspoon fresh basil, chopped

1/2 teaspoon salt

1/2 teaspoon white pepper

1 cup soymilk, plain

12-ounce package firm lite silken tofu

- In saucepan, cook onion in oil for 3 minutes or until transparent.
- Add tomato and garlic, continuing to cook for 2 to 3 minutes.
- Add basil, salt and pepper.
- Blend in soymilk. Cook, stirring constantly, for 1 minute.
- Remove from heat and cool briefly.
- Add in tofu. Transfer to food processor and purée until smooth. Serve hot or chilled.

Nutrition information per serving: 181 calories, 8.5 g fat (0 g saturated fat), 12 g protein (10 g soy protein), 17 g carbohydrate, 450 mg sodium, 0 mg cholesterol, 3 g dietary fiber.

(Recipe from <http://soyfoods.com/SoymilkRecipes2002.html>)

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