



MICHIGAN SOYBEAN  
PROMOTION COMMITTEE

**a new release**



**FOR IMMEDIATE RELEASE**

November 9, 2011

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## Soyfoods on MyPlate

The new MyPlate icon shows a picture of a plate to remind us of important healthy eating messages.

1. Let's start with grains. You should make half your grains as whole grains. This would include whole grain breads and crackers, oatmeal, and popcorn, for example.
2. Next, vary your vegetables. Try different colors and varieties to get the most nutrition.
3. Then, focus on fruits. Choose whole fruits rather than juices, which contain fiber and are more filling. Fresh, frozen, or canned can all be part of a healthy diet.
4. The dairy section means to enjoy calcium rich foods like milk, yogurt, and soymilk.
5. The protein message is to choose lean protein. Choose a variety of protein foods. Lean meats, poultry, and seafood all supply important nutrients, but you can add variety by trying soybeans, tofu, veggie burgers, and textured soy protein.

Why is this important? The FDA approved the health claim that "25 grams of soy protein per day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease." Further, the American Heart Association says that substituting soyfoods for proteins high in saturated fats may lead to a lower cholesterol level.

Here are the protein contents of several soyfoods and a recipe to get you started on the 25 grams per day for heart health: soybeans, ½ cup cooked, 14.3 g; textured soy protein, ½ cup cooked, 11 g; soynuts, ¼ cup 15 g; tofu, ½ cup, 10 g; soymilk, 1 cup, 6.6 g.

### **Creamy Pumpkin Curry Soup**

- 1 Tbsp. soy oil
- 1 small onion, diced
- 1 package (16 oz.) silken tofu, drained
- 1 can (15 oz.) pumpkin puree
- 1 medium apple, peeled, cored, and sliced
- 2 cups low sodium vegetable or chicken broth
- 1 tsp. curry powder
- ¾ tsp. ground black pepper
- ¾ tsp. salt
- ¼ cup toasted pumpkin seeds (optional)

Heat soy oil in medium saucepan over medium heat. Add onions and cook for 2 to 3 minutes until soft.

Place onions, tofu, pumpkin, apple, broth, curry powder, pepper, and salt in blender. Puree for 1 minute until smooth.

Return mixture to saucepan. Heat over medium heat, stirring occasionally, until soup begins to gently simmer. Do not boil. Ladle into bowls; top with pumpkin seeds, if desired.

Yield: 8 servings. Per 1 cup serving: 90 calories, 3.5 g fat (0 sat fat), 5 g protein (4 g soy protein), 11 g carbohydrate, 360 mg sodium, 0 mg cholesterol, 3 g dietary fiber.

Source: *Put A Little Soy In Your Life!*

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