

# SIMPLY SATISFYING SOY

## “Tofu”

### THE MAJOR NUTRIENTS IN SOY:

Soy foods are rich sources of protein, fiber, calcium, B-vitamins, and iron. They also contain some other substances which all have potential cancer- protective effects. These substances are: phytochemicals, isoflavones (also called phytoestrogens – specifically, genistein and daidzein), protease inhibitors (substances that act to stop the action of enzymes), phytate (acts like an antioxidant), phytosterols (plant substances related to fats – i.e., cholesterol), saponins (antioxidants), phenolic acid (antioxidant), and lecithin (a fat).

### HOW SOY FOODS PROTECT OUR HEALTH:

***Heart Disease:*** Eating soy foods may reduce blood cholesterol levels, which may reduce the risk of heart disease. Some preliminary research shows that it is the isoflavones or phytoestrogen called genistein in soy foods that directly lowers blood cholesterol levels.

***Osteoporosis:*** Eating soybeans, which are good sources of calcium and protein, may be an easy way to help build strong bones and maybe even reduce the risk of osteoporosis. Research shows that it is the isoflavones, genistein and daidzein, in soybeans, that prevent bone loss or the breakdown of bones. Also, the protein in soybeans helps to conserve calcium in our bodies.

***Cancer:*** The American Cancer Society’s dietary guidelines for reducing the risk of cancer include choosing plant source foods and limiting the intake of high fat foods. These two guidelines make soyfoods the perfect solution to potentially reducing the risk of cancer through diet.

### LABORATORY RESEARCH SHOWS THAT:

1. Protease inhibitors in soyfoods appear to reduce the risk of colon, lung, pancreas, esophagus, and breast cancers.
2. Phytate in soyfoods acts like an antioxidant, potentially reducing the risk of both breast and colon cancers.
3. Phytosterols in soyfoods protect the colon from harmful bile acids, potentially reducing colon tumors; they also have been potentially effective in reducing skin cancer.
4. Saponins in soyfoods are antioxidants that have potentially cancer-protective effects; they also have potential to prevent mutations in cells that lead to cancer.

5. Phenolic acid in soyfoods is another antioxidant that appears to have cancer-protective effects also – against mutations in cells as well.
6. Lecithin, a fat in soyfoods, appears to reduce lung tumors in mice.
7. Plant estrogens, also known as isoflavones or phytoestrogens in soyfoods have been identified as having cancer-protective effects by potentially stopping the growth of cancer cells.

Excerpted from “Estrogen the Natural Way”, Nina Shandler

***Menopause:*** Isoflavones in soybeans have the potential of reducing symptoms associated with menopause such as: hot flashes and sleep disturbances. The weak estrogen-like activity in soyfoods may help to reduce these symptoms.

## ALL THE DIFFERENT KINDS OF SOYFOODS:

Soyfoods are easily incorporated into the daily diet because they are so versatile and can be fit into any meal like: a night of “grilling,” breakfast smoothies, snacks, or even wonderful rich desserts.

**SOYMILK FACTS:** Soymilk is rich, creamy and made from soybeans. It has a nutty flavor, is very nutritious, and can be used in a variety of ways.

### Buying and Storing Soymilk:

- ◆ Is sold in supermarkets, health food stores, and specialty food shops.
- ◆ Is commonly found in aseptic (non-refrigerated) quart and 8 oz. containers; also sold in plastic refrigerated quarts and half gallons.
- ◆ Unopened – aseptic milk can be stored at room temperature for several months; once opened – must be refrigerated and will stay fresh for about 5-7 days.
- ◆ Also sold in powder form, which must be mixed with water; powder should be stored in the refrigerator or freezer.

### Types of Soymilk:

- ◆ Plain (unflavored)
- ◆ Chocolate
- ◆ Vanilla
- ◆ Carob
- ◆ Almond
- ◆ “Lite” (reduced fat)

### Nutritional Value of Soymilk:

- ◆ Plain, unfortified soymilk – excellent source of high quality protein, B-vitamins, and iron
- ◆ Fortified soymilk – good sources of calcium, vitamin D, vitamin B-12
- ◆ Free of the milk sugar, lactose – excellent for lactose intolerance
- ◆ Good for people with cow’s milk allergies
- ◆ Soymilk acceptable for children after age 1

## Nutrients in 8 ounces of Plain Soymilk:

NUTRIENT	REGULAR SOYMILK	LITE SOYMILK
Calories	140	100
Protein	10	4
Fat	4	2
Carbohydrate	14	16
Sodium	120	100
Iron	1.8	0.6
Riboflavin	0.1	11
Calcium	80	80

Source: Product analysis

## Tips For Using Soymilk:

- ◆ Plain or unflavored as a refreshing drink
- ◆ Over hot or cold cereal
- ◆ Make cream sauces (cholesterol free and low in saturated fat)
- ◆ Make rich pancake/waffle mixes
- ◆ Delicious shakes (with soymilk, ice-cream or tofu, and fruit)
- ◆ Make cream soups
- ◆ Use instead of evaporated milk in custards and pies (lower in fat)

**SOYBEAN FACTS:** Soybeans are legumes with a nutty, pleasant flavor that must be soaked for 6-8 hours prior to cooking which takes about 2 hours.

## Dry Soybeans:

- Available in black or light tan in color

## Buying Soybeans:

- Available in natural food stores and supermarkets in bags or bulk bins

## Storing Soybeans:

- Kept in an airtight container for a long period of time

## Preparing Soybeans:

- Dry soybeans expand a lot when cooked
- One cup dry beans (about a ½ pound) yield 2-3 cups cooked beans
- Discard debris or shriveled beans
- Wash and drain

## Soaking Soybeans:

- Soaking dry soybeans shortens cooking time and improves flavor, texture, and appearance
- In large pot, add 6 cups water for each one pound (2 cups) of dry beans
- Let soybeans stand at room temperature for about 6-8 hours or overnight (it is unnecessary to refrigerate the beans during this process)

- Drain, rinse, and cook the beans
- “quick” soaking method – add same amount of water as above, heat the water to boil and cook the beans for 5 minutes, cover the pot and let beans stand for one hour, drain, rinse, and cook

### Cooking Soybeans:

- Put soaked beans in large pot
- Add 6 cups fresh water for each pound of beans
- Do not add salt at this point (it will delay the softening of the beans)
- Bring pot to a boil, allowing the steam to escape
- Reduce heat, simmer, and cook beans for about 3 hours until tender

### Seasoning Soybeans:

- Onion
- Garlic
- Bay leaf

### Nutrients in a ½ cup of Cooked Soybeans:

NUTRIENT	HOW MUCH
Calories	149
Protein	14.3 gm
Total Fat	7.7 gm
Saturated Fat	1.1 gm
Unsaturated Fat	6.6 gm
Carbohydrates	8.5 gm
Crude Fiber	1.8 gm
Calcium	88.0 gm
Iron	4.4 mg
Zinc	1.0 mg
Thiamin	0.1 mg
Riboflavin	0.3 mg
Niacin	0.3 mg
Vitamin B6	0.2 mg
Folacin	46.2 mg

Source: Product Analysis

### Green Soybeans:

- Are harvested just prior to maturity.
- Similar in size and color to green peas; slightly smooth to the touch

- Pods should be well filled with mature beans
- Are versatile; may be eaten as a side dish, snack, or used in salads or soups

#### Buying:

- Most often found in the frozen food section of natural food stores

#### Storing:

- May be refrigerated and used within 2 days; or frozen for several months

#### Preparing:

- Press bean pods between thumb and forefinger to open
- Push beans out with thumb
- Pods may be discarded

#### Cooking:

- Place one pound green soybeans in saucepan of boiling, slightly salted water
- Reheat to a boil
- Reduce heat to low
- Cover and simmer 10-12 minutes until tender
- Serve immediately

#### As Snacks:

- Cook green soybeans in their pods; using the above cooking method
- Serve beans in their pods at room temperature; or slightly chilled as finger food
- Open pods with fingers; pop soybeans right into mouth (FUN FOR KIDS!!)

#### Seasoning:

- Cloves
- Marjoram
- Nutmeg
- Onion
- Savory
- Rosemary
- Tarragon
- Thyme