

The benefits of soyfoods

The evidence that soy can positively impact your health is growing. The USDA recommends 25 grams of soy protein per day to lower cholesterol and improve heart health. Soyfoods are rich in a group of compounds called isoflavones, which may have some good effects on health.

Isoflavones are one type of a larger group of chemicals called phytochemicals (plant chemicals). Phytochemicals are compounds with a wide range of effects on health and they are found only in plant foods (grains, beans, fruits, vegetables, nuts and seeds).

Isoflavones are also sometimes called phytoestrogens, which translates to “plant estrogens.” Many plants contain isoflavones, which are much weaker than human estrogens. These can help with preventing cancer and other degenerative conditions.

Tempeh “Sloppy Joes”

Serving Size: 6
 2 8-ounce packages tempeh
 1 tablespoon canola oil
 1 cup chopped onion
 1 cup diced celery
 1 cup barbecue sauce
 6 medium hamburger buns

Crumble tempeh so that it resembles ground beef. Heat canola oil in heavy skillet and sauté onions, celery, and tempeh until tempeh is lightly browned and onions and celery are soft. Add barbecue sauce and simmer for 10–15 minutes to mix flavors well. Serve in sliced hamburger buns, and top with a slice of cheese or soy cheese, if desired.



TEMPEH NUTRITIONAL INFORMATION

Nutrients in one serving of tempeh (2.6 oz.)

Calories	180
Protein	16 g
Fat	8 g
Carbohydrates	12 g
Cholesterol	0
Sodium	10 mg

TOFU NUTRITIONAL INFORMATION

Nutrients in one serving of tofu (3.2 oz.)

	Traditional firm	Water-pack soft	Silken firm
Calories	110	86	72
Protein (g)	11	9	6
Carbohydrates (g)	3	3	2
Fat (g)	6	5	2.4
Saturated fat (g)	1	1	•
Trans fat (mg)	•	•	•
Fiber (g)	1	•	•
Cholesterol	•	•	•
Sodium	5	5	30

© 2010 National Cooperative Grocers Association (NCGA)

Provided by your food co-op

FLORIDA

Ever'man Natural Foods
 315 W. Garden St., Pensacola
New Leaf Market
 1235 Apalachee Pkwy, Tallahassee

GEORGIA

Life Grocery & Cafe
 1453 Roswell Rd., Marietta
Sevananda Natural Foods Market
 467 Moreland Ave. N.E., Atlanta

KENTUCKY

Good Foods Market & Cafe
 455-D Southland Dr., Lexington

MAINE

Blue Hill Co-op Community Market & Cafe
 4 Ellsworth Rd., Blue Hill
Rising Tide Community Market
 323 Main St., Damariscotta

MARYLAND

Silver Spring Co-op
 8309 Grubb, Silver Spring
Takoma Park Co-op
 201 Ethan Allen, Takoma Park

The Common Market
 5728 Unit B-1 Buckeystown Pike, Frederick

MASSACHUSETTS

Berkshire Co-op Market
 42 Bridge St., Great Barrington
Green Fields Market
 144 Main St., Greenfield

Harvest Co-op Markets
 581 Mass Ave., Cambridge
 57 South St., Jamaica Plain

McCusker's Market
 3 State St., Shelburne Falls

River Valley Market
 330 North King St., Northampton

Wild Oats Co-op Market
 320 Main St., Williamstown

NEW HAMPSHIRE

Concord Cooperative Market
 24 South Main St., Concord

Hanover Co-op Food Store
 45 South Park St., Hanover

Hanover Co-op Market
 43 Lyme Rd., Hanover

Kearsarge Cooperative Grocer
 52 Newport Rd., New London

Lebanon Co-op Food Store
 12 Centerra Resource Park, Lebanon

NEW YORK

Abundance Cooperative Market
 62 Marshall St., Rochester

Flatbush Food Cooperative
 1415 Cortelyou Rd., Brooklyn

GreenStar Cooperative Market
 215 N. Cayuga St., Ithaca
 701 W. Buffalo St., Ithaca

Honest Weight Food Co-op, Inc.
 484 Central Ave., Albany

Hungry Hollow Co-op
 841 Chestnut Ridge Rd., Chestnut Ridge

Lexington Cooperative Market
 807 Elmwood Ave., Buffalo

Syracuse Real Food Co-op
 618 Kensington Rd., Syracuse

NORTH CAROLINA

Chatham Marketplace
 480 Hillsboro St., Pittsboro

Deep Roots Market
 3728 Spring Garden St., Greensboro

French Broad Food Co-op
 90 Bitmore Ave., Asheville

Hendersonville Community Co-op
 715 Old Spartanburg Hwy., Hendersonville

Tidal Creek Cooperative Food Market
 5329 Oleander Dr., Ste. 100, Wilmington

Weaver Street Market
 101 E. Weaver St., Carrboro
 716 Market St., Chapel Hill
 228 South Churton St., Hillsborough

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

WEAVER STREET MARKET
 101 E. Weaver St., Carrboro

ALL ABOUT

Soy Foods



www.strongertogether.coop

Printed on elemental chlorine-free, 10% post-consumer recycled paper using soy ink.

12/10

stronger together

The Number of Soyfoods available these days is

nearly staggering. The most common are tofu, tempeh, soy milk and miso. Newer entrants into the product mix include “veggie” meats similar to Canadian bacon or sausage, and a wide range of products that are soy-based, like salad dressings, snack foods, frozen confections and entrees.

Miso is a rich, salty condiment. To make miso, soybeans and sometimes a grain such as rice are combined with salt and a mold culture called koji, then aged for one to three years.

“Second generation” soyfoods. Many of the newer soyfood products imitate meat or dairy products. These second generation products, such as soy deli meats and soy cheeses fill the demand for meat substitutes while also delivering many of the much sought-after nutritional benefits of soy foods.

Soy flour is richer in calcium and iron than wheat flour; it is also gluten-free and high in protein, and increases the nutritive value of goods baked with it. Soy flour can be whole, which contains soy oil, or the beans may have had the oil pressed out first to make low-fat or de-fatted soy flours. Loaves made with soy flour brown quickly.

Soy milk, also known as soy drink or soy beverage, is the rich creamy milk of whole soybeans. With its unique nutty flavor and rich nutrition, soy milk can be used as a beverage or dairy milk substitute. Soy milk is high in B-vitamins and is an excellent source of protein. Most soy milks are fortified with the same vitamins and minerals as regular milk.

There may be ingredients like carrageenin or Job’s tears in soy milk (plant-based thickening agents that give it a mouth-feel like cow’s milk)

or extra nutrients. Soy milk is also used in the production of many second generation soyfoods, such as ice cream, cheeses and yogurt.

Soy sauce. Look for a naturally brewed product made from soybeans, rather than a chemical hydrochloric acid extraction or imitation sauce flavored with corn syrup. Shoyu is a liquid condiment naturally brewed from soybeans and wheat, and has a light flavor used to dress dishes at the end of cooking. Tamari is a naturally-brewed shoyu with a much higher amount of soybeans. This gives tamari a stronger, deeper flavor best used at the beginning of the cooking process. Some tamaris are wheat-free.

Tempeh is made with cooked soybeans that are split and hulled, cultured and then compressed into cakes on large trays to ferment for 24 hours. Tempeh maintains all of the fiber of the beans, and gains some digestive benefits from the enzymes created during the fermentation process. It is a generous source of many nutrients, such as calcium, B-vitamins (except B-12) and iron. It can be fried or baked, and used in salads, tempura, spaghetti sauces, tacos, or kebabs; it marinades well. Tempeh is usually sold in the refrigerated or frozen foods case. Frozen tempeh keeps well for several months. Refrigerated tempeh should be used or frozen by its expiration date. As with other fermented products, a little mold on the surface of tempeh is harmless.

Textured Vegetable Protein (TVP)

is made from defatted soy flour sold in dry granular form. When it is rehydrated it is used in main dishes as a meat substitute.

Tofu is soybean curd that is low in calories and sodium and is cholesterol-free. It can be an excellent source of calcium and is a good source of B-vitamins and iron. A four-ounce serving of tofu contains just six grams of fat and is low in saturated fat. Generally, the softer the tofu, the lower the fat content.

There are two types of tofu: silken and traditional, which comes in soft (good for smoothies and desserts), firm or extra firm (both good for grilling, soups and stir fry). Blocks of tofu can be stored in your refrigerator for one week if they are covered with water, or frozen for up to five months. Frozen tofu has a spongy texture that soaks up marinade sauces and is great for frying.

Creamy Banana Berry Shake

Serving Size: 4

12.3-ounce package soft silken tofu
5 ounces fresh or frozen berries
2 ripe bananas
¾ cup apple juice

Blend all ingredients in a blender until smooth. Serve chilled or topped with granola.

Savory Baked Tofu

Serving Size: 4

¼ cup toasted sesame oil
¼ cup tamari soy sauce
2 tablespoons mirin or dry sherry
2 tablespoons rice or cider vinegar

2 garlic cloves, minced
¼ cup minced onion
2 teaspoons grated fresh ginger
⅓ cup water
1 pound firm tofu, cut into ½” slices

Preheat oven to 375°. Combine all ingredients except tofu in a large shallow baking dish. Place tofu slices in dish and then turn them over to expose all sides to the marinade. Bake for about 20 minutes, turn slices, then bake for about 20 more minutes or until liquid is absorbed.

Tempeh Fajitas

Serving Size: 4

2 tablespoons tamari soy sauce
2 tablespoons ketchup
4 tablespoons water
¼ teaspoon garlic powder
½ teaspoon cumin
½ teaspoon coriander
8 ounces tempeh, cut into 1/4” strips
1 tablespoon oil
1 medium onion, sliced
1 green or red bell pepper, sliced
4 tortillas, warmed

Combine tamari, ketchup, water, garlic powder, cumin and coriander. Pour over tempeh strips and marinate at least 30 minutes in the refrigerator. Heat oil in a large skillet. Place tempeh strips carefully in the hot skillet and cook about 5 minutes on each side. Add onions and peppers, lower heat and stir-fry until onions and peppers are soft. Lay strips of tempeh, onions and peppers in warm tortillas. Drizzle with salsa, and add lettuce, tomatoes, cheese and sour cream if desired.