

Adding Soy to Your Diet

Soy foods are nutrient rich, low in calories and saturated fat. They are a good source of protein and provide all the amino acids our bodies need. Soy foods are also rich in iron, phosphorus, potassium, B-vitamins and vitamin E.

Soy foods have many health benefits. They may help:

- **Fight heart disease** by lowering levels of LDL, or “bad” cholesterol.
- **Improve bone health**, to prevent fractures.
- **Guard against cancer.** If you are at risk for breast cancer, we suggest moderate amounts of whole soy foods (tofu, soy milk, tempeh, edamame, etc.), but you should avoid isolated soy products (soy protein powders, soy supplements, and texturized vegetable protein). If you have breast cancer talk with your doctor about soy.

You can use soy foods as a way to increase plant proteins in your diet while reducing animal protein. This change can help you increase the healthy fats, fiber, vitamins and minerals in your diet, and lower the unhealthy fat content.

Do you want to increase soy in your diet, but do not know where to begin?

There are many ways to add soy products into your diet. There are many highly processed soy products in grocery stores. You should focus on less processed soy foods such as soy milk, soy flour, tofu, tempeh, and edamame.

Soy Foods

Soy foods are products made from soybeans which are processed to make products like those listed below.

Soy milk is made by soaking, grinding and straining soybeans. You can use it instead of cow’s milk in any recipe or as a drink. Plain soy milk is a good source of protein (7 grams) and B-vitamins. If you are using soy milk instead of dairy products, make sure the soy milk has calcium. The original and unsweetened soy milk are the best options as they have the lowest amount of added sugar.

Tofu is a soft cheese-like food made from curds of soy milk. It is bland on its own but picks up flavors of other foods. You can use it to make stir-fries, dips, shakes, desserts, kabobs, and soups. One cup of tofu can provide up to 20 grams of protein. You can find tofu in the refrigerated produce section of your grocery store or in “juice box” packaging on the shelf of the natural foods section. You can store tofu in the fridge up to one week or in the freezer up to five months. You can get it in extra firm, firm, soft or silken textures. Types include:

- **Water packed tofu.** This tofu must always be covered with water that should be changed daily. It comes in soft, firm, extra firm, and regular. Works best for freezing and thawing, which make the texture meatier, and much more like a meat substitute.
- **Silken or vacuum packed tofu.** This tofu is custard like and ideal for soups, desserts, and drinks. Silken tofu is too delicate to stir-fry, sauté, or grill. It comes in soft, firm, and extra firm textures.

- **Baked tofu.** This seasoned, marinated, extra-firm tofu is ready-to-use. Use it in sandwiches as a filling. It is a great substitute for chicken or tuna and is very good in stir-fry.
- **Smoked tofu.** This tofu is smoked on beech-wood. It is great in soups and stews.
- **Reduced Fat Tofu.** Several brands of tofu make a reduced fat or light version of their products. It can be used in recipes the way regular fat tofu is used.

Tempeh is a cake of fermented soybeans with a nutty or smoky flavor. Sold at most natural food stores and large grocery stores. One half cup can add up to 16 grams of protein. Great when grilled, sautéed, pan-crisped, or braised. You can freeze tempeh up to one year.

Soybean pasta is made from whole soy beans and can be a lower carb, high fiber, high protein substitute for wheat pasta. The soybean pasta has a similar texture, taste and color to wheat pasta and even has a similar cooking time. You can find it in the natural food aisle at most grocery stores.

Soy flour is made from roasted soybeans that have been ground into a fine powder. It does not contain gluten, so if you want to increase protein content of a recipe that uses wheat flour you can replace about 35-50% of the wheat flour with soy flour. Soy flour tends to brown more quickly, so you should lower the oven temperature when baking products with soy flour. One fourth of a cup can add up to eight grams of protein. There are two kinds of soy flour:

- **Full-fat flour** contains the natural oils that are found in soybeans. You can replace 1/4 cup of the regular

flour with soy flour to increase protein content. Works best in cookies, soft yeast breads, and quick breads. After baking, store these products in the fridge or freezer.

- **Defatted flour** contains very little fat as most of the oil is removed. You can use 2 Tbsp with all-purpose flour or any other flour in recipes. Works best in lighter texture yeast breads. You can store it on the shelf.

Textured soy protein (TSP) is a textured soy flour that is sold in granules or chunks. TSP has a chewy texture and can be used as a meat extender or meat replacement. Each ½ cup prepared can add up to 11 grams of protein. You can find it in the freezer section of the grocery store as soy burgers and soy “crumbles” to use in place of ground beef.

Soy oils are taken out of the soybean and have a blend of omega 3 and 6 fatty acids.

Soy cheese. Soft soy cheese can be used instead of sour cream or cream cheese. The firmer cheese can be used like dairy cheese. Soy cheese does not melt the way dairy cheeses melt. Firmer soy cheese is often colored or flavored to look like dairy cheeses.

Soy Cookbooks

The Art of Tofu by Akasha Richmond

Cooking with Tofu by Robert McBride

Soy of Cooking by Marie Osier

Soyfoods Cookery by Louise Hagler

Super Soy: The Miracle Bean by Ruth Winter

The Tempeh Cookbook by Dorothy Bates

The Tofu Cookbook by Leah Leneman

Tofu Quick and Easy by Louise Hagler

With a Little Help From the Soybean by Julia Elliot

Recipes

Breakfast Shake

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|-----------------------------------|-------------|
| ½ c silken tofu (about 4 oz) | 1 banana |
| ¾ c sweetened frozen strawberries | 2 ice cubes |

Combine all ingredients in a blender and puree until smooth. Serve right away.
Yield: 1 - 12 oz. serving.

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|---------------|---------------------|------------------|--------------|
| Calories: 355 | Protein: 10g | Sodium: 45mg | Carbs: 40.7g |
| Fat: 4g | Saturated Fat: 0.7g | Cholesterol: 0mg | |

Tofu Scramble

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|--|---|
| 12 oz. firm or extra firm, lite tofu (refrigerated block) | 2 Tbsp red bell peppers, chopped |
| 1 tsp Olive oil (or use pan spray) | 4 medium fresh mushrooms, sliced |
| 2 green onions, sliced | Dash cayenne pepper, dash of turmeric (optional) |
| 1 large garlic clove, pressed or minced | 1 tsp. salt (optional) |
| 2 Tbsp green bell peppers, chopped | |

Mash tofu with fork and put in microwave-safe bowl and microwave 1 minute. Meanwhile, heat frying pan and coat with oil or pan spray; sauté vegetables until crisp-tender. Add red pepper and tofu and combine. Mix in spices. Serve warm with toast or rolled in a tortilla.
Yield: 4 servings.

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| Calories: 70 | Protein: 6g | Sodium: 135mg | Carbs: 5g |
| Fat: 3.5g | Saturated fat: 0.5g | Cholesterol: 0mg | |

Three-Grain Muffins

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|----------------------------------|-----------------------------|
| 1/3 c stone ground corn meal | ¼ c honey or 1/3 c. sugar |
| 1/3 c soy flour | 1 large egg, lightly beaten |
| 1 c whole wheat pastry flour | 1/3 c canola oil |
| ¾ tsp baking soda | ½ tsp salt |
| 1 c plain yogurt (or soy yogurt) | |

Preheat oven to 350 degrees. In a medium bowl, combine dry ingredients. In a separate bowl, mix wet ingredients, then pour into dry mix. Stir until moist, do not over mix. Fill muffin cups 2/3 full and bake 25 minutes or until golden brown. Yield: 12 muffins (1 muffin per serving).

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| Calories: 151 | Protein: 3g | Sodium: 190mg | Carbs: 12.4g |
| Fat: 7g | Saturated fat: 0.7g | Cholesterol: 18mg | |

Tomato Bisque Soup

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|---------------------------|-----------------------------|
| 2 t olive oil | Salt to taste |
| 1 med. onion, diced | ½ tsp white pepper |
| 1 clove garlic, minced | 1 c soy milk |
| 30 oz can stewed tomatoes | 2 tsp sugar or honey |
| 1 tsp dill | 10 oz lite firm silken tofu |

Sauté onions on medium heat; add garlic and stir to avoid burning. Add the rest of the ingredients, except tofu. Heat through and remove from burner to cool 10 minutes. Transfer to food processor or blender, add tofu and puree until smooth. Serve hot or chilled. Yield: 4 entrée-sized servings.

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|---------------|---------------------|------------------|--------------|
| Calories: 156 | Protein: 9g | Sodium: 840mg | Carbs: 21.5g |
| Fat: 5.6g | Saturated fat: 0.8g | Cholesterol: 0mg | |

Hold the Eggs Salad

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|--|---|
| 12 oz extra firm lite silken tofu | 1 tsp turmeric |
| 1/3 c fat-free or lite mayonnaise, lite | 1 Tbsp diced vegetables (a mix of bell pepper, celery, and onion) |
| Miracle Whip, or mayo | Dash black pepper, if desired |
| 1 Tbsp yellow mustard (for flavor and color) | |

Crumble tofu in a bowl. Stir in the rest of the ingredients. Serve on pita or bread with lettuce leaves for a tasty and quick main dish. Put leftovers in fridge. Yield: Filling for 4 sandwiches.

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|--------------|----------------------|-------------------|-----------|
| Calories: 70 | Protein: 6g | Sodium: 325mg | Carbs: 5g |
| Fat: 2.5g | Saturated fat: 0.4mg | Cholesterol: 0 mg | |

Asian Noodles

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| 8 oz. firm tofu | 3 c. coleslaw mix |
| ¼ c. low sodium soy sauce | 1 garlic clove |
| 2 Tbsp rice wine vinegar | ¾ pound angel hair pasta |
| 1 tsp sugar | 2 Tbsp chopped fresh cilantro |
| 1 Tbsp dark sesame oil (for flavoring) | Cooking spray |
| ½ Tbsp canola oil (for stir frying) | |

Cut tofu into ¼ inch thick strips and place in bowl. Make marinade by combining soy sauce, vinegar, sugar and sesame oil. Pour over tofu and place in refrigerator at least 4 hours. Spray cookie sheet with pan spray and spread tofu strips in single layer. Bake 20 minutes at 350 degrees or until desired firmness. Reserve marinade. Start boiling water for pasta. Just after adding angel hair, heat large skillet over medium heat. Add oil and stir-fry slaw mix and garlic 2 minutes. Reduce heat to low and stir in the rest of the marinade.

Cook pasta 3 to 4 minutes or until done. Drain.

Gently toss hot pasta, cooked slaw mix and baked tofu in a large bowl. Garnish with chopped cilantro (avoid adding during cooking, as this diminishes flavor). Note: If you cannot find coleslaw mix, substitute 2 ½ cups shredded cabbage and 1 cup shredded carrot.

The sesame oil that gives this dish its flavor is dark brown in color and you can find it at most grocery stores in the Asian food section. Rice-wine vinegar is also found in the Asian foods area. Yield: 4 servings (main course).

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|---------------|----------------------|------------------|--------------|
| Calories: 460 | Protein: 18g | Sodium: 615mg | Carbs: 47.2g |
| Fat: 9g | Saturated fat: 1.2mg | Cholesterol: 0mg | |

Peanut Butter Spread

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|-------------------------|--------------------|
| 12 oz. lite silken tofu | 2 Tbsp lemon juice |
| ½ c. peanut butter | 2 Tbsp honey |
| 1 large banana | |

Combine all ingredients in a blender or food processor and puree until smooth. Serve on whole grain bread for a spread which is lower in fat than plain peanut butter. Try topping with nuts, raisins or sliced bananas for variety. Yield: Spread for 6 sandwiches.

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|---------------|---------------------|------------------|--------------|
| Calories: 190 | Protein: 9.5g | Sodium: 940mg | Carbs: 16.1g |
| Fat: 11g | Saturated fat: 2.2g | Cholesterol: 0mg | |

Vegetable Stroganoff

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| 2 beef or vegetable bouillon cubes (or equivalent to make 2 c. broth per package directions) | 2 tsp soy sauce |
| ½ c. boiling water | 2 Tbsp dry sherry |
| 6 oz firm lite silken tofu | ½ tsp black pepper |
| 1 tsp olive oil or pan spray | 16 oz fat free sour cream |
| 2 c. fresh mushrooms, sliced | 3 c. fresh vegetables, chopped in bite sized pieces (a mixture of cauliflower, broccoli, carrots, peppers) |
| 1 med onion, halved and sliced crosswise | 16 oz egg noodles |

Boil water for noodles. Dissolve bouillon in ½ cup water then place in blender or food processor; add tofu and puree. Heat pan on medium-high heat, then add oil. Sauté mushrooms and onions then season with soy sauce, sherry and pepper. Stir in tofu mix and heat. Stir in sour cream and reduce heat to low; do not boil or sour cream may separate. Steam vegetables. Cook noodles. Serve veggies over noodles, then top with sauce. Yield: 6 servings.

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|---------------|---------------------|-------------------|--------------|
| Calories: 440 | Protein: 19g | Sodium: 595mg | Carbs: 32.6g |
| Fat: 4.5g | Saturated fat: 0.9g | Cholesterol: 70mg | |

Pesto Alfredo

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| 8 oz. tube pasta | 3 c. bite-sized, raw vegetables (such as, broccoli, carrots, red bell pepper and mushrooms) |
| 5 oz. silken tofu | |
| ¼ c. pesto | |
| salt to taste | |

Start water boiling for pasta and cook according to package instructions. Meanwhile, place tofu and pesto in food processor or blender and puree; salt per taste (depending on salt content of pesto). Stir-fry vegetables; starting with those requiring more cooking (such as carrots) and ending with those needing less (such as mushrooms); heat until tender-crisp. Toss together hot cooked pasta, sauce and veggies in large bowl and serve. Yield: 4 servings (main course).

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|---------------|---------------------|------------------|--------------|
| Calories: 295 | Protein: 12.5g | Sodium: 98mg | Carbs: 28.9g |
| Fat: 5g | Saturated Fat: 1.0g | Cholesterol: 4mg | |

Banana Snack Cake

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| Cooking spray | 2 tsp lemon juice |
| 2 c. cake flour or sifted whole wheat pastry flour | $\frac{3}{4}$ c. ripe bananas, mashed |
| 3 Tbsp unsweetened cocoa powder | $\frac{2}{3}$ c. sugar |
| 1 tsp baking soda | $\frac{1}{4}$ c. honey |
| $\frac{1}{4}$ tsp salt | 3 Tbsp canola oil |
| $\frac{1}{3}$ c. extra firm silken tofu | 1 tsp vinegar |
| $\frac{1}{3}$ c. water | 2 tsp vanilla extract |
| | $\frac{1}{3}$ c. mini or regular chocolate chips |

Preheat oven to 350 degrees. Coat 8"x12" baking pan with cooking spray and dust with flour. Sift flour, cocoa, soda and salt into medium sized bowl. Puree tofu, water and lemon juice in a food processor or blender, then add bananas, sugar, honey, oil, vinegar and vanilla; puree. Add wet ingredients to dry and mix just until dry ingredients are moist. Pour batter into pan and smooth with spatula. Sprinkle with chocolate chips. Bake 25 minutes, or until a tooth pick inserted in the center comes out clean. Yield: 10 servings.

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|---------------|---------------------|------------------|--------------|
| Calories: 260 | Protein: 3g | Sodium: 200g | Carbs: 43.7g |
| Fat: 7g | Saturated fat: 1.3g | Cholesterol: 1mg | |

Pumpkin Pie

The tofu replaces the dairy products in the recipe. It is so good and smooth.

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|--|----------------------------------|
| 1 unbaked pie crust | $\frac{1}{4}$ teaspoon salt |
| 15 ounces canned pumpkin | $1\frac{1}{2}$ teaspoon cinnamon |
| 12 ounces extra firm silken style tofu | $\frac{1}{2}$ teaspoon ginger |
| 2 eggs, lightly beaten | $\frac{1}{4}$ teaspoon nutmeg |
| 1 cup sugar or $\frac{3}{4}$ cup honey | $\frac{1}{8}$ teaspoon cloves |

Preheat oven to 350 degrees. Press pie crust into a 9 inch pan. Set aside. In a food processor bowl combine pumpkin, tofu, eggs, sugar and spices. Process until smooth. Pour into unbaked crust. Bake for 50 – 60 minutes or until filling is set. Filling will appear soft but will become firmer as it chills. Serve with light whipped cream.

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#344