



FROM THE OFFICE OF DR.

Putting soy in your diet

New guidelines for managing coronary heart disease from the US Food and Drug Administration call for including 25 grams of soy protein in your diet every day. Research indicates that soy protein helps lower cholesterol without serious adverse effects.

Given the variety of soy products now available, you can substitute soy products for foods you normally eat and drink.

Use soy milk instead of milk and cream

- As a coffee “creamer”
- Over breakfast cereal
- In cake, cookie, and muffin recipes

To substitute more gradually, mix with milk, gradually increasing the proportion of soy milk

Use textured soy protein, tofu, and tempeh instead of meat

- In chili and soup
- In sausage or patty form with breakfast
- In spaghetti sauce, Sloppy Joes, tacos, and burritos
- In stir-fry dishes

To substitute more gradually, use as meat “extender”

Use soybeans instead of other beans

- In chili and soup
- With rice and pasta
- In stir-fry dishes
- Roasted (“soy nuts”), as a snack or sprinkled over salads or desserts

Foods with soy protein

Read the label. Not all soy foods contain the same amount of soy protein. Read the label to ensure enough soy protein per serving, to get the recommended 25 grams each day.

| Soy Food | Grams of soy protein per serving |
|-------------------------------------|----------------------------------|
| 8 oz soy milk | 6–8 |
| 4 oz tofu | 8–11 |
| 4 oz tempeh | 16 |
| 1 patty soy breakfast “sausage” | 6.5 |
| 1/2 cup black soybeans | 9 |
| 1/4 cup soy nuts (roasted soybeans) | 12 |
| 2 tablespoons soy nut butter | 8 |

Sample meal plan

Here’s a sample meal plan with the recommended 25 grams of soy protein:

- Breakfast: 1 cup plain soy milk (8 grams soy protein) over cereal and in coffee instead of low-fat milk
- Lunch: 1/2 cup black soybeans (9 grams soy protein) sprinkled over a tossed salad
- Dinner: 1 soy burger (10 grams soy protein) on a bun instead of a ground beef burger

Websites with more information about soy and soy products:

- www.talksoy.com
United Soybean Board
- www.soyohio.org
Ohio Soybean Council
- www.soyfoods.com
Indiana Soybean Board
- www.ilsoy.org
Illinois Soybean Association
- www.michigansoybean.org
Michigan Soybean Association

For patient information on hundreds of health topics, see the Cleveland Clinic Department of Patient Education and Health Information web site, www.clevelandclinic.org/health.



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