

Soy Foods Glossary

- **Black Soybeans** are a dark colored variety of soybean. They cook more quickly and are milder in flavor than the more common yellow soybeans.
- **Edamame**, also known as sweet soybeans, are a variety of fresh green soybeans harvested just prior to maturity. These delicious beans can be purchased frozen and cook in only three to five minutes.
- **Miso** is a fermented soybean paste with a rich, complex flavor. Some people liken the flavor to mushrooms or wine. Grains, such as barley or rice, may also be used when making miso. Generally, a lighter color miso has a milder flavor. Red miso is a rich red-brown color and is traditionally used as the base for miso soup.
- **Soy Analogs** are a variety of soy products made to resemble meat or dairy foods. Products like soy burgers, soy yogurt and soy cheese fall into this category.
- **Soymilk** is the nutritious beverage traditionally made by grinding blanched soybeans with water and pressing out the rich liquid. Flavorings and sweeteners are often added.
- **Soy Flour** is made from soybeans that have been processed into flakes and then ground into flour. Because soy flour does not contain gluten, it is usually used with wheat flour.
- **Soy Nuts** are not nuts at all, but are mature soybeans that have been soaked and roasted. These crunchy 'nuts' are often salted or flavored.
- **Soy Protein Isolate** is a highly processed form of soy that is very high in protein. It is highly digestible and has very little flavor of its own.
- **Tempeh**, a staple food in Indonesia, is a fermented soybean product. It is generally available in rectangular "cakes" that are kept chilled.
- **Textured Soy Protein (TSP)**, is an easy-to-use dry soy food made from defatted soy flour that has been texturized through an extrusion process and formed into granules.
- **Textured Vegetable Protein**, or TVP[®], is a registered trademark of the Archer Daniels Midland Company.
- **Tofu** is a soy "cheese" made from soymilk. Silken tofu has a creamy texture and is usually available in aseptic cartons that do not need refrigeration until opened. Tub tofu, which has a firmer texture, is packaged in water and kept chilled.

The National Soybean Research Laboratory, located at the University of Illinois, promotes soybean research, education and outreach in the areas of production, nutrition and international development. Visit our website for more information and recipe ideas: www.nsrll.illinois.edu at the Nutrition tab.

We work hand-in-hand with industry stakeholders including USDA, Illinois Soybean Association, American Soybean Association, United States Soybean Export Council, United Soybean Board, North Central Soybean Research Consortium and the State of Illinois. We also work with many private firms, government agencies and non-government agencies to find ways to incorporate soy and minimize malnutrition, improve economic development of an area and encourage sustainable value chains.