

# All About Soymilk

Whether you drink it, pour it over your cereal, or use it in cooking and baking, soymilk fits into any healthy diet.

## Soymilk is:

The rich creamy milk of whole soybeans  
Naturally low in saturated fat and is cholesterol free  
Lactose and casein free - important for those with food allergies!  
A good source of high-quality protein  
May help protect against heart disease, cancer and osteoporosis  
Available in several delicious flavors and low-fat varieties  
Often fortified with calcium, vitamin D and/or vitamin B<sub>12</sub>

## Choose the Soymilk That's Right for You

You may want to sample several brands of soymilk to find the one you like best. You may find that you like a variety of flavors for drinking and a plain or vanilla soymilk for cereal and cooking. Consider the following:

**Taste.** Try different flavors – vanilla, chocolate, strawberry, carob, chai, eggnog. Not only do flavors vary, but brands vary considerably in their taste and texture.

**Convenience.** Soymilk comes in refrigerated cartons or in shelf-stable packages that do not have to be chilled until they are opened. You may find quart, half-gallon or single-serving containers. Powdered soymilk is also available.

**Health.** A 1-cup serving of most varieties of soymilk has at least 6.25 g soy protein, enough to make an FDA-approved “heart healthy” claim.

**Nutrition Facts.** Always read the soymilk label because different brands have different amounts of calories, protein, fat, and sugars. If you are using soymilk to replace cow's milk, be sure to choose one that is calcium and vitamin D fortified.

Product (8oz cup)	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Calcium (mg)	Cholesterol (mg)
Traditional Soymilk	120	9	5	0	11	93	0
Plain Calcium-Fortified Soymilk*	100	7	4	0.5	8	300	0
Skim Cow's Milk	80	8	0	0	12	306	5
Whole Cow's Milk	150	8	8	5	11	276	24
Goat's Milk	168	9	10	7	11	327	27

\* a typical calcium-fortified soymilk; but check the label of your favorite soymilk as products vary. All other data from the Nutrient Database Laboratory, USDA Food Composition Data, USDA.

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## Buying Soymilk

Soymilk is now available in most supermarkets. Check the dairy case or the health and natural food sections for your favorites. Different stores may carry different brands – if you don't see what you want, ask for it!

## Tips for Using Soymilk

Substitute soymilk for cow's milk in almost any recipe. You won't notice any taste difference in most baked goods, but you might in sauces and creamy items that do not have many spices.

Pour soymilk over your breakfast cereal or mix into your oatmeal.

Use soymilk in shakes, smoothies, coffee, and other beverages.

Experiment with flavors. Plain soymilk might be best for cream soups, but vanilla soymilk may add a nice sweetness to a winter squash soup. Chocolate soymilk turns regular chocolate cake into double chocolate cake!

If using soymilk to prepare a packaged instant pudding mix, use only half the suggested amount of milk or the pudding will not set.

## Soy Milk Smoothie

2 cups vanilla flavored soymilk

8 oz frozen berries, partially thawed

2 Tbsp frozen orange juice concentrate, undiluted

2 tsp honey (or 1 packet of sugar substitute)

Combine all ingredients in a blender. Blend until smooth. Makes 3 servings

Per Serving: 140 calories, 5 g Protein, 25 g Carbohydrates and 2.5 g fat.

*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](http://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.