

Soy Goes to College

It's Soy Good For You!

Now that you are in college, you have lots of options for choosing how, when, where and what you are going to eat. Whether it is from school-provided food service, fast food options, or the local grocery store, what you eat, does matter. It has an impact on your health and your academic as well as your athletic performance. What are quick and easy choices that fit in your busy life as a student? One choice can be soy!

- **High quality protein** – Soy has all the essential amino acids that people need. It is a complete protein.
- **Vitamins & Minerals** – Soy is a good source of B vitamins, including folate. Soy foods are also good sources of calcium and iron.
- **Fiber** – Some soy foods, including edamame, dried soybeans, soy flour and textured vegetable protein, are high in fiber.
- **Phytochemicals** – Soy contains many biologically active substances that may help prevent chronic disease. These include isoflavones.
- **Brain Power** – Soy foods may improve cognitive function and mental abilities!
- **Weight control** – Soy is low in calories and high in nutrition. When soy replaces higher-fat foods, it reduces the overall fat content of the diet. Often you get a fiber boost as well!
- **Vegetarian Staple** – Whether you are vegan or flexitarian, or somewhere in between, soy foods provide the high quality protein you need in a varied diet.
- **Frugal Food** – When compared to most animal proteins, soy is economical. When you purchase one-half pound of textured soy protein (TSP) it hydrates to one pound – doubles your value! This can be used to replace or extend meat in a recipe.
- **Future Health** – The FDA has approved a soy health claim that states that *25 grams of soy protein a day as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease*. Soy may also help keep blood vessels healthy and help control blood pressure.

• **What about dorm foods?**

Talk with your school's Food Service Director or Registered Dietitian on how to offer more soy foods in the meal plan. Often many facilities are willing to make vegetarian items to meet their diverse student population's needs. Just ask! Tofu is great and quick to add to stir-frys, TSP or soy crumbles can be added to soups or casseroles, soymilk is great for smoothies and coffee drinks, and veggie burgers are a simple way to add offerings to the grill.

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Soy Shopping List

- Check out your local stores for quick and easy soy protein bars and soy nuts for healthy on-the-go snacks.
- Explore meat-free substitutions with refrigerated and frozen alternatives.
- Get creative with tofu and soymilk!
- Remember, soy foods are economical as well as very healthy!

For a listing of specific soy foods and recipes see our other fact sheets: www.nsrl.illinois.edu at the Nutrition tab.

Try these quick and inexpensive recipes!

Macaroni & Soy Skillet Mix - mix up a few bags for your pantry for quick meals!

Combine all the following ingredients, and store in an air-tight container or plastic bag:

1 1/2 cups uncooked elbow macaroni

1 cup dry textured soy protein (TSP)

3 tablespoons dried minced onion

2 tablespoon dried Italian seasoning blend

1/2 teaspoon salt

Additional Ingredients:

28 oz can diced tomatoes

2 cups water

To prepare: Pour tomatoes with juice and additional water into a large skillet and bring to a boil. Add the Macaroni and Soy Skillet Mix. Simmer, covered, for 15 minutes, or until macaroni is tender, stirring occasionally. Add more water if necessary. Optionally, add 1 cup frozen vegetables (chopped spinach, chopped broccoli, mixed vegetables, etc...) during the last 5 minutes of cooking. Makes 6 servings.

Nutrition Facts Per Serving: 180 Calories, 9 g Protein, 31 g Carbohydrate, 5 g Fiber, 1.5 g Fat, 0 mg cholesterol, and 410 mg Sodium.

Variation: Substitute your favorite taco seasoning packet instead of the Italian seasoning blend for a Mexi-Mac Skillet version.

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

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

The National Soybean Research Laboratory is located at the University of Illinois .