

Super Soy Snacks

Super Soy has a lot to offer:

- High-quality protein
- Low in saturated fat
- Cholesterol free
- Rich in many vitamins and minerals
- Healthy additions to overall diet
- Available in convenient snack foods

Snacks are an easy way to fit soy into your diet. Whatever kind of snack you like – creamy, crunchy, sweet, salty, chocolaty, chewy, or frozen – there’s a soy snack that’s right for you!

Snacks – Part of a Healthy Diet

Snacking can be good for you. Young children need to eat frequently because they have small tummies, and snacks provide energy for on-the-go families. Frequent small meals may also help adults control their appetite.

Remember that snacks are part of your total diet. Americans get up to one-fifth of their calories from snacks, so choosing nutritious snacks is especially important. Plan ahead and keep a variety of healthful snacks that are ready to eat at a moment’s notice – in the car, the backpack or desk drawer.

Soy Snacks at the Store

Soy snacks are becoming so popular that many of them are available alongside other snack foods at your grocery store. Others are in the health food section or at natural foods stores. If you don’t see what you are looking for, ask your grocer to stock it.

Sometimes the word ‘soy’ will be in the product name, sometimes it will appear only on the ingredient list. Here are some soy snack foods you will see:

- Soy chips or crisps*
- Soy nuts (plain or flavored)*
- Soy nut butter (plain or chocolate)*
- Frozen soy desserts (ice cream analog)*
- Soy snacking or energy bars*
- Soy cereals (flakes or nuggets)*
- Soy yogurt*
- Flavored soymilk*
- Soy cheese*
- Soy meat analogs (burgers, links, patties, slices, dogs)*

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- A trail mix including soy nuts or soy cereal
- Soy-based granola bar
- A glass of chocolate soymilk
- Soy cheese or soynut butter on crackers
- English muffin pizza with soy cheese and soy pepperoni
- Soy chips and dip-substitute puréed silken tofu for all or part of the sour cream or mayonnaise in a dip
- Homemade muffins, quick breads or cookies-substitute with soy flour by putting 2 tablespoons soy flour into a measuring cup and filling the rest with wheat flour
- A cone filled with a frozen soy dessert
- Smoothies of soymilk blended with frozen fruit

Trail Mix – *great for sporting events or on-the-go families*

3 cups of your favorite round or square cereal pieces

1/2 cup roasted soy nuts (plain or flavored)

1/2 cup dried fruit bits (such as raisins, dates, or mixed fruit)

Mix all ingredients and store in an air-tight container or pre-package into single serving baggies.

Variations – Create your own trail mix by adding soy nuts to your favorite snacking foods, such as popcorn, pretzels, peanuts, or candy pieces.

Soy Smoothies

1 cup soymilk

1/2 cup fruit

Mix the soymilk and fruit in a blender until smooth. Pour into a glass to serve.

Variations – Use frozen fruit (do not thaw) for a frosty smoothie. Flavor your smoothies by blending in a variety of fruits, frozen juice concentrates, peanut butter, chocolate syrup or flavoring extracts.

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