

Soy Food Nutrient Table with Diabetes Carbohydrate Counts

Soy Food	Serving	Kcal	Pro	Fat	CHO	Fiber	Carb Count
Edamame	½ c	95	9	4	8	4	½
Mature soybeans, cooked	½ c	149	14	8	9	5	0
Black soybeans, canned*	½ c	120	11	6	8	7	0
Roasted soynuts	¼ c	120	12	4	9	5	0
Soymilk, "traditional"	1 c	120	9	5	11	3	1
Commercial soymilk*, plain	1 c	100	7	4	8	1	½
Commercial soymilk* light plain	1 c	70	6	2	8	1	½
Commercial soymilk *, vanilla	1 c	100	6	4	10	1	½
Commercial soymilk *, chocolate	1 c	140	5	4	23	2	1 ½
Commercial soymilk *, unsweetened	1 c	80	7	4	4	1	0
Tempeh	½ c	160	15	9	8	0	½
Soy nut butter	2 Tbsp	170	7	11	10	3	½
Soy "beef or sausage" crumbles*	2/3 cup	80	10	2.5	4	3	0
Soy "chicken nuggets"*	4 nuggets	190	12	9	19	4	1
Soy "hot dog"*	1	50	7	0.5	5	0	0
Soy "meatless burger"*	1	130	15	6	5	2	0
Soy "sausage patty"*	1	80	10	3	3	1	0
Tofu, silken, firm	3 oz.	52	6	2	2	0	0
Tofu, silken, extra firm	3 oz.	46	6	2	2	0	0
Tofu, silken, lite firm	3 oz.	31	5	1	1	0	0
Tofu, silken, lite extra firm	3 oz.	32	6	1	1	0	0
Tofu, silken, soft	3 oz.	46	4	2	2	0	0
Soy yogurt	1 c	150	5	3.5	24	1	1 ½
Soy cheddar cheese	1 oz.	60	7	3	0	0	0
Miso	2 Tbsp.	68	4	2	9	2	½
Soy flour, full-fat, raw	½ c	183	15	9	15	4	1
Soy flour, low-fat	½ c	164	21	3	17	5	1
Soy flour, defatted	½ c	165	24	1	19	9	½
TVP*	¼ c	80	12	0	7	4	½
Soy Wheat Blend Pasta (Eddie's)*	2 oz	210	13	2	35	2	2
Soy Protein Bar (Genisoy Chocolate Fudge)*	1 bar	240	14	5	35	2	2
Soy Fruit Bar (SoyJoy Apple)*	1 bar	140	4	6	16	3	1

* Information from manufacturer's Nutrition Facts Label, all other information from the Nutrient Database Laboratory, USDA Food Composition Data, USDA. Always check the Nutrition Facts label on the soy foods you buy. Products will vary from brand to brand.

1 Carb Count = 15 grams of carbohydrate; if the item has 5 or more grams of fiber, subtract the number from the carbohydrate grams to arrive at more of the actual carbohydrate that impacts blood glucose. The best evaluation of how any new food impacts your own blood sugar is to self-monitor your blood glucose.