

## HEART HEALTH

# SOY PROTEIN FOR YOUR HEART

The FDA says 25 grams of soy protein a day, as part of a diet low in saturated fat, may reduce the risk of heart disease, the only plant protein to have such claim.



Research demonstrates that including soy protein in your daily diet will reduce LDL cholesterol levels by

# 2-7%

## SOY PROTEIN CHART

All soy-based foods bearing the FDA soy and heart health claim provide at least 6.25 grams of soy protein.

Product	Serving	Ave. Grams of Soy Protein
Soy "burger"	1 patty	14
Tempeh	3 ounces	13
Soy pasta	1/2 cup (cooked)	13
Soy nutrition bar	1 bar	6-14
Edamame	1/2 cup	11
Soy nuts, roasted	1/4 cup	11
Soy breakfast patty	2 patties	11
Meatless soy crumbles	1/3 cup	10
Soy yogurt	1 cup	9
Tofu	3 ounces	8
Soy milk	1 cup	7
Soy chips	1 bag	7
Soy nut butter	2 Tbsp.	7

## 5 DAYS OF SIMPLE SWAPS

Reaching 25 grams a day of soy protein is so easy!

Breakfast	Bowl of cereal with soymilk	7 grams
Snack	Soy chips	7 grams
Dinner	Soy pasta	13 grams
<b>Total</b>		<b>27 grams</b> of soy protein

Breakfast	Soy breakfast patties	11 grams
Lunch	Soy nut butter sandwich	7 grams
Dinner	Tacos with soy crumbles	10 grams
<b>Total</b>		<b>28 grams</b> of soy protein

Breakfast	Soymilk smoothie	7 grams
Snack	Soy nuts	11 grams
Dinner	Stir-fry with tofu	8 grams
<b>Total</b>		<b>26 grams</b> of soy protein

Breakfast	Bowl of soy cereal	7 grams
Lunch	Soy nutrition bar	14 grams
Dinner	Soy pudding for dessert	6 grams
<b>Total</b>		<b>27 grams</b> of soy protein

Breakfast	Tofu-egg scramble	8 grams
Snack	Soy yogurt with berries	9 grams
Dinner	Green salad with edamame	11 grams
<b>Total</b>		<b>28 grams</b> of soy protein