

Soybeans

a. Food Fact:

The World Health Organization has established that soy protein contains enough of all the essential amino acids to meet human requirements when consumed at the recommended level of protein intake, and is considered equivalent to animal proteins in quality. Soybeans are high in protein, containing 38% by weight, and have a favorable amino acid profile. Other types of legumes have an average of 20 to 30% of protein.

Soybeans are the world's leading edible oil crop. Oil makes up about 18% of the weight in a soybean. Soy oil is 85% unsaturated and is very high in essential fats linoleic and linolenic acids. The oil also contains phospholipids which are typically separated out in the refining process, creating the valuable byproduct, lecithin.

The carbohydrate fraction of soybeans makes up about 30% of the weight, with 15% fiber and 15% sugars. Soy is an excellent source of fiber. The fiber is often separated out in the process of creating various soy foods. It is then used as an additive to enhance the fiber content of other foods.

Source: United Soybean Board



b. Food Product and/or Shopping Idea:

Soy Protein can be obtained from a variety of sources: green vegetable soybeans, whole soybeans, miso, soy nuts, tofu, tempeh, soy sauce, soy sprouts, yuba, soy flour, and soy protein isolate. In addition, there are many easy-to-prepare soy products on the market today that make it fairly simple and painless to incorporate this healthy food into our diets, such as **Morningstar Farms Grillers Burger Style Recipe Crumbles**. You can find this product in the frozen food department. This product is pre-cooked and recipe ready, and you can use it in most dishes that call for ground meat, including spaghetti, tacos, stuffed peppers, casseroles, and many other dishes.

