Why is soy a healthy option?
Soy is not only a great source of complete protein, but it also provides fiber, B vitamins, omega-3 fatty acids, and beneficial phytochemicals.

How much soy should I eat?
The FDA recommends consuming at least 25 grams of soy protein each day as part of a diet low in saturated fat and cholesterol.

Source of Soy

<table>
<thead>
<tr>
<th>Food item</th>
<th>Grams of protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup soy milk</td>
<td>7 g</td>
</tr>
<tr>
<td>1/2 cup edamame (shelled)</td>
<td>11 g</td>
</tr>
<tr>
<td>1 cup edamame (in shell)</td>
<td>9 g</td>
</tr>
<tr>
<td>1/2 cup tofu</td>
<td>20 g</td>
</tr>
<tr>
<td>1 slice soy cheese</td>
<td>3 g</td>
</tr>
<tr>
<td>1/4 cup soy nuts</td>
<td>17 g</td>
</tr>
<tr>
<td>1 veggie burger</td>
<td>11 g</td>
</tr>
<tr>
<td>6 oz soy yogurt</td>
<td>5 g</td>
</tr>
<tr>
<td>2 T soy nut butter</td>
<td>9 g</td>
</tr>
</tbody>
</table>

Emily Smith and Lori McGrail
2009-2010 Dietetic Interns
The Dietetic Internship Program at Vanderbilt
EDAMAME STEW

Yields: 4 servings (2 cups stew/serving)
Prep Time: 20 minutes
Cook Time: 20 minutes

1 bag (16 oz) frozen shelled edamame
1 can (35 oz) no-salt-added Italian diced tomatoes with basil
2 cups zucchini, quartered and sliced
1 cup yellow onion
1 T olive oil
1 T ground cumin
¼ tsp cayenne pepper
½ tsp allspice (or sub cinnamon or pumpkin pie spice)

2 T garlic minced (about 5 cloves)
1 cup frozen corn
1/4 tsp salt
2 T lemon juice
1/2 tsp dried oregano

2. While soybeans cook, chop tomatoes, zucchini, and onion.
3. In a large nonstick sauté pan, cook onion in olive oil over medium heat until soft, about 5 minutes.
4. Stir in cumin, cayenne pepper, and allspice. Cook and stir for about 2 minutes.
5. Add garlic. Cook and stir for 1 minute.
6. Stir in drained edamame, tomatoes, zucchini, corn, and salt.
7. Cover. Simmer until zucchini is tender, about 15 minutes.

Nutritional Information

Calories: 285
Total fat: 10 g
Saturated fat: 1 g
Trans fat: 0 g
Cholesterol: 0 mg
Sodium: 303 mg
Carbohydrate: 40 g
Fiber: 14 g
Protein: 16 g

Source:
National Heart, Lung, and Blood Institute
www.hp2010.nhlbihin.net/healthyeating