

# QSSB Health and Nutrition Outreach

## July 2022 Content

### Article

#### Soyfoods & Summer Fun

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As the weather gets warmer and the days get longer, it's time to start thinking about all of the delicious ways to enjoy summer. That often means firing up the grill and cooking up some classic summer foods like burgers and hot dogs, but did you know that you can also use soyfoods in your summer recipes? Soy-based ingredients are a great way to add flavor and nutrition to your meals this summer, and there are so many delicious options.

One of the great things about soyfoods is that they are incredibly versatile. You can use soy in everything from salads to desserts. It's a perfect way to add some extra nutrition to your summer meals in a way that tastes great and appeals to a wide range of taste and flavor preferences.

Some soyfoods have a lot of nutrition to offer including b-vitamins and bone-building minerals like calcium. It's a heart-healthy protein because it's a plant-based source of protein and is lower in saturated fat content. Soy also contains *isoflavones* which are compounds that have been studied for their ability to prevent chronic disease such as reducing the risk of osteoporosis, heart disease, and breast or prostate cancer.

Soyfoods can be enjoyed by everyone, not just vegetarians or vegans. So even if you do enjoy meat in the summer, you may be surprised to find how much you like an edamame salad, tofu mousse dessert, or even some marinated grilled tofu!

#### **When adding soyfoods to your diet this summer, consider:**

1. Adding edamame to your salad for a boost of protein.
2. Blending tofu into your dips or smoothies for extra protein and a creamy flavor.
3. Making a batch of chilled mousse for a nutritious dessert, topped with summer berries.
4. Grilling marinated tofu or tempeh for a delicious, easy option at your next cookout.

Use seasonal herbs and vegetables to provide flavor to your soy dishes. Consider adding fresh ginger to a marinade or dressing, thinly sliced scallions to grilled tofu or tempeh, diced fresh mango or berries as a topping for chilled mousse, or combine sliced cucumber, avocado, and tomato in an edamame salad. Use soy as your base to recipes as you celebrate vibrant summer flavors.

Whether you're looking to boost your protein intake or simply want to add more variety to your diet, soyfoods are a great option this summer. With the nutritional benefits and delicious ways to enjoy them, soyfoods pair well with hot weather. For your next barbecue, picnic, road trip, or summer sporting event, be sure to

incorporate some soy-based ingredients into your recipes. Your taste buds will thank you! And your body will too.

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