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Indulge Yourself With Soyfoods During National Nutrition Month

Ankeny, Iowa, February 21, 2022—The Soyfoods Council reminds you that March is National Nutrition Month, an observance created by the Academy of Nutrition and Dietetics. Explore the benefits of sustainable soyfoods as you make better food choices, and develop better-for-you eating habits. Soyfoods add complete plant protein to your diet without adding cholesterol. Soyfoods suit active lifestyles, too. The next time you're out for a swim, hike or bike ride, take along a homemade snack like soynut trail mix.

Choose from the wide range of soyfoods that includes versatile tofu, edamame, and soymilk. Currently, wellness remains top-of-mind when making food choices. According to the *2022 Food and Health Survey*, energy is the most sought-after food benefit. Soyfoods such as soymilk, soynut butter and tofu offer an average of 7 or 8 grams of protein per serving, while one cup of edamame provides 18 grams of protein.

The Soyfoods Council offers budget-friendly recipes that make it easy to create convenient snacks and meals with your healthy lifestyle in mind. For example, ***Basil Edamame Pesto*** is a fresh-flavored pasta-lover's dream, made in a food processor with shelled, cooked edamame, fresh basil and parsley, and a garlic clove. Add one Tablespoon Parmesan cheese, one

Tablespoon white vinegar and 2½ Tablespoons white balsamic vinegar. Pulse for one minute, then add ¼ cup soybean oil (vegetable oil) gradually. Serve immediately with whole grain pasta.

To complement crackers, chips or fresh vegetables, make three-ingredient ***Ranch Tofu Dip*** in a blender or food processor. All you need are a 12-ounce package of silken tofu, a one-ounce package of Ranch dressing mix and ¼ cup of reduced fat mayonnaise.

Soyfoods also help you create indulgent salads like ***Baby Spinach, Candied Walnuts, Green Apple and Goat Cheese Salad with Creamy Apple Vinaigrette***. To make the dressing in a blender, combine ingredients in a blender. To one pound of silken tofu, add ½ cup apple juice, ½ cup apple cider vinegar, ¼ cup soybean (vegetable) oil, 2 teaspoons minced white onion, a Tablespoon brown sugar, 2 teaspoons sugar, 2 teaspoons salt and ½ teaspoon white pepper. Blend ingredients until smooth.

Learn more about making informed food choices by visiting The Soyfoods Council website at www.thesoyfoodscouncil.com. You'll find updates about soyfoods and your health, the latest research about the benefits of soy, family-friendly recipes and cooking tips.

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About soyfoods and sustainability: Sustainability is a soy tradition. U. S. soybean farmers have been practicing sustainable agriculture methods for decades. Currently, 95% of U.S. soy growers are committed to sustainable farming practices and partner with the USDA to implement conservation programs. Soyfoods may play a significant role as a source of protein that minimally contributes to greenhouse gas (GHG) emissions in comparison to other protein sources.

About the Soyfoods Council: The Soyfoods Council is a non-profit organization, created and funded by Iowa soybean farmers, providing a complete resource to increase awareness of soyfoods, educate and inform media, healthcare professionals, consumers and the retail and foodservice markets about the many benefits of Soyfoods.