

Soybeans on Your Plate:

NUTRITION AND HEALTH BENEFITS

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What is soy? Soybeans (*Glycine max*) are legumes eaten whole (edamame) or made into foods such as tofu, tempeh, miso, natto, and soymilk. Soy is also processed into ingredients like soy flour and textured vegetable protein (TVP).

Soyfoods offer a **high-quality, complete plant protein**, providing all essential amino acids in amounts needed by the body. They are **naturally cholesterol-free, rich in fiber, and low in saturated fat and carbohydrates**. Soybeans are one of the few good sources of both essential fatty acids, omega-6 and omega-3.

Soyfoods are economical and simple to prepare. For example, replacing 25% to 50% of the ground meat in recipes with textured soy protein (TSP) or textured vegetable protein (TVP™) can stretch a food budget without sacrificing flavor, texture or convenience.



Culinary Uses of Soy

Soy is extraordinarily versatile in the kitchen. Its applications span whole beans, fermented foods, processed proteins, and culinary ingredients in both traditional and modern cuisine.

Whole Soybeans

- **Edamame:** Immature, green soybeans, often steamed or boiled and served as a snack or appetizer.
- **Whole Mature Soybeans:** Dried soybeans cooked and used in soups, stews, curries, or roasted as snacks.
- **Soy Nuts:** Whole soybeans that are roasted until crunchy, eaten as a snack or salad topper.
- **Soy Nut Butter:** A peanut butter alternative made from roasted soybeans, offering a nutty flavor and high protein content.



Fermented Soy Products

- **Miso:** A fermented soybean paste, central to Japanese cuisine and soup bases.
- **Tempeh:** Fermented soybeans formed into a cake, common in Indonesian cooking.
- **Natto:** Fermented soybeans with a sticky texture and strong flavor, traditional in Japanese breakfasts.
- **Soy Sauce:** A salty, fermented liquid condiment made from soybeans and wheat, essential in East Asian cuisines.



Soy Dairy

- **Soy Milk:** A beverage made from soaked, ground, and strained soybeans; used as a dairy alternative.
- **Soy Yogurt:** Fermented soy milk cultured to produce a yogurt-like product.
- **Soy-Based Cheese Alternatives:** Dairy-free cheeses made primarily from soy milk or soy protein.
- **Tofu:** Also known as bean curd, made by coagulating soy milk and pressing the curds into blocks. Used in both savory and sweet dishes.



Processed Soy Proteins

- **Soy Protein Isolate:** Highly refined protein powder from soybeans, used in shakes, bars, and meat alternatives.
- **Soy Protein Concentrate:** Less processed than isolate; used in baked goods, cereals, and vegetarian foods.
- **Textured Vegetable Protein (TVP):** Defatted soy flour processed into chunks or granules, used as a meat substitute.



How much soy should I eat?

Aim for 25g of soy protein per day. Up to 50g is safe for most adults.

Ingredients & By-Products

- **Soy Flour:** Ground roasted soybeans used in baking and processed foods.
- **Kinako (Roasted Soy Flour):** A fine powder made from roasted soybeans, used in Japanese sweets and snacks.
- **Soy Lecithin:** An emulsifier common in baked goods, chocolate, and salad dressings.
- **Okara:** The pulp by-product of soy milk or tofu, used in baking, soups, or as a fiber-rich filler.
- **Soy Oil:** Extracted from soybeans; one of the most widely used cooking oils worldwide.



Nutrition Snapshot

Soy provides complete plant protein with all nine essential amino acids, heart-healthy polyunsaturated fats (including ALA omega-3), and fiber. It also contributes calcium, iron, magnesium, potassium, and folate to the diet (see nutrition facts for 2/3 cup cooked soybeans).

Nutrition Facts

1 servings per container
Serving size 2/3 cup (103g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2.3mg	15%
Potassium 440mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Smart Ways to Add Soy:

Quick Everyday Swaps

- Snack on edamame or roasted soy nuts.
- Choose calcium-set tofu or fortified soy milk for extra calcium.
- Add whole soybeans to soups or chili for extra protein and fiber.
- Modify recipes with soy milk, soy cream cheese, or soy sour cream for those with allergies or dietary needs.
- Top salads with roasted soy nuts or edamame instead of croutons.
- Cook with soy oil in salad dressings, baking, or sautéing.
- Try soy-based cheese alternatives in sandwiches, wraps, or baked dishes.

Cooking Inspiration

- Use TVP or crumbled tofu in chili, tacos, lasagna, or sauces.
- Blend silken tofu into smoothies, dips, or creamy soups.
- Try tempeh in stir-fries, grain bowls, fajitas, or pasta sauces.
- Use soy flour to replace part of the flour in muffins, pancakes, or quick breads.
- Stir soy protein powder into oatmeal, baked goods, or homemade energy bars.
- Make miso soup or whisk miso into marinades, dressings, or sauces.
- Use soy sauce or tamari for seasoning stir-fries, soups, or grain dishes.
- Add okara into veggie burgers, soups, or baked goods.
- Experiment with natto (fermented soybeans) for adventurous eaters.

Spicy Edamame

Spicy Edamame is cooked in the pod and will guarantee that you will be licking your fingers.

Ingredients:

- 1½ c. of fresh or frozen whole edamame soybeans
- 2 Tbsp. coconut oil (or whatever oil you prefer)
- 5 cloves garlic minced
- 1 Tbsp. Sriracha chili sauce
- Coarse Sea salt

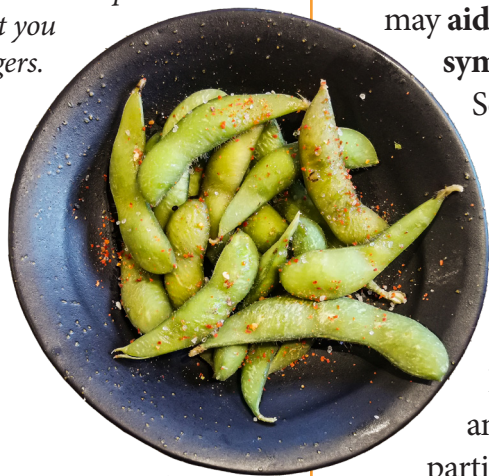
Directions:

Place whole edamame in small pot with 2 cups of water and bring to boil. Reduce heat to low and cover pot with a lid for 5-6 minutes. Drain.

In a small skillet, warm oil on medium-low heat. Add edamame and toss to coat. Add minced garlic and chili sauce and stir to mix garlic and sauce through edamame. Sauté until garlic is light brown (do not burn). Remove skillet from heat and continue to toss for a couple of minutes while cooling. Serve and enjoy!

Nutrition facts per serving; Serving Size: ½ cup. Calories: 245. Total Carbohydrates: 14.3g. Protein: 16.5g. Dietary Fiber: 5.4g. Calcium: 252mg. Iron: 5mg. Total Fat: 15g. Saturated Fat: 1.9g. Cholesterol: 2mg. Sodium: 974mg. Potassium 794mg.

Source: www.bandblegacyfarms.com



Health Benefits of Soy

Soy foods **support heart, bone, and gut health** and may **aid weight management and mild menopause symptom relief** when included in a balanced diet.

Soy protein can **lower LDL (“bad”) cholesterol**, especially when it replaces foods high in saturated fat like meat or cheese. Its protein and fiber **promote fullness for healthy weight control**, while its fiber and plant compounds **nourish beneficial gut bacteria**.

For postmenopausal women, soy protein and isoflavones help **maintain bone strength**, particularly with adequate calcium and vitamin D, and may **modestly reduce hot flashes**. Regular soy intake is associated with a **lower risk of breast cancer** and appears safe for survivors based on large studies. Soy does not affect testosterone or fertility in men.

However, soy isn’t suitable for everyone. **People with soy allergies should avoid it, and those with kidney disease or kidney stones should limit intake due to its oxalate content**. Individuals with hormone-sensitive conditions (e.g., breast cancer or uterine fibroids) should consult a physician since soy’s phytoestrogens

can act like estrogen in the body. **Soy may also interact with medications** such as Tamoxifen and Anastrozole. Finally, while soy doesn’t alter thyroid hormone levels in healthy adults, **those with thyroid disease should monitor intake** and separate soy consumption from thyroid medication by at least two hours.



References & further reading (source documents)

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