

Illinois School Children at Risk

Almost a third of American school children are overweight, and there are about four times as many obese children as there were 25 years ago. Black and Hispanic children are even more likely to be overweight or obese – over a third of black children and almost 40% of Hispanic children weigh more than is healthy.



Overweight and obese children are more likely to have asthma, diabetes, hypertension, orthopedic problems, and sleep apnea. Complications from these diseases can make them more likely to miss school and less able to concentrate when they are in class. These children are also teased and often suffer from low self-esteem, making it hard for them to succeed at school.

Soy Protein Can Make a Difference

Soy protein is as good for growing children as the protein from milk or meat, and it comes without the high levels of saturated fat that are in beef and dairy products. In addition, high-quality soy protein offers many health benefits. Soy protein may help protect your students from chronic diseases like diabetes, heart disease, and cancer. It may also help reduce obesity.

Heart disease. The FDA has approved a soy health claim that states that 25 grams of soy protein a day as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. Soy may also help keep blood vessels healthy and help control blood pressure.

Diabetes. Soy protein can help keep blood glucose levels under control by increasing insulin sensitivity. Soy may also reduce the risk of developing kidney disease and heart disease, both of which are common in diabetics.

Obesity. Soy is low in calories and high in nutrition. When soy replaces higher-fat foods, it reduces the overall fat content of the diet. Recent research has shown that soy protein may delay hunger, increase metabolism, and promote weight loss.

Acceptability

Soy has certain ‘functional properties’ that make it a desirable addition to foods. Adding a little soy helps a food stay moist and fresh. Many products already used in school lunches contain small amounts of soy precisely because the food is more appealing when soy is added – burgers stay plumper and moister, for example.



What happens when soy is used in larger amounts? Researchers from Southern Illinois University who served soy-enhanced lunches to children in an Illinois Head Start program found that the children accepted the soy foods as well as they did their traditional meals. Consumer surveys and marketing studies show that more and more people are eating soy foods, including soymilk and soy burgers. Other people may be eating soy without realizing it, because when soy is substituted for some or all of the meat in recipes like chili and spaghetti sauce, differences in taste can be hard to detect.

Soy Foods at Your School

If you want to try soy foods in your own school, let your distributor know that soy products are available from the following vendors:

- Dakota Gourmet
www.dakotagourmet.com
- Ember Farms
www.emberfarms.com
- J.M. Smucker Company
www.smucker.com
- Legacy Foods LLC
www.pmsfoods.com
- MoonRose products (Sysco)
www.moonrosevegetarian.com
- Quik-to-Fix Foods
www.qtffoods.com
- Zartic, Inc.
www.zartic.com



For More Information About Soy Foods

Illinois Center for Soy Foods
www.soyfoodsillinois.uiuc.edu

Archer Daniels Midland Company
www.admworld.com

United Soybean Board
www.unitedsoybean.org

Endres J et al. Soy-enhanced lunch acceptance by preschoolers. *Journal of the American Dietetic Association* 2003; 103:346-351.

N. Chapman Associates. *Making Winning Meals with Soy: A Guide for School Foodservice and Child Care Providers*. Contact USB@nchapman.com.

Anderson JW, "Soy protein and its role in obesity management and risk reduction." 2003 IFT Annual Meeting. Abstract: ift.confex.com/ift/2003/techprogram/paper_14974.htm



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www.nsrl.uiuc.edu



ISoy

A Better School Lunch

Soy in the School Lunch Program

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