

Why Choose Soy Snacks?

Soy has a lot to offer:

- High-quality protein
- Low in saturated fat
- Cholesterol free
- Rich in many vitamins and minerals
- Reduces risk of heart disease, cancer and osteoporosis
- Available in convenient snack foods

Snacks are an easy way to fit soy into your diet. Whatever kind of snack you like – creamy, crunchy, sweet, salty, chocolaty, chewy, or frozen – there's a soy snack that's right for you!

Snacks – Part of a Healthy Diet

Snacking can be good for you. Young children need to eat frequently because they have small tummies, and snacks provide energy for on-the-go grade schoolers and teens. Frequent small meals help adults control their appetite.

Remember that snacks are part of your total diet. Americans get up to one-fifth of their calories from snacks, so choosing nutritious snacks is especially important. Plan ahead and keep a variety of healthful snacks that are ready to eat at a moment's notice.

Soy Snacks at the Store

Soy snacks are becoming so popular that many of them are available alongside other snack foods at your grocery store. Others are in the health food section or at natural foods stores. If you don't see what you are looking for, ask your grocer to stock it.

Sometimes the word 'soy' will be in the product name, sometimes it will appear only on the ingredient list. Here are some soy snack foods you will see:

Soy chips or crisps
Soy nuts (plain or flavored)
Soy nut butter (plain or chocolate)
Frozen soy desserts (ice cream analog)
Soy snacking or energy bars
Soy cereals (flakes or nuggets)
Soy yogurt
Flavored soymilk
Soy cheese
Soy meat analogs (burgers, links, patties, slices, dogs)



Super Soy Snacks

- A trail mix including soy nuts or soy cereal
- A glass of chocolate soymilk
- Soy cheese or soynut butter on crackers
- English muffin pizza with soy cheese and soy pepperoni
- Soy chips and dip (substitute puréed silken tofu for all or part of the sour cream or mayonnaise in a dip recipe)
- Soy corndog on a stick
- Homemade muffins, quick breads or cookies (substitute soy flour for up to 15% of the wheat flour by putting 2 tablespoons soy flour into a measuring cup and filling the rest with wheat flour)
- A cone filled with a frozen soy dessert
- Smoothies of soymilk blended with frozen fruit

The University of Illinois & Soy Snacks

The University of Illinois is a leader in soy snack food technology. U.I. researchers have developed extrusion techniques that use soy blends to make snacks and cereal with a variety of appealing textures and sizes. They have been careful to see that soy retains its healthful properties during this processing.

Trail Mix

- 3 cups round or square cereal pieces
- 1/2 cup roasted soy nuts (plain or flavored)
- 1/2 cup dried fruit bits (such as raisins, dates, or mixed fruit)

Mix all ingredients and store in an air-tight container.

Variations – Create your own trail mix by adding soy nuts to your favorite snacking foods, such as popcorn, pretzels, peanuts, or candy pieces.



Soy Smoothies

- 1 cup soymilk
- 1/2 cup fruit

Mix the soymilk and fruit in a blender until smooth. Pour into a glass to serve.

Variations – Use frozen fruit (do not thaw) for a frosty smoothy. Flavor your smoothies by blending in a variety of fruits, frozen juice concentrates, peanut butter, chocolate syrup or flavoring extracts.

Illinois Center for Soy Foods

The Illinois Center for Soy foods is dedicated to developing innovative processing and marketing techniques, educating society on the advantages of a soy-enriched diet, and communicating new health benefits of soy. Its mission includes:

Development of soy foods through improved chemistry, engineering, microbiology, processing, and packaging techniques

Understanding and improving sensory attributes

Creation of advertising and product branding through better understanding of consumer perceptions

Study the efficacy and safety of soy foods to improve human health

Decreasing health care costs by finding disease-preventative and health-promoting benefits of soy foods



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