

Why choose soymilk?

Soy milk has so much to offer!

- Naturally low in saturated fat and cholesterol free
- A good source of high-quality protein
- May help protect against heart disease, cancer and osteoporosis
- Lactose and casein free
- Available in several delicious flavors

Per cup:	Soy milk*	Cow's milk, whole	Cow's milk, skim
Calories	81	149	86
Protein (g)	6.7	8.0	8.4
Fat (g)	4.7	8.2	0.4
Sat. Fat (g)	0.2	2.1	0.1
Isoflavones (mg)	23	0	0
Cholesterol (mg)	0	34	5

*Nutrition

Always check the Nutrition Facts label. If you are using soy milk to replace cow's milk, choose a variety that is fortified with calcium (at least 30% of the Daily Value) and vitamin D. Check the protein content, too, as that varies with different brands and flavors.

Which soy milk should you choose?

Here are things to consider when choosing the soy milk that's best for you:

- **Taste.** Sample several brands. Try different flavors – vanilla, chocolate, carob, chai, eggnog.
- **Health.** A 1-cup serving of most varieties of soy milk has at least 6.25 g soy protein, enough to make an FDA-approved "heart healthy" claim.
- **Convenience.** Soy milk comes in refrigerated cartons, aseptically packaged containers that do not have to be chilled until they are open, or single-serving containers. Powdered soy milk is also available.

Part of a healthy diet

Whether you drink it, pour it over your cereal, or use it in cooking and baking, soy milk fits well into a healthy diet. It is low in saturated fat and provides a variety of essential vitamins and minerals, and its soy protein and isoflavones help keep you healthy.

Tips for using soy milk

- Substitute soy milk for cow's milk in almost any recipe.
- Pour soy milk over your breakfast cereal.
- Use soy milk in shakes, coffee, and other beverages.
- You won't notice a difference in taste when substituting soy milk in most baked goods, but you might in sauces and creamy items that do not have many spices.
- If using soy milk to prepare a packaged instant pudding mix, use only half the suggested amount of milk or the pudding will not set.

The University of Illinois and Soy milk

The University of Illinois is a leader in soy milk technology. U.I. has developed innovative industrial and home-level processes to make non-beany tasting soy milk. Special courses are offered from time to time on soy milk processing and utilization. In addition, the University of Illinois pilot plant is used by companies seeking to test new methods of soy milk processing.

It takes approximately one pound of soybeans to make one gallon of soy milk.

Baking with Soy

You can substitute soymilk for cow's milk in baking, and you can also replace part of the flour with soy flour. Soy flour is made from whole soybeans that are roasted and ground.

Tips for using soy flour

- Use soy flour to replace about one-fifth of the wheat flour in quick breads, muffins and cookies.
- Mix a batch of 1 part soy flour to 4 parts all-purpose flour to keep on hand for baking.
- Yeast breads can handle up to 15% soy flour. To get this amount, put 2 tablespoons soy flour in a cup and then fill with bread flour.
- Soy flour makes a moist, tender product that browns quickly. Reduce oven temperature slightly to avoid overbrowning.
- Stir soy flour before measuring, as it tends to pack down.
- Full-fat soy flour should be stored in the refrigerator; defatted soy flour may be stored in the cupboard.

One hundred pounds of soybeans yields about 65 pounds of defatted soy flour

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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Tasty and Healthy

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