

Choosing Soy Protein



Soy beans are a **type of legume** and are a good source of plant-based protein.



Examples of soy products include **tofu, tempeh, edamame beans, soy beverage** and **whole soy beans**.



Choose **plain tofu** rather than flavoured tofu to **limit added sugar**



To limit sodium, cook with soy products at home instead of buying processed meat substitutes (such as soy burgers, nuggets and sliced meat)

A few ways to use soy products:

Replace meat in a stir fry with cubed firm or extra-firm tofu

Use tempeh instead of ground meat in chili, tacos or spaghetti sauce

Add extra protein to a smoothie by adding soft, or silken, tofu

Snack on edamame beans that have been removed from their pod

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.