**Soy Sources**

Soybeans are a source of complete protein, which means that it contains all of the essential amino acids required by the body. For this reason, soy is especially important for vegetarians and for people with allergies. Additionally, both tofu and soy milk, when calcium-fortified, are a rich calcium source. Soybeans can be eaten whole as a vegetable or in various processed forms. Two main sources of soy are soy milk and tofu. Soy milk is made by extracting the liquid from whole soybeans; tofu is soybean curd.

**Serving Soy**

Soy milk can be used in any recipe as a replacement for cow’s milk. Tofu is available in various forms and is therefore a versatile ingredient. Silken tofu is best for mashing or blending while whole firm tofu is best when sliced or cubed. Tofu has no real flavor of its own but it absorbs the flavor of the sauce or seasoning in which it is cooked.

**Nutritional Values:**

- **2% Soy Milk (8 ounces)**
  - 90 calories
  - 4.5 grams of fat

- **Tofu (1/2 cup)**
  - Firm: 185 calories
  - Regular: 94 calories
**Tips on Tofu**

- Stir with mixed vegetables. You can serve it with brown rice or whole wheat pasta for a complete meal.
- Cube and use it as a replacement for beef in a stew or casserole.
- Crumble and use it as a replacement for ground beef in tacos.
- Slice into cutlets, coat in bread crumbs and bake. You can serve it with ketchup for a meal your kids will enjoy.
- Toss into a salad with ginger dressing and sesame seeds for an oriental-style salad.
- Cube and mix into spaghetti with tomato sauce. You can top it with melted cheese.
- Slice and combine with lettuce, tomatoes, and balsamic vinegar dressing in a whole wheat wrap.
- Spice up, form into burgers, bake, and serve on a bun with your favorite toppings.
- Blend and use in fruit shakes and smoothies as a substitute for yogurt.