



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

It's a Bird, It's a Plane, It's... Soy Boy!

A villain, or a hero? Soy has been in and out of the nutrition spotlight as an alternative source of protein. It has many health benefits, and contrary to popular belief, there is no conclusive evidence that consumption of soy is linked to breast cancer or reduced male fertility. Soy is considered a complete protein, earning its cape by providing your body with all of the essential amino acids that it cannot produce on its own. It is not only a healthy protein replacement for meat, but is also considered a good source of B vitamins and essential fatty acids. Wondering how to incorporate soy into your diet? Let Soy Boy lead the way!

Some common soy-based foods include: edamame, soy milk, tofu, and miso

A one cup serving of soybeans (edamame) contains about twice as much iron as the same amount of kidney or black beans

Choose tofu for your stir fry protein. Tofu has the ability to take on flavor, giving it the power of versatility

Start your day the soy way by pouring soy milk into your cereal, oatmeal, or coffee

Add tofu from the salad bar to top your salads or to make a super soup

Soy up your dish by grabbing edamame from the salad bar to add to your cook-to-order pasta

With great power comes great respon-soy-bility

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