



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

April 14, 2025

National Soyfoods Month

Soy is a great source of plant-based protein and contains essential nutrients like iron, calcium, vitamin K and omega-3 fatty acids. Soy is also cholesterol-free and low in saturated fat; incorporating soy foods into your diet can have numerous health benefits including improved heart and bone health !

Nutrition Facts:

Tofu—1/2 cup serving

Fiber: 2.9 grams, Protein: 21.8 grams, Calcium: 861 milligrams, Iron: 3.4 milligrams



Miso Paste—1 tbs serving

Fiber: 0.9 grams, Protein: 2.2 grams, Iron: 0.4 milligrams, Choline: 12.3 milligrams, Vitamin K: 5 micrograms



Black Soybean—1/2 cup serving

Fiber: 7 grams, Protein: 11 grams,



Soy Nuts & Butter—1 tbs serving

Fiber: 1.7 grams, Protein: 3.4 grams, Calcium: 56 milligrams, Iron: 0.6 milligrams



Soy Foods



- Tofu • Edamame • Soy
- Miso • Canned Black Soybeans Nuts & Butters

Tips for Boosting Meals with Soy:

Try a Tofu protein swap at meal time (chicken → tofu)

Snack on edamame and hummus!

Use soymilk instead of cows milk in cereals, smoothies and baked goods!

Interested in learning more about how you can better manage your nutrition?

Contact the Nutrition Connection Services!

By Appointment Only

Email: nutrition-connection@iup.edu

Please provide your name, phone number, and email. A counselor will respond to schedule an appointment. Appointments are offered in-person or virtually.

Soy is a **sustainable** way to consume high-quality protein's and fats!



Happy National Soy Foods month! Iowa Soybean Research Center. April 22, 2024. Accessed April 10, 2025. <https://iowasoybeancenter.iastate.edu/news/2024/happy-national-soy-foods-month>.

Association IS. Celebrating soyfoods this April and beyond. Celebrating Soyfoods This April and Beyond. Accessed April 10, 2025. <https://www.iasoybeans.com/newsroom/press-release/celebrating-national-soyfoods-month-with-nutritious-and-delicious-soy>.