

Nutrition Notables

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Special points of interest:

- Learn whether soy is healthy or not!
- Try soy with a warm hearty chili!
- Find out how to get your calcium without dairy products!

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Super Soy or Not?

Soy has been enjoyed in Asia for over 5,000 years and in many forms. Traditionally, soy was eaten as tempeh, tofu, natto, miso, and soy or tamari sauce. Recently, soy milk, soy burgers, and other soy foods were created. While it has been enjoyed in Asia for centuries, lately there seems to be quite a bit of disagreement as to whether or not soy is healthy and safe to eat. There is definitely evidence both in favor of and against soy.

It's a great protein source. In fact, it's a source of all seven essential amino acids. Those are parts of proteins that our bodies need and can not make for it's self.

That being said, soy contains chemicals called trypsin inhibitors that will stop some of the protein from being absorbed by the body. To avoid this, select fermented forms of soy, miso, tempeh, soy or tamari sauce (choose a low sodium version) and natto.

There does appear to be some evidence that it may help with heart health. Some research that suggests that it may lower LDL and total cholesterol. However, some like to point out that this affect may be due not so

much to the soy, but the fact that the soy replaces sources of saturated fat and cholesterol in the diet (meat and dairy).

We do know that soy is a good source of omega-3 fats and these are known to have heart health benefits, along with benefits for brain and nerve function.

Soy is a good source of zinc, magnesium, iron, fiber (some forms), and calcium (soy milk, tofu, soybeans). However, iron and zinc absorption are reduced due to chemicals called phytates in the soy. Again, fermenting reduces the amount of phytates in the soy products.

Most soy products are low glycemic index food and therefore, are good for diabetics.

Isoflavones found in soy may protect bone health. In particular, genistein is thought to improve bone density through it's estrogen like affects.

Soy may reduce the risk of breast cancer. In Asia the number of cases of breast cancer is low. However, this may not be totally due to soy, but their diets and lifestyles in general. If you have already had breast cancer, it



Super Food or Super

is recommended that you avoid soy as research indicates at that point it may actually help the cancer grow.

Some research show that replacing some animal protein with soy protein may decrease proteinuria in people with kidney failure. However, you should not replace all the protein in your diet with soy. Animal protein is also has it's benefits in moderation.

As you can see, soy has both it's good points and it's bad. So the bottom line with soy is enjoy it in moderation along with a healthy diet. In particular, select the more traditional fermented forms of soy to get the best health benefits.



This chili is a great way to introduce soy into your diet!

Recipe Box—Soy Turkey Chili

- 3 cups boiling water
- 2 cups texturized soy protein (TPS or TVP)
- 2 lbs ground turkey breast
- 3 cups onions, chopped
- 3 cups green peppers, chopped
- 1 Tablespoon soybean oil (vegetable oil)
- 10 ounces canned diced tomatoes, including liquid
- 1 1/2 quarts canned tomato sauce
- 4 ounces canned green chilies, diced (1/2 cup)
- 1/3 cup chili powder
- 2 teaspoons salt
- 1 Tablespoon jalapeno peppers, minced
- 3 quarts water

In a large bowl, pour boiling water over soy protein.

In a 14-quart pot, sauté turkey, onions, peppers, and garlic in oil over medium high heat until turkey is no longer pink.

Add rehydrated soy protein and remaining ingredients. Bring to a boil; reduce heat and simmer uncovered for 45 minutes.

Serve with assorted condiments such as shredded low-fat Cheddar cheese, fat-free yogurt, fat-free sour cream or minced onion.

Serves 24.

Per serving: 97 calories, 16gm protein, 7.5 gm carbohydrate, 1.3mg fat, 27 mg cholesterol, 3.1gm fiber.

Recipe compliments of United Soybean Board. For more great soy recipes visit: www.soyconnection.com



Worried you aren't getting enough calcium for strong bones?

Don't "Got Milk?"[®]

If you don't eat or drink dairy products, getting enough calcium to have strong bones may seem like a challenge. The good news is it doesn't have to be. The following list of foods are some good non-dairy sources of calcium to include in your diet.

Daily needs:

- 4-8 years 800mg
- 9-18 years 1,300mg
- 19-50 years 1,000mg
- 50+ years 1,200mg

Fortified ready-to-eat cereals (1 oz)	236-1043mg
Soy beverage, calcium fortified (1 cup)	365mg
Sardines (3 oz can)	325mg
Tofu, firm-prepared with calcium sulfate (1/2 cup)	253mg
Canned salmon with bones (3 oz can)	181mg
Collard greens, cooked from frozen (1/2 cup)	178mg
Black-strap molasses (1 Tbsp)	172mg
Soybeans, green, cooked (1/2 cup)	130mg
Turnip greens, cooked from frozen (1/2 cup)	124mg
Ocean perch, Atlantic, cooked (3 oz)	116mg
Instant oatmeal, fortified (1 packet)	9-110mg
Cowpeas, cooked (1/2 cup)	106mg
Kale, cooked from frozen (1/2 cup)	90mg
Okra, cooked from frozen (1/2 cup)	88mg
Almonds (1/4 cup)	85mg

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