

# Snack on Soy!

If you're like most Americans, you probably eat a few snacks during the day. Millennials in particular take snacking seriously, opting for snacks instead of meals more than six times a week.

So, if you're feeling peckish, make the most of your snack break by choosing snacks made with soy. These days, it's easier than ever to find snacks made with soy protein and snacks made with soybean oil in your local grocery store. And for good reason! Not only is soy versatile and sustainable, it's also a complete source of protein and can offer heart healthy fats. Read on to learn more about snacking on soy.

## Did You Know?

Soybeans are made up of

**19% oil**  
and  
**36% protein**

(including essential amino acids).<sup>1</sup>

## SOY PROTEIN

Soy protein is found in many common snack foods. As the name implies, soy protein is protein isolated from the rest of the soybean. One ounce of soy protein isolate contains 25 grams of high-quality protein and all of the nine essential amino acids.

## Snacks made with soy protein



**Nut butters**



**Snack bars**



**Breakfast cereals**



**Smoothies**



**Protein shakes**

## Types of Soy Protein



### Soy flour:

moistens baked goods and serves as a base for some soy milks and textured vegetable protein.



### Textured soy protein:

can be used alone or with meats to create a variety of products.



### Soy protein isolate:

dry powder commonly used to enhance protein bars, baked goods, soups, and sauces.



### Soy protein concentrate:

high protein, yet maintains soybeans' natural dietary fiber, soy protein concentrate can be found in baked goods and plant-based meat alternatives.



### Soy fiber:

manufacturers extract fiber from soybeans for use in nutrition bars, cereals, beverages, and baked goods.



### Soy lecithin:

an emulsifier or stabilizer, soy lecithin is often found in processed foods.

## Health benefits of soy protein



### Quality source of protein

Soy is a complete protein and comparable in quality to that of animal proteins.<sup>3</sup>



### Heart-healthy

Soy is the only plant protein that carries the U.S. Food and Drug Administration's (FDA) heart health claim.<sup>4</sup>



### Powers your workout

Soy protein has been found to have a positive impact on muscle mass and strength when consumed as part of a healthy lifestyle, complete with resistance exercise.<sup>5</sup>

## DIY: MAKE A SOY PROTEIN PACKED SHAKE



### Ingredients

- 1 cup vanilla soy milk
- 1/2 cup ice cubes
- 1 banana
- 1 tablespoon creamy peanut butter

### Directions

1. Slice the banana and place the slices in the freezer for approximately one hour.
2. Place frozen banana slices, soy milk, ice cubes and peanut butter in the blender and blend for 30 seconds or until smooth.

*Serves one.*

*\*1 cup of soy milk contains approximately 7 grams of protein<sup>2</sup>*

# CONVENTIONAL SOYBEAN OIL

Conventional, or commodity soybean oil, is a variety of vegetable oil derived from the soybean plant. Soybean oil has a wide range of health benefits and applications.



Soybean oil is a source of vitamin E<sup>6</sup>, which is important for healthy vision and reproduction as well as blood, brain, and skin health.<sup>7</sup>



Soybean oil is also high in vitamin K<sup>2</sup> which promotes healing and bone health.<sup>8</sup>



Nutrient rich soybean oil has a mild flavor, making it a versatile substitution for other vegetable oils in a variety of recipes. It is often found in dressings and dips.

## DIY: MAKE YOUR OWN ROOT VEGETABLE CHIPS



### Ingredients

- 6 cups soybean oil
- 1 pound Yukon gold potatoes, peeled
- 1-pound purple potatoes, peeled
- 1 medium sweet potato, peeled
- 4 medium beets, peeled
- 1 teaspoon sea salt

### Directions

1. Preheat soybean oil to 360° F in a heavy frying pan or small deep fryer.
2. Slice root vegetables into very thin rounds, less than 1/8 inch thick, using a hand slicer or mandolin. Separate vegetable slices into individual slices.
3. Fry in small batches, one to two minutes per batch, turning as needed until just crisp\*. Drain in single layer on paper towels; sprinkle with salt.
4. Cool completely before serving or storing

Serves 16.

[CLICK HERE FOR MORE SOY-BASED RECIPES](#)

# HIGH OLEIC SOYBEAN OIL

Compared to conventional soybean oil, high oleic soybean oil, or HOSoy, has a higher concentration of monosaturated fatty acids and a lower concentration of polyunsaturated fatty acids (PUFA).<sup>9</sup> HOSoy offers food manufacturers benefits, including high heat stability<sup>10</sup>, and is found in many common snack foods, including chips, crackers, popcorn, and baked goods.



## Improved fat profile

HOSoy contains less saturated fat than some other vegetable oils.<sup>9</sup>



## Linked to heart health

There is a reduced risk of coronary heart disease when HOSoy is used as a replacement for oils higher in saturated fats, according to the Food and Drug Administration.<sup>11</sup>

# SOY IN SNACKS

Soy ingredients are commonly found in snack foods because they are:



## Affordable

Soybeans are abundant; production and processing is cost-effective.



## Sustainable

Since 1980, U.S. Soy farmers have made significant operational improvements that have allowed them to increase soy production by 130% using roughly the same amount of land.



## Versatile

With a neutral flavor profile and texture and many applications, soy protein and soybean oil continue to find their way into more of our favorite snacks!

Both soy protein and soybean oil are used to enhance our snacks.  
Knowing how each supports our health is key to making smarter snacking decisions.

**Learn more about the soy ingredients in your snacks.**

[Click here](#)

## References

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