



## Eat Soybeans NOT Soy

According to ChooseMyPlate.gov, beans belong in the ¼ of our plate reserved for proteins to build strong bodies, fight infection, and grow healthy nails & hair. But did you know that beans are fruits?!

Whatever you call them, soybeans are a nutrition superstar.

### Benefits of Soybeans:

- Soybeans are an excellent source of soluble fiber.
  - \* Prevents and treats constipation & diverticular disease.
  - \* Helps lower your LDL, or Lousy Cholesterol. LDL clogs your arteries & may increase your risk for heart disease.
  - \* Balances bloods sugar to avoid damaging spikes.
- Tofu, Edamame, Tempeh, and some soy milks are natural sources of plant protein and heart healthy unsaturated fats.
  - \* Saturated fats found in meats and dairy products may increase your cholesterol. Go meatless 1 day per week!
- Isoflavones are a type of compound found in some plants that act like a weak version of the hormone Estrogen in our bodies and may help protect from inflammation & oxidative damage.
  - \* Eating soy in childhood and adolescence may reduce your risk of developing breast cancer as an adult.
  - \* Isoflavones may help relieve some symptoms associated with menopause.

### Risks of Soy Supplements:

Most research suggests that supplementing with isolated or extracted Soy Isoflavones or other compounds (powder, pill, liquids, etc) provides minimal health benefit and **may actually increase your risk for certain cancers.**

Additionally, look for foods with ingredients that include “soybeans” NOT just “soy protein isolate” to get the most nutritional benefit. Foods like soy/veggie burgers, soy cheese, and imitation meat products are usually made from processed soy which isn't as powerful as the whole beans and the foods are usually high in sodium.



## Spiced Edamame

These easy to prepare young soybeans can be found in the freezer section of your local supermarket. They make a great afternoon snack or side with veggie stir fry or veggie dumplings.

Ingredients:

- 1 bag frozen edamame

To prepare:

1. Boil or steam edamame according to the package. This will take ~4-5 minutes in the microwave.
2. Then toss with any combination of seasonings. Here are some suggestions:
  - Simply sea salt
  - 1 tsp. garlic & chili powder
  - Zest of 1 lemon & pepper
  - Your favorite Mrs. Dash flavor

Enjoy! To eat just gently bite on the pod between the beans. With your teeth almost closed pull the pod away from you and the bean will PoP right into your mouth. Its addictive...

## Our Dietitian



Michelle Ravvin

**JDRF ONE WALK** Join CHAM Diabetes Team  
 FOR A WORLD WITHOUT TYPE 1 DIABETES Sunday October 18, 2015  
 Empire City Casino at Yonkers Raceway, 9:00am Check-in  
 Sign up and start raising funds today by visiting:  
 Walk.JDRF.org