

# EXPLORE THE WORLD OF TRADITIONAL SOY FOODS



Soy foods such as tofu, soy milk, and tempe have been staples in Asian diets for generations. Soy-rich diets may contribute to the longevity seen in countries like Japan.

## Edamame

Young green soybeans available in the pod or shelled.



Uses: Snacking, in salads, grain bowls, dips, and more.  
Benefits: Protein and fiber

## Natto

Fermented whole soybeans.



Uses: Eat with rice or traditional Asian foods.  
Benefits: Protein, fiber, and probiotics

## Soy Nuts

Whole, roasted soybeans.



Uses: Snacking, can be ground into soy nut butter  
Benefits: Protein and fiber

## Fortified Soy Milk

Made from soybeans and fortified with additional nutrients such as vitamin D and calcium.



Uses: plant-based alternative to dairy milk in cooking or baking.  
Benefits: Protein, vitamin D, and calcium. Good for individuals with lactose or dairy intolerances  
Soy Milk Video [link](#)

## Tofu

Curdled soy milk, pressed into blocks. Varies in firmness from extra firm to silken.



Uses: Can be used raw or cooked in salads, stir-fries, soups, sauces, dips, and more.  
Benefits: Protein, iron, and calcium  
Tofu Video [link](#)

## Tempe

Whole soybeans mixed with grains, fermented, and pressed into blocks.



Uses: Sandwiches or salads, stir-fries, and as a meat alternative.  
Benefits: Protein, fiber, and probiotics  
Tempe Video [link](#)

## Miso

Fermented soybean paste.



Uses: Snacking, in salads, grain bowls, dips, and more.  
Benefits: Protein and probiotics.

## Soy Sauce (Shoyu)

A liquid made from fermented soybeans.



Uses: Eat with rice or traditional Asian foods.  
Benefits: Protein, fiber, and probiotics

## Yuba

Skin that forms on soy milk when boiled that is then dried.



Uses: Wrappers for spring rolls or sushi, in soups and noodle dishes.  
Benefits: Protein

# EXPLORE THE WORLD OF SOY FOODS AND INGREDIENTS

## U.S. Soy the Premier Sustainable Plant Protein

Consumers worldwide continue to prioritize sustainability in their food choices, and soy products are an excellent response to these demands. U.S. Soy stands out as the most sustainable source of plant protein globally.

The carbon footprint of U.S. Soy is lower than:

- Soy produced in Brazil, Argentina, and Canada
- Other plant-based proteins like peas from Canada, Russia, and France
- Chickpeas from Australia and India
- Broad beans from the European Union and Australia

The Sustainable U.S. Soy Label:



The Sustainable U.S. Soy packaging label lets companies show their dedication to responsible sourcing and environmental stewardship and is available to companies at no cost for qualifying products.

The mark shows that a soy product meets strict sustainability standards, demonstrating transparency and trust to environmentally-conscious shoppers.

Scan the QR code to learn more about the SUSS label.

