

[View this email in your browser](#)

SoyConnection

CELEBRATING 30 YEARS OF Health & Nutrition News About Soy

Brought to you by U.S. Soy & Soy Nutrition Institute Global

SUMMER 2022 | VOLUME 30, NUMBER 3



WHAT IS THE RDA FOR PROTEIN, AND IS IT ADEQUATE?

By Robert Wolfe, PhD & David Church

The Recommended Dietary Allowance (RDA) is “the average daily dietary intake level sufficient to meet the nutrient requirements of nearly all (97–98%) healthy individuals in a group.” However, that definition does not match the term. The RDA is neither a “recommendation” nor an “allowance,” but rather a “minimal intake amount.” The RDA for protein (0.8g/kg/d) is based on analysis of nitrogen balance studies. Therefore, the RDA for protein is the amount of protein needed to avoid a negative nitrogen balance. This criterion creates two primary problems: (1) a misunderstanding of what the term actually means, and (2) the RDA for protein is not based on a health outcome.

Dive into this article to learn more about the RDA for protein.

[READ FULL ARTICLE](#)



RDNs: EARN FREE CONTINUING EDUCATION CREDITS. VISIT OUR TESTING CENTER ONLINE AT SOYCONNECTION.COM

PAs: READ THIS ISSUE TO EARN FREE CATEGORY 2 CMEs, OR [VISIT OUR TESTING CENTER](#) TO READ SELECT PAST ISSUES, TAKE A TEST, AND EARN FREE CATEGORY 1 CMEs.

REQUIREMENTS FOR LABELING FOODS AS PROTEIN SOURCES

By James House, PhD

Current dietary guidelines, including those in Canada and the United States, have advocated for the inclusion of more plant protein in the diet, but the ways protein content is measured varies. While countries in the European Union and United Kingdom base protein content claims on protein content relative to energy content, Canada and the United States use a system based on rodent growth bioassays.

Read the full article to learn more about the current protein rating systems and the attempts to modernize the process. [Click here](#) to view an infographic outlining how PDCAAS and DIAAS are used to classify foods as "good" or "excellent" sources of protein.

READ FULL ARTICLE

CONSUMER MOTIVATION FOR ADDING PROTEIN TO THE DIET

By Joy Blakeslee, RDN

Consumer desire for protein (plant and animal) continues to trend upwards. According to new research from the International Food Information Council (IFIC), protein is the #1 nutrient consumers say they "try to consume," ranking higher than Vitamin D, Vitamin C, fiber, and calcium.

Why do consumers continue to prioritize protein consumption? Read the full article to find out more.

READ FULL ARTICLE



FEATURED RECIPE

Submitted By: Carlie Baulick, RD

SPICY TOFU SALAD

Salad Preparation:

- Spring Mix
- Edamame
- Shredded carrots
- Purple cabbage
- Avocado
- Snap peas
- Scallions

Tofu Preparation: After squishing all the water out, cut 1 block extra firm tofu into cubes. Season it with 1 tsp. each ginger powder, pepper, garlic & onion powder, and Chinese 5 spice. Sauté tofu in hot skillet with 1 Tbsp. coconut oil, turning the cubes until each side turns golden brown. After cooking, toss crispy tofu in a sauce that is a combination of 1Tbsp. gochujang, lime juice, sriracha, sweet chili sauce, and oyster sauce then top with sesame seeds.

SHARE YOUR RECIPE WITH SOY CONNECTION

Do you have a soy-starring recipe you'd like to see featured in the Soy Connection newsletter? Send the recipe and a photo to us! We will highlight one reader and their submitted recipe in each issue. Let's see what delicious and nutritious soy recipes you have!

[Click here to submit your recipe.](#)

SOY CONNECTION

30TH ANNIVERSARY GIVEAWAY
APPLE AIRPODS



2022 marks 30 years of the Soy Connection newsletter, and we want to celebrate this milestone with you!

We are giving away Apple AirPods (2nd Generation) with each issue of the newsletter this year. One winner will be drawn in conjunction with each newsletter issue in 2022. **You must submit a new entry for each newsletter to be eligible to win.**

Congratulations to our second giveaway winner! Christopher Chau, RDN from California won the second pair of Apple AirPods.
Will you be next?

ENTER TO WIN

* Soy Connection is a Continuing Professional Education (CPE) provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.0 Continuing Professional Education unit (CPEU) for reading the articles and taking and passing a test.

SoyConnection
Health & Nutrition News About Soy



The Soy Connection, funded by farmer checkoff dollars, is produced by U.S. Soy and Soy Nutrition Institute (SNI) Global. Content reviewed and approved by the United States Department of Agriculture and this professional journal.

Editorial Board

Mark Messina, PhD, MS, Chairman
Guy Johnson, PhD
Leah McGrath, RD, LDN

Editorial Staff

Sarah Alsager, Managing Editor
Lori Pendleton, Editorial Assistant

The Soy Connection

P.O. Box 237
Jefferson City, MO 65102 info@soyconnection.com

Connect With Us



Copyright (C) *|CURRENT_YEAR|* *|LIST:COMPANY|*. All rights reserved.
*|IFNOT:ARCHIVE_PAGE|**|LIST:DESCRIPTION|**|END:IF|*

Our mailing address is:
*|IFNOT:ARCHIVE_PAGE|**|HTML:LIST_ADDRESS_HTML|**|END:IF|*

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)