

SoyConnection

Health & Nutrition News About Soy

Brought to you by the United Soybean Board and the Soy Nutrition Institute.

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LATEST DIETARY APPROACHES TO DIABETES

By John Sievenpiper, MD, PhD, FRCPC

Diabetes represents one of the most important unmet prevention and treatment challenges. Despite an armamentarium of medications, diabetes and its complications have reached epidemic proportions and are rapidly increasing.

READ ARTICLE

Learn how dietary interventions, including those with soy, can decrease incident diabetes, hypertension, and, in some cases, CVD in individuals with diabetes and prediabetes.



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

SOY AND THE PREVENTION AND MANAGEMENT OF DIABETES

By Mark Messina, PhD, MS

Does consuming soy have an impact on diabetes? There is a long history of researching the impact of soy on the prevention and treatment of type 2 diabetes. Learn more about the evidence examining the effect of soy protein, oil, and isoflavones on diabetes.

CLICK HERE TO LEARN MORE

NEW U.S. DIETARY GUIDELINES RECOMMEND INCLUSION OF SOYFOODS

By Kaci Vohland, RDN, LD

The highly-anticipated [2020-2025 Dietary Guidelines for Americans](#) were released recently. The *Dietary Guidelines* encourage healthy eating by focusing on meeting

nutritional needs throughout life with a dietary pattern that includes nutrient-dense foods and beverages. See where soy fits in.

[READ ARTICLE](#)

- HEALTHY HANDOUT - [DIABETES ON A PLANT-BASED DIET](#) | [MEAL PLAN](#)

By Toby Smithson, MS, RDN, LD, CDCES, FAND

Evidence continues to show that people with diabetes who adopt a plant-based eating plan such as vegetarian, vegan, or flexitarian may see improvements in blood sugar, cholesterol, and blood pressure management and a reduction in overall mortality.

Check out 5 ways you can include soy in a meal plan for people with diabetes.

[READ THE HEALTHY HANDOUT](#)

EAT WELL WITH DIABETES
EATING HEALTHY WITH DIABETES IS EASY AND DELICIOUS WITH SOY

Carbohydrate needs vary for each individual with diabetes. On average, women need 3-4 carb choices and men need 4-5 carb choices per meal, with 1-2 carb choices per snack. One carbohydrate choice equals 15g carbs.*

BREAKFAST (3-4 CARB CHOICES)
 • 1 slice whole wheat toast
 • 1/2 avocado
 • 1 egg
 • 1 cup blueberries
 • 8 oz soy milk

LUNCH (4 CARB CHOICES)
 • Tofu tacos:
 o 2 corn tortillas
 o 6 oz extra firm tofu, pan fried with taco seasoning
 o Optional: lettuce, tomatoes, onions, avocado, sour cream or plain soy yogurt
 • 1/2 cup black beans
 • 1 medium apple

DINNER (3-4 CARB CHOICES)
 • Grilled salmon with lemon dill sauce
 o 4 oz salmon fillet
 o Lemon dill sauce - makes 4 servings
 * 1 tsp chopped fresh dill weed or 1 tsp dried dill
 * 1/2 tsp grated lemon peel
 * 1 container (6 oz) plain soy yogurt
 * 1 tsp lemon juice
 * 1/4 tsp pepper
 • 1 cup roasted squash
 • 1/2 cup brown rice
 • 8 oz soy milk

SNACK (1 CARB CHOICE)
 • 1 cup edamame in pods

*Carbohydrate amounts may vary by brand. This is a sample meal plan. Individuals with diabetes should always work with a healthcare provider or registered dietitian to determine exact needs. SoyConnection

[VIEW MEAL PLAN](#)

FEATURED RECIPE SUBMITTED BY: STACY KENNEDY, MPH, RD, CSO, LDN

"Gluten Free Tofu Veggie Pad Thai"

Enjoy this soy recipe submitted by one of our dietitian readers.

- 30 minutes
- \$2 per serving



Ingredients:

- ✓ 1 package [@erawanbrand](#) rice noodles
- ✓ 1 package organic extra firm tofu
- ✓ 1 wedge red/purple cabbage, sliced thinly
- ✓ 1 head of broccoli, chopped
- ✓ 4 cloves garlic, diced
- ✓ 1 medium onion, diced
- ✓ 2 cups fresh spinach, chopped
- ✓ 3 green onions, chopped
- ✓ 1/4 cup cashews, finely chopped
- ✓ 1 Tbsp sesame, coconut or avocado oil for cooking
- ✓ 1 container [@wthaisauce](#) Pad Thai sauce

Directions:

- ✿ Boil water in a large pot, add rice noodles and turn off heat. Let sit in water 6-8 minutes then drain and add to pan with veggies.
 - ✿ While water boils & noodles sit, Wash and chop veggies
 - ✿ Drain water from tofu block with paper towel and then cut into cubes
 - ✿ Over medium heat add oil then garlic, onion and cook about 4 minutes
 - ✿ Add broccoli and tofu
 - ✿ Add drained noodles, spinach and cabbage and bottoms of green onions to pan
 - ✿ Pour sauce and combine well
 - ✿ Serve and top with cashews and top of green onions/scallions
- Makes ~8 servings

SHARE YOUR RECIPE WITH SOY CONNECTION

Do you have a soy recipe you'd like to have featured in the *Soy Connection* enewsletter? Send it (and a photo) our way. We will select one reader-submitted recipe to include in each issue (providing credit to the submitter). Let's see what delicious and nutritious soy recipes you have! [Click here to submit your recipe.](#)

* 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.

* This program has been reviewed and is approved for a maximum of 1.0 hours of AAPA Category 1 CME credit by the Physician Assistant Review Panel and was planned in accordance with AAPA's CME Standards for Enduring Material Programs and for Commercial Support of enduring Materials Programs.



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