



## The Health Benefits of Tofu (soy)

Tofu is made by pressing boiled soy bean curds. It is an excellent source of protein, iron and calcium.

### **1/2 cup of firm tofu provides:**

- 88 Calories, 10 gm protein, 5 gm fat, 1 gm fiber, no cholesterol

### **Potential benefits of consuming tofu:**

- Excellent substitute for animal protein since it contains all 9 essential amino acids as well as anti-inflammatory omega 3 fats
- Isoflavones (plant-based hormone) have been shown to lower cholesterol, reduce symptoms of menopause, and may protect against heart disease, diabetes, osteoporosis and some cancers
- Genistein is an antioxidant that is protective against cancer
- Lecithin plays an important role in brain function and may protect against Alzheimer's and other dementia
- Comes in extra firm, firm, soft or silken consistencies
- **NOTE:** Soy products in the US are often genetically modified

For more information, visit our website:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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