



Tempeh

Health Benefits of Tempeh

Tempeh is made from soybeans that have been fermented and pressed into a firm, chewy loaf. It contains live probiotics to support gut health and is an inexpensive, healthy alternative to meat.

A 3 ounce serving of tempeh provides:

- 162 calories, 18 gm protein, 7 gm fiber, 5 gm fat, no cholesterol

Potential benefits of consuming tempeh:

- High in protein and fiber, low fat, and contains all 9 essential amino acids making it a healthy meat substitute
- Fermentation provides healthy bacteria (probiotics) and high fiber feeds our healthy microbiome (prebiotics) and maintains gut health
- Provides vitamins niacin, riboflavin & B12, and calcium for bones, potassium for healthy blood pressure, magnesium for heart health, iron for oxygen transport
- Isoflavones in soy products like tempeh have antioxidant, anti-cancer properties
- Typically marinated or seasoned, then crumbled, baked, steamed, or sautéed. Use in stir fry, salads or on sandwiches



For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by Oregon State University Extension
Family & Community Health and Advanced Health

