



Individuals seeking non-dairy alternatives will find soy milk, soy cheese alternatives, cultured soy, and frozen soy milk that are free of lactose and milk protein. New food production technology and new varieties of soybeans result in new flavors that rival cow's milk and dairy products.

SoyMilk

IN THE MARKET

While many soymilks are found in the refrigerated case alongside traditional dairy products, other soymilks are packed in aseptic packaging and found specifically in the health food or "natural food" aisle of mainstream grocery stores. Besides the original flavor, soymilk comes in vanilla, strawberry, chocolate, and egg nog. There are non-fat, low fat, and lite varieties of several brands in the market, but the fat is mostly unsaturated. Similar to dairy milk, soymilk can be found in plastic jugs, cartons or shelf-stable boxes, from lunch-box size to family size. Powdered soymilk is usually packaged in a canister. Soymilk can be combined to make a variety of soy beverages like coffee, chai or mocha drinks, smoothies and juice/soymilk blends.

RETAIL SUPPLIERS

American Soy Products – EdenSoy Soymilk and Soy Fusion beverages

Clofine Dairy & Food Products, Inc. – Soyfine soymilk

Dixie USA, Inc. – instant soy beverages

Dressler Foods, Inc. – SoyGood soymilk and Gourmet chocolate beverages

Hain Celestial Group, Inc. – SoySlender, WestSoy, PowerDream, and CarbFit soymilks and WestSoy shakes, smoothies, Green Tea Chai, Juice Bar soy beverages, Crème de la Soy, Power Dream Energy drinks

Revival Soy – Revival Soy Shakes

Steuben Foods, Inc. – ZenDon soymilk

SunRich Food Group – SoySupreme soymilk

Vitasoy USA, Inc. – Vitasoy and VITA Carb soymilks, Nutrifull™ Meal Replacements

WhiteWave Foods – Silk and SunSoy soymilks, Silk coffee, chai, cappuccino, and mocha soy drinks, Silk Creamer

Worthington Foods, Inc./Kellogg's – Loma Linda Soyagen Soy Beverage

GIVE ME FIVE

1. Grab a single-serve bottle of cultured soy smoothie, soy coffee latte or chocolate soymilk for a quick, healthy and protein-rich beverage snack.
2. Cook with regular, whole soymilk, versus "non-fat" or "light" brands to provide firmer consistency in cooked dishes such as puddings, custards or Creme Anglaise.
3. Use 1-1/2 cups regular soymilk in place of 2 cups cow's milk when making instant pudding (4-serving size), but the dessert may still be a little thinner than standard pudding.
4. Pour your choice of regular, reduced-fat or non-fat soymilk over cereal, and add sliced fruit.
5. Enjoy a glass of soy eggnog-style beverage during the holidays!

IN THE KITCHEN

All soymilk should be handled like any perishable dairy product. Follow "use by" dates on packages. Shelf-stable aseptic soymilk has a 12-month shelf life. Once it is opened it must also be refrigerated. It will stay fresh for 5 to 7 days. A vigorous shake before pouring helps disperse the ingredients evenly throughout the liquid.

Soymilk works in any recipe. For sauces, gravies, soups and other savory dishes, plain, less sweetened works best. Light colored desserts and sauces will have more eye appeal by using a lighter colored soymilk. Soymilk varies considerably in color, from tan-colored to white.

NUTRITION HIGHLIGHTS

Soy milk is lactose free and a good source of essential fatty acids. It contains no cholesterol and little or no saturated fat. Soy milk can be a good source of high quality protein, B vitamins, potassium, iron, dietary fiber, and bio-active components, including isoflavones. Many soy milks are fortified with calcium, vitamins A and D, riboflavin, zinc, and vitamin B12. Important bio-active components, found naturally in soybeans are being studied in relation to relieving menopausal symptoms, such as hot flashes, maintaining healthy bones, and preventing prostate, breast cancers, and colorectal cancer. The content and profile of bio-active components varies from product to product, depending upon how much soy protein is in the food and how the soy protein is processed.

Soy milk is a healthy, high-quality protein source that contains all essential amino acids needed for growth. In general, soy protein products are equal in quality to animal products.

Nutrition Facts 1-cup serving		
	Plain, fortified Soy-milk ¹	% Daily Value
Calories	98	
Total Fat	4 g	6%
Saturated Fat	0g	0%
Total Carbohydrates	8 g	3%
Protein	7 g	14%
Cholesterol	0mg	0%
Sodium	96 mg	4%
Dietary Fiber	0 g	0%
Calcium	368 mg	37%
Potassium	225 mg	6%
Phosphorus	225 mg	23%
Folate	24 mcg	6%
Source: USDA National Nutrient Database for Standard Reference, Release 17 (2004)		
*Check package label or contact the manufacturer directly to obtain the isoflavone content.		
Exchanges: 1 nonfat milk + 1 fat		
Source: Exchange Lists for Meal Planning, 2nd edition, 2002.		
The American Diabetes Association/The American Dietetic Association.		

In addition to the excellent nutritional value of soy protein, scientists have found that consumption of soy protein can contribute to reducing the risk of heart disease. The FDA has approved a health claim stating that “25 grams of soy protein in a daily diet low in saturated fat and cholesterol can help reduce total and LDL cholesterol that is moderately high to high.”

THE MAKING OF SOYMILK

Soy milk generally comes from water-soaked and ground whole soybeans that are cooked at varying temperatures and filtered yielding a protein-rich soy base that naturally consists of soy protein, oil, fiber, sugars, water, and bio-active compounds. This soy base may be combined with a sweetener (such as rice syrup or cane juice), some flavor, and a stabilizer to yield a non-dairy alternative.

Besides using whole soybeans to make soy milk, manufacturers also hydrate full-fat soy flour or use soy protein solids (such as soy concentrates or isolates). While soy milk made with soy concentrates or isolates has less fat than whole soy milk, these soy milks are more highly processed. The variety of the bean also affects the flavor, and the sweeter beans produce naturally sweeter soy milk.