What's in YOUR SOY?

Soy is a complete vegetable protein and can be a great source of calcium. It is low in fat and has no cholesterol.

However…
All soymilk and tofu are **NOT** the same. The protein and calcium contents vary greatly, so be sure to read the label.

The chart below shows how different they can be.

1. Check out the Fat
2. Check out the Protein
3. Check out the Calcium

Nutrition Facts

Serving Size 2.8 oz. (79g)
Servings Per Container 5

Amount Per Serving	
Calories 70	
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0g	**1%**
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 2g	**1%**
Fiber 1g	**4%**
Sugars 0g	
Protein 7g	**14%**
Vitamin A 0% • Vitamin C 0%	
Calcium 15% • Iron 8%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	200mg	200mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

	SOYMILK			TOFU*		
Soymilk serving size: 1 cup *Tofu serving size: 3 oz*	Pacific Select/Plain ⊘ Cannot Buy	Pacific Ultra/Plain	8th Continent Original	Silken	Firm	Lite Extra Firm
Calories	70	70	80	40	70	72
Total Fat *grams*	2.5	4.0	2.5	2.0	4.0	2.0
Saturated Fat *grams*	0	0.5	0	0	0.5	0
Protein *grams*	5.0	10.0	8.0	4.0	7.0	7.0
Calcium	2%	50%	30%	6%	15%	30%

*Source: Azumaya – See Shopping Guide for authorized tofu.

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healthy habits every day

¿Qué hay en SU SOYA?

La soya es una proteína vegetal completa y puede ser una excelente fuente de calcio. Es baja en grasa y no tiene colesterol.

Sin embargo…
Toda la leche de soya y el tofu NO son iguales. El contenido de proteína y de calcio varía enormemente, así que asegúrese de leer la etiqueta.

La siguiente tabla muestra qué tan diferentes pueden ser.

1. Revise el contenido de grasa
2. Revise el contenido de proteína
3. Revise el contenido de calcio

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Dietary Fiber		25g	30g
Protein		50g	65g

	Leche de Soya			Tofu*		
Leche de Soya porción: 1 taza *Tofu porción: 3 oz*	Pacific Select/Plain ⊘ No puede comprar	Pacific Ultra/Plain	8th Continent Original	Silken	Firm	Lite Extra Firm
Calorías	70	70	80	40	70	72
Grasa total *gramos*	2.5	4.0	2.5	2.0	4.0	2.0
Grasa saturada *gramos*	0	0.5	0	0	0.5	0
Proteína *gramos*	5.0	10.0	8.0	4.0	7.0	7.0
Calcio	2%	50%	30%	6%	15%	30%

*Fuente: Azumaya – Vea la Guía de Compras para tofu autorizado.

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