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eating Healthy

- NOTE: Soy products in the US are often genetically
- Comes in extra firm, firm, soft or silken consistencies
- Alzheimer's and other dementia • Lecithin plays an important role in brain function and may protect against
 - Genistein is an antioxidant that is protective against cancer
 - diabetes, osteoporosis and some cancers
- reduce symptoms of menopause, and may protect against heart disease, Ilsoflavones (plant-based hormone) have been shown to lower cholesterol,
- acids as well as anti-inflammatory omega 3 fats with no cholesterol
- Excellent substitute for animal protein since it contains all 9 essential amino

Potential benefits of consuming tofu

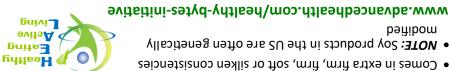
• 88 Calories, 10 gm protein, 5 gm fat, 1 gm fiber and no cholesterol 1/2 cup of firm tofu provides:

Health Benefits of Tofu



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

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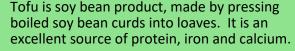
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