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- **NOTE:** Soy products in the US are often genetically modified
- Comes in extra firm, firm, soft or silken consistencies
- Lecithin plays an important role in brain function and may protect against Alzheimer's and other dementia
- Genistein is an antioxidant that is protective against cancer
- 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
- Excellent substitute for animal protein since it contains all 9 essential amino acids as well as anti-inflammatory omega 3 fats with no cholesterol

### 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



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

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