

# Soy for Healthy Kids' Meals



# Let Your Readers in on This Kid-Pleasing Lean Protein

Packed with protein and low in saturated fat, soyfoods power kids through the day and provide a great source of many essential nutrients important for growth and development.

## Easy Main Dish

Add textured soy protein to spaghetti sauce for a hearty meal!

## Tasty Sides

Sprinkle soy nuts over salad or rice for added crunch!

## Healthy Snacks

Start with silken tofu as the base for your veggie dip or ranch dressing!

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Soyfoods play a part in establishing a lifetime of healthy eating habits. Instead of a high-sugar, high-fat snack, introduce easy-prep after-school treats like soy smoothies and edamame (sweet green soybeans, boiled right in the shell).

For expert interviews, recipes and photography, please contact Craig Handzlik at [Craig.Handzlik@publicis-usa.com](mailto:Craig.Handzlik@publicis-usa.com).

Want the recipe for our soy protein packed Chocolate Monkey Peanut Shake in the photo?

**Please visit:**  
[www.talksoy.com](http://www.talksoy.com)

