

**PACK SOME PROTEIN
INTO KIDS' FINGER FOODS**



Healthy Eating Habits Start Early

Delicious recipes like these Tofu Fingers make it easy for parents to include soy as part of a healthy, kid-friendly diet. Packed with protein and low in saturated fat, most soyfoods are an excellent source of many of the essential nutrients kids need to grow healthy and strong.

Quick & Easy

Satisfy
hungry tummies in
just 15 minutes!

Protein Packed

10 grams
of soy protein per
serving help build
strong muscles

Fun to Eat

Serve with
variety of dipping
sauces for fun,
kid-friendly finger
foods

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Serving delicious, fun to eat meals and after school snacks make it easy to incorporate the benefits of soy in kids' daily lives. For additional information, complete recipes and photography, please contact Brie Baltzell at brie.baltzell@publicis-usa.com.

Would you
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other healthy, soy
protein-packed
recipes?

Please visit:
www.talksoy.com/

