

# SoyConnection

CELEBRATING 30 YEARS OF Health & Nutrition News About Soy

Brought to you by U.S. Soy and Soy Nutrition Institute Global

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## THE ROLE OF PROCESSED FOODS IN THE DIET

*By Mark Messina, PhD, MS*

Despite the many benefits of food processing, many consumers have a negative perception of processed foods. The U.S. Department of Agriculture defines processed foods as those which have undergone any changes to their natural state, and by this definition, most foods sold in grocery stores are processed. However, the issue at hand is not so much processing in general, but ultra-processing.

Dive into this article to learn more about how foods like soymilk and soy-based meat fit into this topic.

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## NUTRIENT PROFILING: THE NEED FOR EVIDENCE-BASED FOOD CHOICES

*By Naglaa El-Abadi, PhD, MPH, and Ryan Simpson*

Nutrient profiling systems (NPS) are "the science of classifying or ranking foods according to their nutritional composition for reasons

related to preventing disease and promoting health." Metrics evaluate and compare nutritional information and ingredient makeup of food products to assess their dietary benefits or risks upon consumption.

This article describes important features of NPS while highlighting limitations for their use to inform healthy food and dietary intake choices.

[READ FULL ARTICLE](#)

## [CONSUMER RESEARCH EXPLORES PERSPECTIVES, PURCHASING BEHAVIORS FOR PLANT-BASED MEAT ALTERNATIVES](#)

*[By Marisa Paipongna and Ali Webster, PhD, RD](#)*

In just a few years' time, plant-based meat alternatives (PBMA) have immensely grown in popularity, even among those who don't necessarily follow a plant-based diet.

Read the full article to find out just how prevalent plant-based meat alternatives are in the diets of U.S. consumers and the reasons for putting them on our plates.

[READ FULL ARTICLE](#)

## **NATIONAL SOYFOODS MONTH Featured Recipe**

April is National Soyfoods Month. Join the festivities by trying a new soy recipe like these

[Tempeh and Black Soybean Tacos!](#)

[VIEW RECIPE VIDEO](#)



## **SHARE YOUR RECIPE WITH SOY CONNECTION**

Do you have a soy-starring recipe you'd like to see featured in the Soy Connection newsletter? Send the recipe and a photo to us! We will highlight one reader and their submitted recipe in each issue. Let's see what delicious and nutritious soy recipes you have!

[Click here to submit your recipe.](#)

**SOY CONNECTION  
30TH ANNIVERSARY  
GIVEAWAY  
APPLE AIRPODS**



2022 marks 30 years of the Soy Connection newsletter, and we want to celebrate this milestone with you!

We are giving away Apple AirPods (2nd Generation) with each issue of the newsletter this year. One winner will be drawn in conjunction with each newsletter issue in 2022.

Congratulations to our first giveaway winner! Janeah Schwarz, RD from Wisconsin won the first pair of Apple AirPods. Will you be next?

ENTER TO WIN

\* Soy Connection is a Continuing Professional Education (CPE) provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.0 Continuing Professional Education unit (CPEU) for reading the articles and taking and passing a test.

# SoyConnection

Health & Nutrition News About Soy



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