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# SoyConnection

CELEBRATING 30 YEARS OF Health & Nutrition News About Soy

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

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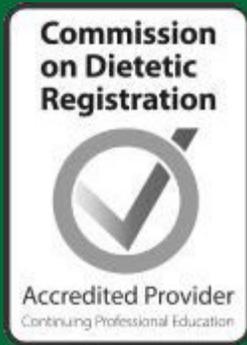
## WHAT IS THE RDA FOR PROTEIN, AND IS IT ADEQUATE?

By Robert Wolfe, PhD & David Church

The Recommended Dietary Allowance (RDA) is “the average daily dietary intake level sufficient to meet the nutrient requirements of nearly all (97–98%) healthy individuals in a group.” However, that definition does not match the term. The RDA is neither a “recommendation” nor an “allowance,” but rather a “minimal intake amount.” The RDA for protein (0.8g/kg/d) is based on analysis of nitrogen balance studies. Therefore, the RDA for protein is the amount of protein needed to avoid a negative nitrogen balance. This criterion creates two primary problems: (1) a misunderstanding of what the term actually means, and (2) the RDA for protein is not based on a health outcome.

Dive into this article to learn more about the RDA for protein.

[READ FULL ARTICLE](#)



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## **REQUIREMENTS FOR LABELING FOODS AS PROTEIN SOURCES**

***By James House, PhD***

Current dietary guidelines, including those in Canada and the United States, have advocated for the inclusion of more plant protein in the diet, but the ways protein content is measured varies. While countries in the European Union and United Kingdom base protein content claims on protein content relative to energy content, Canada and the United States use a system based on rodent growth bioassays.

Read the full article to learn more about the current protein rating systems and the attempts to modernize the process. [Click here](#) to view an infographic outlining how PDCAAS and DIAAS are used to classify foods as “good” or “excellent” sources of protein.

READ FULL ARTICLE

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## **CONSUMER MOTIVATION FOR ADDING PROTEIN TO THE DIET**

***By Joy Blakeslee, RDN***

Consumer desire for protein (plant and animal) continues to trend upwards. According to new research from the International Food Information Council (IFIC), protein is the #1 nutrient consumers say they “try to consume,” ranking higher than Vitamin D, Vitamin C, fiber, and calcium.

Why do consumers continue to prioritize protein consumption? Read the full article to find out more.

READ FULL ARTICLE

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# FEATURED RECIPE

Submitted By: Carlie Baulick, RD

## ***SPICY TOFU SALAD***

### **Salad Preparation:**

- Spring Mix
- Edamame
- Shredded carrots
- Purple cabbage
- Avocado
- Snap peas
- Scallions

**Tofu Preparation:** After squishing all the water out, cut 1 block extra firm tofu into cubes. Season it with 1 tsp. each ginger powder, pepper, garlic & onion powder, and Chinese 5 spice. Sauté tofu in hot skillet with 1 Tbsp. coconut oil, turning the cubes until each side turns golden brown. After cooking, toss crispy tofu in a sauce that is a combination of 1Tbsp. gochujang, lime juice, sriracha, sweet chili sauce, and oyster sauce then top with sesame seeds.

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## **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.](#)

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# 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. **You must submit a new entry for each newsletter to be eligible to win.**

Congratulations to our second giveaway winner! Christopher Chau, RDN from California won the second pair of Apple AirPods.  
Will you be next?

ENTER TO WIN

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\* 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.

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**SoyConnection**  
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