Soy Foods Month by U.S. Soy

The Perfect Pairing:

Plant and Animal Protein



The U.S. adult protein recommended dietary allowance (RDA) and the protein requirement established by the Food and Agriculture Organization (FAO) of the United Nations and other health agencies is 0.8 g/kg body weight.[1] The wide range of available protein options come from animals and plants, which provide varying nutrients, therefore serving them together can round out your plate.

3 ways to incorporate both:

Combine soy with animal protein for a protein-packed main dish.

- ✔ Edamame pairs well with pork or beef.
- ✔ In chilis, pastas, and tacos, blend soy-based protein with beef.

Give meat a tasty boost with soy-inspired sauces and marinades.

- ✔ Tofu, miso, and soybean oil can be the secret ingredient to mouth-watering sauces and marinades.

Drink up.

- ✔ Soymilk and other soy-based beverages are deliciously nutritious drink options to couple with your meal – whether it is scrambled eggs or a ham and cheese sandwich.

Scan QR code for delicious recipes.

For more information, please visit **ussoy.org/food-lifestyle.**

1. EFSA Panel on Dietetic Products Nutrition and Allergies (NDA). Scientific Opinion on Dietary Reference Values for Protein. EFSA J 2012;10:2557.