



Canned and dried soybeans are creditable as a meat / meat alternate or a fruit / vegetable on the food program, however they may not be claimed as both in the same meal.

Dietary fiber from beans, such as soybeans, is part of a healthy diet and helps to lower the risk of heart disease.

Dry Beans always need to be re-hydrated and cooked before serving.

Soy-based iron fortified infant formula does not require a medical statement, and is fine to serve in place of other infant formulas.



You can make your own soy nuts. Soy nuts are not really nuts, they're simply roasted soybeans. But they're a tasty, crunchy, nutritious and nut-like snack with 50% less fat than peanuts. Some soy nuts are dry-roasted, some are oil-roasted (fried), but either way, like all soy products, they are only moderately high in calories and fat.

To avoid the sometimes heavy added salt in store-bought soy nuts, you can make them at home quite easily: Soak dried soybeans overnight in plenty of water; drain and rinse. Spread on a nonstick cookie sheet and bake at 300° -350°F for about an hour (stirring often), or until lightly brown and crisp. Salt lightly, if desired.

*Stews, stir-fries and casseroles are all made better by a bunch of soybeans.*



The soy crisp products evaluated by our office did not meet the requirements for reimbursement. As with all crackers and cracker type products the first ingredient must be a whole or enriched grain.

Organic soy flour is not a whole or Enriched grain.

These items, and those similar to them, do not meet any food requirements at meals or snacks.

Edamame & green sweet soybeans are creditable only as a fruit / vegetable component on the food program.

Because of the presence of toxic substances, raw soybeans should not be incorporated into meals for children. Whole soy beans should always be steamed or cooked before serving.

Soy is the only plant protein with all essential amino acids.



*Don't forget the soybeans in your next batch of chili. In any recipe that calls for beans, try replacing some of them with soybeans.*



A statement, signed by a medical authority, must be on file in our office for a child over one year old being served soy milk. A sample form can be found in the forms section of our website at: <http://www.mdcfoodprogram.com/foodsubstitute.pdf>

Soy provides the only plant source of essential Omega-3 fatty acids.

*Use herbs to flavor pureed cooked soybeans. Use as a dip for raw veggies or as a spread for crackers.*

Tempeh, tofu, soy burgers, and other products made from soybeans are not creditable on the food program. As with commercially prepared combination items, there is not a consistent amount of protein in these items.

If you have questions about a particular product, please call our office, or discuss the item with the field specialist at their next visit to your home.

