Home-made Roasted Soy Nuts
January 2007

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Ingredients:
- 1 cup dried soybeans
- 3-4 cups water

Directions:
1. Soak soy beans overnight in water
2. The following morning, drain and rinse
3. Allow to dry
4. Roast in oven until crisp and brown
5. Enjoy!

From Recipe Zaar, http://www.recipezaar.com/38198

Nutrition Info (for 1 serving or ¼ cup): Calories 75; 3.9 g fat, 0.5 g saturated fat, 0 g cholesterol, 3.8 mg sodium, 221 mg potassium, 4.3 g carbohydrate, 2.5 g fiber, 7 g protein

What are Soy nuts?!
There are over 1000 varieties of soybeans, ranging in size from as large as a cherry to as small as a pea. Dried soybeans are mature beans that have been shelled and dried. As the flavour is often considered bland, they are often seasoned (sea salt, cumin, honey-roasted, etc). Soybeans are low in carbohydrates and high in protein, which is unlike other legumes.

Some things to note:
- Soya beans can be found in the bulk food section at many grocery stores - but notice the food labels. It is important to know how much oil has been added
- Look for 1/4 cup servings to have about 100 calories, 5g of fat and 9g of protein.
- "So Soya" roasted soy nuts - are available in the health food section at Zehrs. They are cholesterol free, a great source of isoflavones and low in saturated fat, making them a tasty and healthy snack or salad topping!

http://www.so-soya.com/index.htm

Brought to you by the Dietitians from the Health and Performance Centre at the University of Guelph.
www.uoguelph.ca/hpc For a personal consultation call (519) 767 5011 ext. 1
Healthy Snacking!

10 of the most commonly asked questions about snacking...

1. **Why has snacking always been considered bad?**
   Snacking has developed a bad name because it is often associated with high calorie, high fat foods that contain little nutrients. Snacking on high fat/calorie foods often leads to weight gain. However, snacking can be a good thing, as snacks help to satisfy your need for food, and keep you energized and at your best throughout the day, provided you make nutritious snack choices.

2. **How can snacking help me lose weight?**
   Smart snacking can help you lose weight. Spreading your current food intake throughout the day will decrease the amount of energy being stored as body fat. Your body is unable to use all of the energy from a big meal at once, therefore some of the energy is stored. Spreading your food intake over the entire day will provide your body with energy as it is needed, preventing calories from being stored as fat.

3. **What kind of snack would you recommend?**
   A snack that contains protein and carbohydrates is best. The carbohydrate will supply you with quick energy and the protein will provide you with long lasting energy that will keep you feeling full.

<table>
<thead>
<tr>
<th>Light Snacks</th>
<th>Power Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>*⅛ roasted soy nuts and an apple</td>
<td>*English muffin pizza</td>
</tr>
<tr>
<td>*1 apple with 1 oz cheese</td>
<td>*⅛ bagel with egg salad</td>
</tr>
<tr>
<td>*⅓ cup hummus with carrots/celery</td>
<td>*1 cup cereal with ⅛ cup milk</td>
</tr>
<tr>
<td>*1 cup orange juice &amp; 1 boiled egg</td>
<td>*6 crackers with 2 tbsp peanut butter</td>
</tr>
<tr>
<td>*1 cup yogurt shake (yogurt &amp; fruit)</td>
<td>*6 whole wheat crackers with 30 grams of cheese and 8 oz juice</td>
</tr>
<tr>
<td>*sliced melon &amp; ⅛ cup cottage cheese</td>
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</tbody>
</table>

4. **I thought that too much protein wasn’t good for you?**
   Choosing protein rich snacks will not necessarily increase your daily protein intake. For example instead of eating a 10 oz steak for dinner have a 5 oz steak and include a couple high protein snacks during the day.

5. **I feel like I’m eating all the time, is this okay?**
   Your body requires a continuous supply of energy and snacking helps to provide energy all day long. Eating small amounts of food regularly is okay—just remember that including snacks means eating smaller meals. The total amount of food you eat in a day should not increase.
6. I don’t have time to stop working and snack during the day?
   If you find you don’t have time to take a break at work try keeping snacks handy and eat while you work. Keep your desk stocked with snacks such as trail mix, peanut butter and crackers, energy bars with 7-15g of protein such as power bars. If you are unable to eat during work try liquid snacks such as “Yop” (yogurt drink).

7. Is snacking at night bad?
   Snacking in the evening tends to be associated with boredom and television. If you’re eating for something to do then it is not the best time to snack. If you are hungry or wake up during the night because you are hungry then there is nothing wrong with eating a snack at night—but remember to make it a balanced snack with carbohydrate and protein.

8. How often can I snack?
   You should be eating something every 2-4 hours and never going more than 4 hours without something to eat. Everyone is different, so listen to your body and eat when you feel hungry. The best time to snack is just before you are most hungry. This will prevent you from eating large amounts of food as a result of excessive hunger. Remember, the more often you eat the smaller your meals and snacks should be.

9. Why do I eat so much at dinner?
   It is not uncommon for people to eat very little throughout the day and over eat at dinner. Busy schedules and lack of planning are often the main reasons for skipping lunch and daytime snacks. Lack of energy intake throughout the day leaves people over hungry resulting in cravings, eating large amounts of food quickly and choosing high calorie snacks. Including foods throughout the day should decrease your hunger, slow down your eating and reduce the amount of food eaten in the evening.

10. Why is it important to eat slowly?
    Eating too fast can lead to excessive calorie intakes since it takes approximately 20 minutes before you begin to feel full. Slowing down the rate at which you eat will: decrease your food intake, make you feel satisfied with less food and allow for better digestion and reduce heartburn.

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Tips to slow down your eating

- Recognizing that eating too fast is the first step to slow down you eating
- Put your fork down between bites
- If you eat with others make meal time a conversation time
- Swallow the food in your mouth before refilling your fork
- Drink water at meal time to slow the rate at which food disappears from your plate