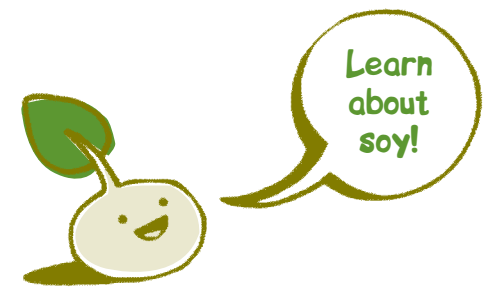


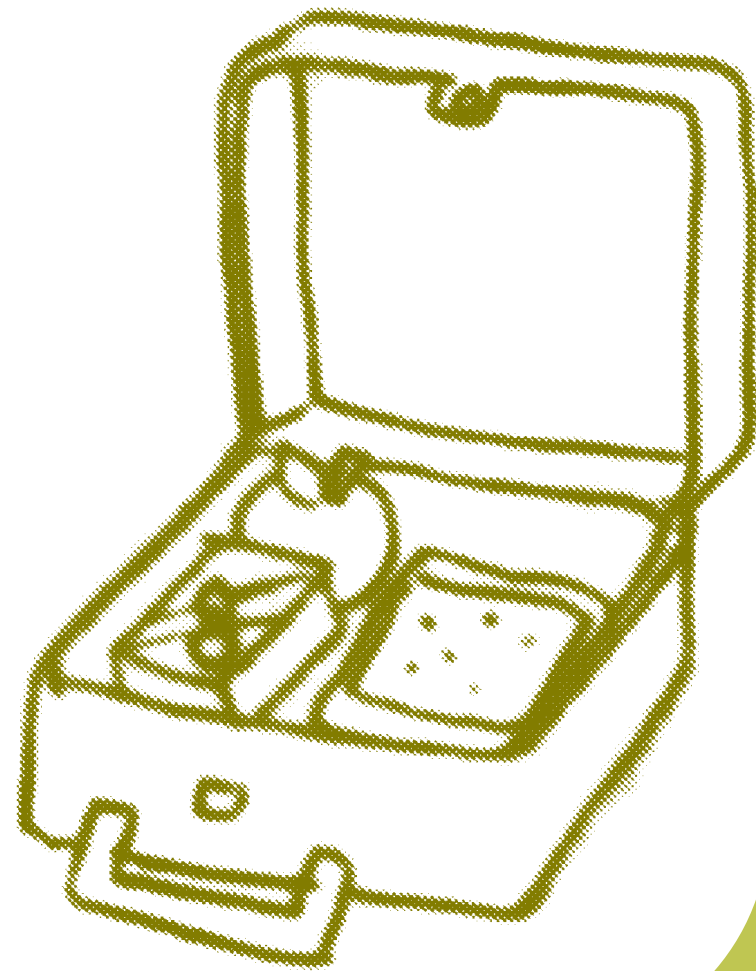
# SoyKids

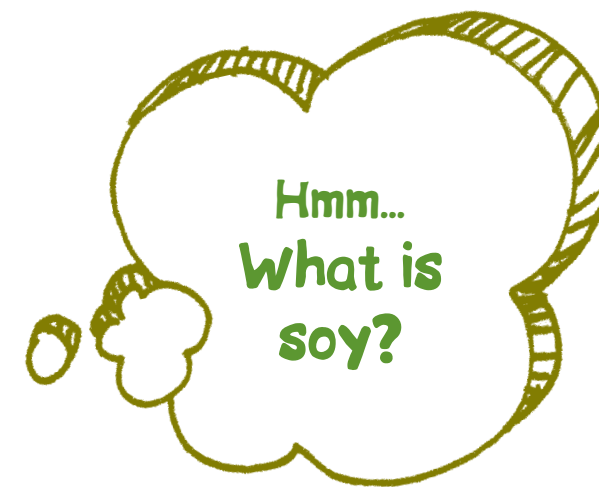
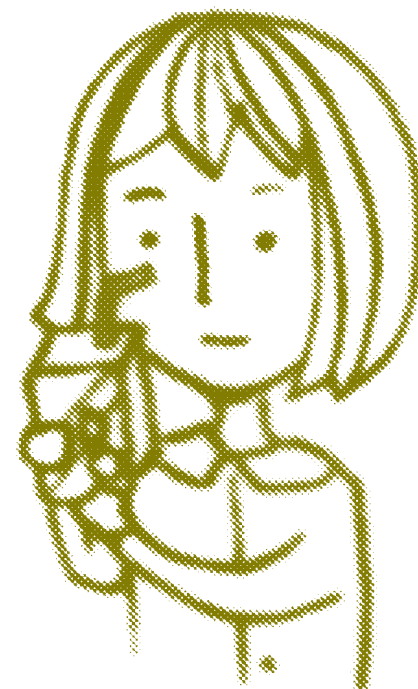
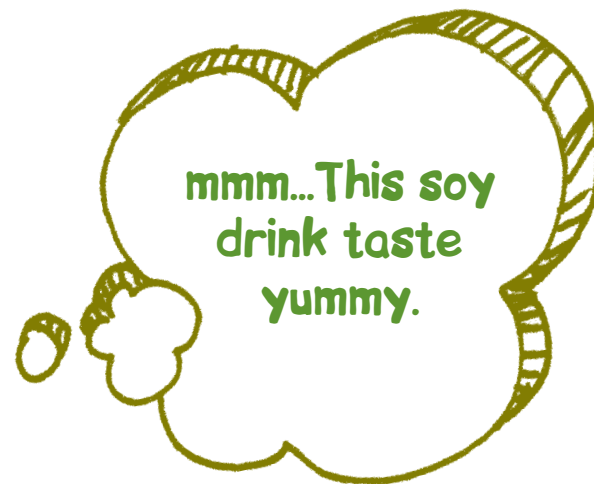




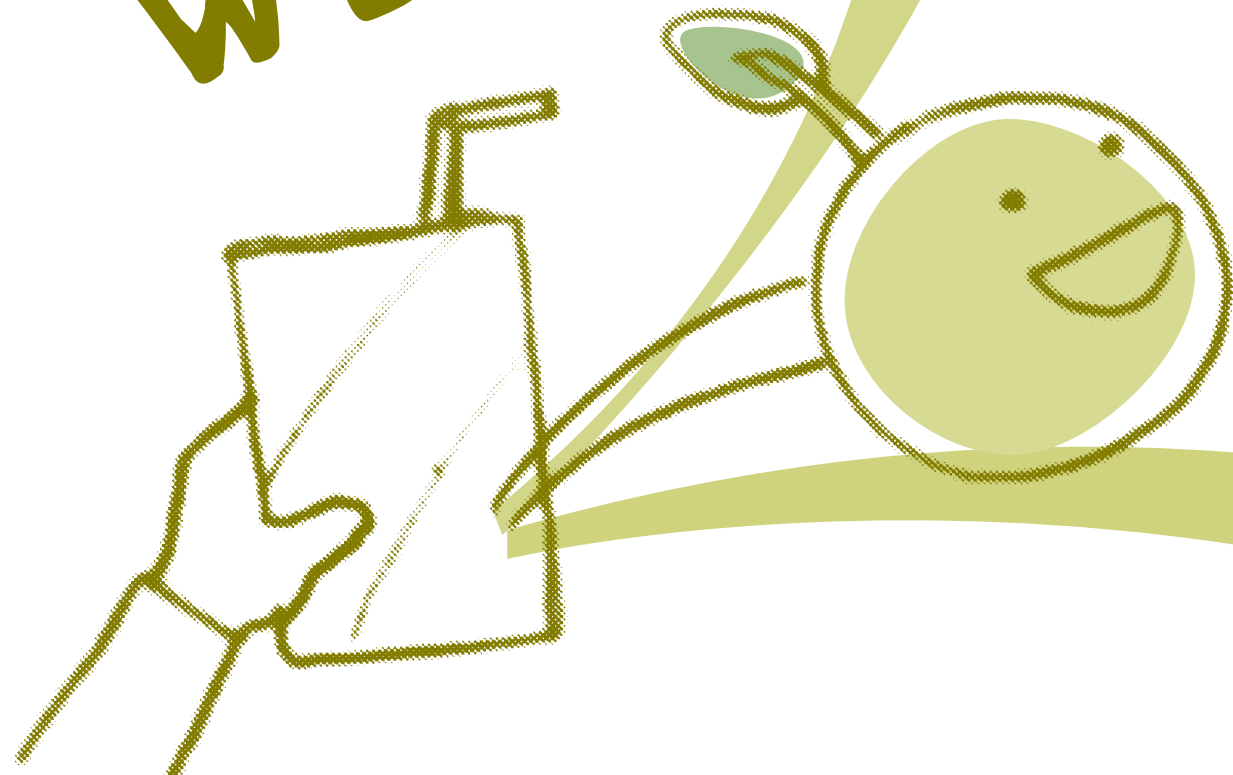
SoyKids

The logo features the word "SoyKids" in a bold, rounded, sans-serif font. The letters are white with a thick black outline. The text is positioned on the right side of the image, set against a light blue background. To the left of the text is a large, solid blue shape that resembles a stylized plant or a cloud. This shape has a wavy, organic edge on its right side, which is decorated with several green leaves. The leaves are simple, rounded shapes with black outlines and some have diagonal hatching. The overall design is clean and modern, with a focus on the word "SoyKids" and the organic, plant-like elements.





WEEEEEEEEEE!!



Hello there!  
Would you like to  
discover more  
about soy?



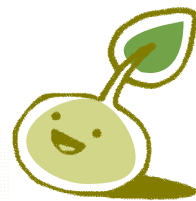
uhm...okay...



hmm...  
interesting!



Soy is a very  
versatile bean! It has  
been used for  
centuries in China and  
Japan and has since  
become popular  
worldwide! Come with  
me and I'll show you  
some of the many  
ways soybeans can  
be enjoyed!



# Soymilk B

A

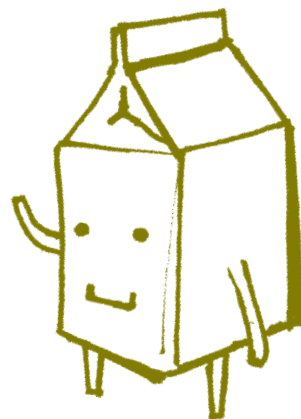
C

E

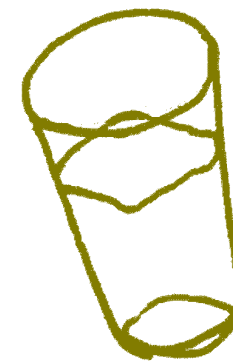
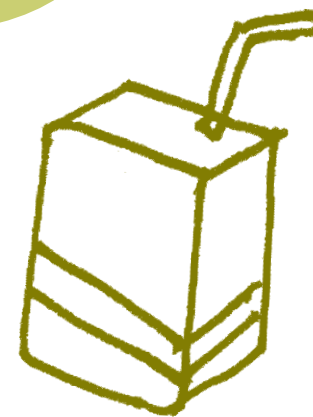
D

Soy milk is made by soaking dry soybeans and then grinding them with water. That drink you just had contains a lot of vitamins that are good for your health.

**Vitamin E** is plentiful in soymilk.

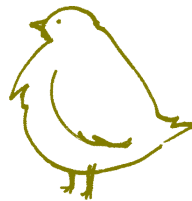


Icecream, milkshakes and yogurts, are some of the things you can make with soymilk. YUM!

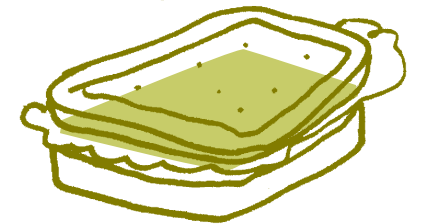
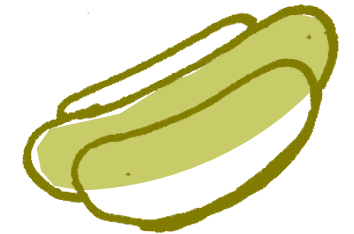
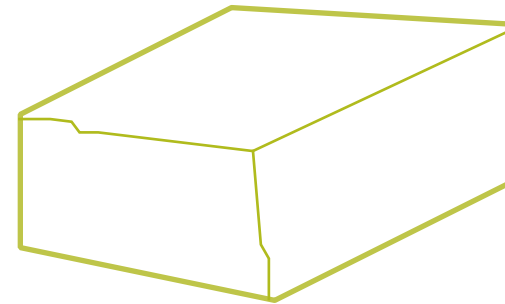


# Tofu

Tofu is rich in protien, which helps you grow stronger muscles! It's made by boiling soymilk with salt and acid, then pressing it into blocks. It has an equal amount of nutritional value as the other meat products, but without the bad cholesterol and extra fats.



Tofu can be made to look and taste like meat. We can make tofu burgers, hot dogs, and sandwiches!





# Edamame



Edamame are fresh green soybeans, which are also known as vegetable soybeans. They are served in pods like green beans. You can boil edamame to make soup or stir fry them with other vegetables!

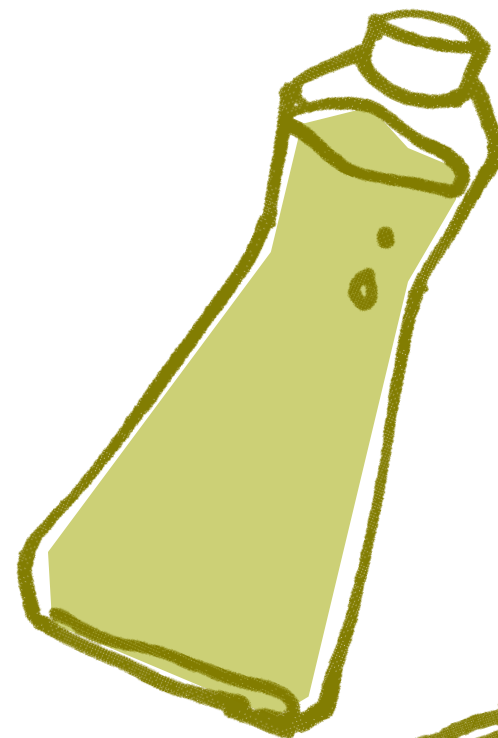
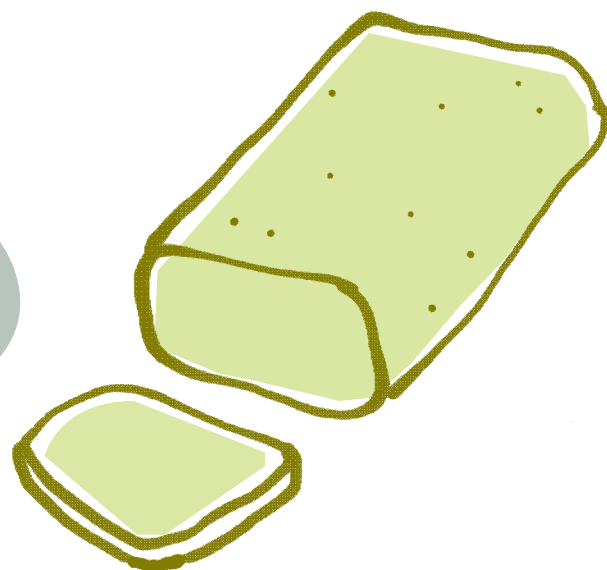
Edamame is also rich in protien, vitamin A, B, and calcium! Eat green!





Miso is a soup made from fermented soybeans. There are a variety of miso paste, such as white and red.

Tempeh is also fermented, but differently so that it forms a firm cake.



Soy oil is used for cooking and as an ingredient in many other foods.



Soy sauce is made from soy, wheat and salt. You can use it for cooking also. There are light and dark kinds. Be careful, these could stain!



Wow! I never knew soy  
had so many wonderful  
uses. Is there anything  
else you can tell me,  
little soybean?



Of course! I have  
some creative tips  
for using soy and  
yummy snack ideas!

**Yummy  
Snacks**

**&  
tips**

# Yummy snacks & tips

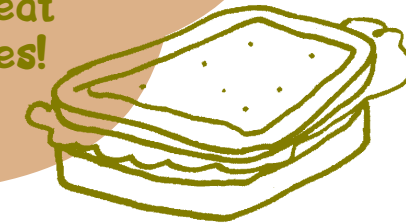
Children who are lactose intolerant, or allergic to milk protein, can pour soymilk over cereal or enjoy soy non-dairy frozen desserts.



Fruit soy smoothies, made with soymilk or soy yogurt, are a fun way to help ensure proper calcium intake.



Children with peanut and nut allergies can try a soy nut butter and jelly sandwich or roasted soy nuts as a snack. Even soy chips can be a treat for kids with wheat allergies!



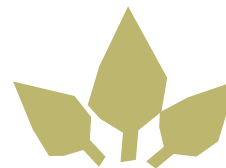
Try substituting roasted soybeans, plain or yogurt covered, for peanuts.

# A Note for the Parents

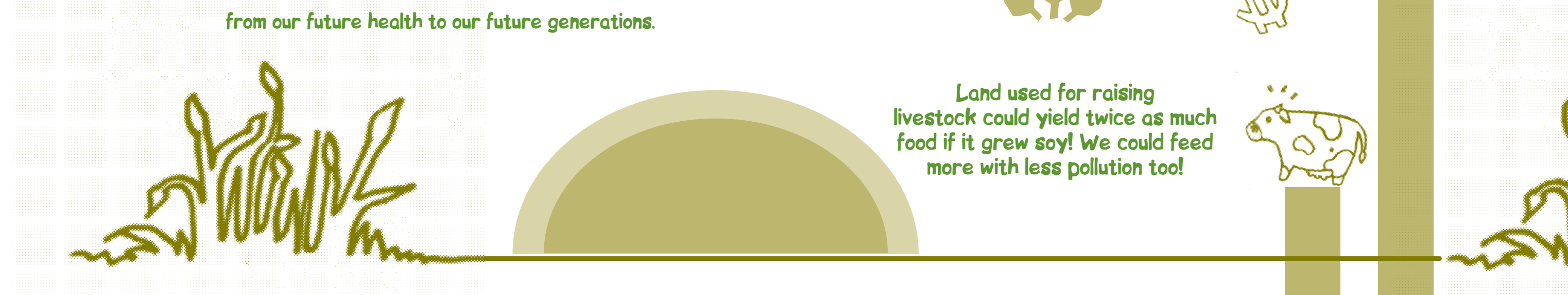


There is more to soy than consumption. Soy can become an important factor in our everyday lives, from our future health to our future generations.

Did you know that soy has a significant effect on our environment? Soy takes less energy to produce and is cost efficient.



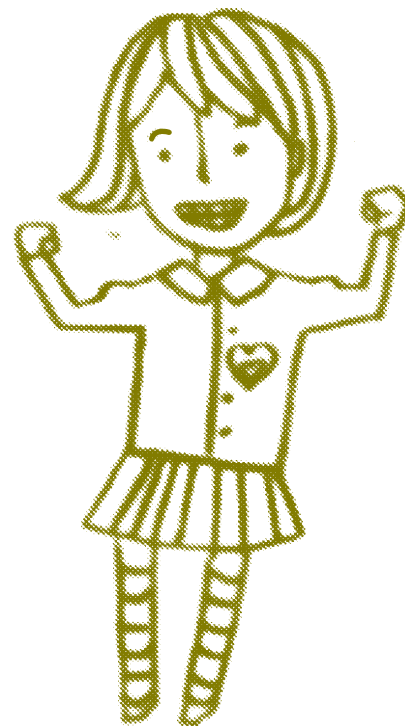
Land used for raising livestock could yield twice as much food if it grew soy! We could feed more with less pollution too!



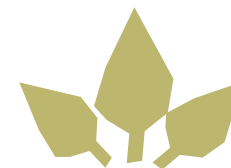




Pregnant mothers can drink soy milk to help nourish their infants before they are born. A continuous healthy diet at a young age will benefit a child's eating patterns in the future.



A healthy diet pattern, which may include soy foods, could give your body the chance to prevent certain cancers or complications, such as heart disease and obesity.



Remember, although soy is a very healthy choice, it lacks a few necessary nutrients. Make sure to research other foods that can complete your balanced diet!

