

Soyfoods Guide



Tips and Information
For Using Soyfoods

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C~@~!yv£ ^v{!@av~!y

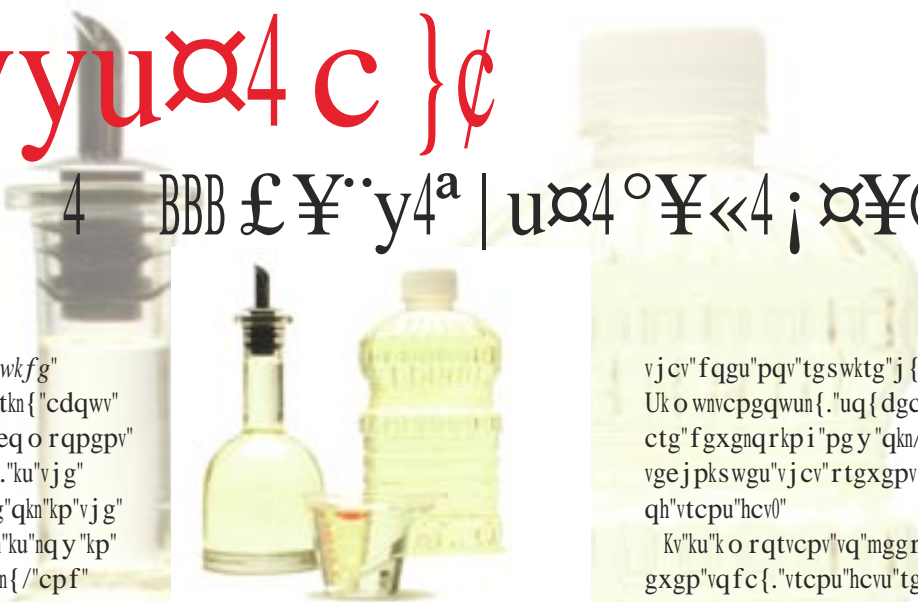
h!± gz^a!~0xz^a

h!±{!|y Yz^ax0~s«~!y^a

gzx~sz^a

g¥° v y u α 4 c } ç

4 4 4 4 4 BBB £ ¥ · y 4^a | u α 4 ° ¥ « 4 ; α ¥ ®



Cnvjqwi j "v j k u" Uq { h q q f u " I w k f g " e q p v c k p u " k p h q t o c v k q p " r t k o c t k n { " c d q w v " u q { " r t q v g k p . " c p q v j g t " o c l q t " e q o r q p p g p v " q h " v j g " u q { d g c p . " u q { d g c p " q k n . " k u " v j g " o q u v " y k f g n { " w u g f " x g i g v c d n g " q k n " k p " v j g " e q w p v t { 0 " N k s w k f " u q { d g c p " q k n " n q y " k p " u c v w t c v g f " h c v " c p f " j k i j " k p " r q n { / " c p f " o q p q w p u c v w t c v g f " h c v u " c p f " k u " c o q p i " v j g " o q u v " j g c n v j h w n " q h " c m n " g f k d n g " q k n u 0 " K v " k u " c n u q " q p g " q h " v j g " h g y " p a p p u j " u q w t e g u " q h " q o g i c / 5 " r q n { w p u c v w t c v g f " h c v v { " c e k f u . " y j k e j " o c { " d g " d g p p g E k e c n " k p " j g n r k p i " v q " r t g x g p v " e c p e g t " c p f " j g c t v " f k u g c u g 0

Cnvjqwi j " n k s w k f " u q { d g c p " q k n " k u " w u g f " k p " c " p w o d g t " q h " r t q f w e v u . " k p e n w f k p i " u e n c f " f t g u u k p i u . " e q q m k p i " q k n u . " c p f " u q o g " d t c p f u " q h " o c t i c t k p g . " q v j g t " h q q f " c r r n k e c v k p u " t g s w k t g " c " o q t g " u q n k f " h q t o " q h " q k n " h q t " k p e t g c u g f " u v c d k n k v { " c p f " v g z v w t g 0 " J { f t q i g p c v k p " k u " v j g " r t q e g u u " q h " t g e t t c p i k p i " v j g " e j g o k e c n " u v t w e w t g " q h " c " n k s w k f " q k n " v q " o c m g " k v " o q t g " u q n k f . " y j k e j " c n u q " r t q f w e g u " v t c p u " h c v { " c e k f u 0

J { f t q i g p c v g f " x g i g v c d n g " q k n u " d g e c o g " x g t { " r q r w n c t " k p " v j g " - 9 2 u " c p f " : : 2 u " c u " c " t g r n c e g o g p v " h q t " q k n u " v j c v " c t g " j k i j " k p " u c v w t c v g f " h c v . " u w e j " c u " n c t f . " v c n n q y . " c p f " u q o g " v t q r k e c n " q k n u 0

O q t g " t g e g p v " t g u g t e j " u w i i g u v u " v j c v " v t c p u " h c v { " c e k f u " o c { " d g j c x g " u k o k n c t n { " v q " u c v w t c v g f " h c v u " k p " v j g " d q f { . " c p f " v j g " H q q f " c p f " F t w i " C f o k p k u v t c v k p p * H F C + " f g e k f g f " v q " t g s w k t g " h q q f " o c p w h c e v w t g t u " v q " n k u v " v t c p u " h c v { " c e k f " e q p v g p v " q p " v j g " P w t k v k p p " H c e v u " r c p g n " q p " h q q f " n c d g n u 0 " k p " v j g " o g e p v k o g . " v j g " u q { d g c p " k p f w u v t { " k u " y q t m k p i " f k n k i g p v n { " q p " e t g c v k p i " p g y " x c t k g v k g u " q h " u q { d g c p u " v j c v " y k n n " r t q f w e g " c " o q t g " j g c n v j h w n " q k n "

v j c v " f q g u " p q v " t g s w k t g " j { f t q i g p c v k p 0 " U k o w n v c p g q w u n { . " u q { d g c p " r t q e g u u q t u " c t g " f g x g n q r k p i " p g y " q k n / r t q e g u u k p i " v g e j p k s w g u " v j c v " r t g x g p v " v j g " h q t o c v k q p " q h " v t c p u " h c v 0

K v " k u " k o r q t v c p v " v q " m g g r " k p " o k p f " v j c v " g x g p " v q f c { . " v t c p u " h c v u " t g r t g u g p v " q p n { " 4 0 8 " r g t e g p v " q h " v j g " c x g t e i g " C o g t k e c p o u " v q v c n " e c n q t k e " k p v c m g . " y j g t g c u " u c v w t c v g f " h c v u " t g r t g u g p v " c r r t q z k o c v g n { " 3 4 0 7 " r g t e g p v " q h " v q v c n " e c n q t k u 0 " O q u v " j g c n v j " c w v j q t k v k g u " f q " p q v " t g e q o o g p f " t g r n c e k p i " v t c p u " h c v u " y k v j " u c v w t c v g u . " c p f " k p u v g c f " c f x q e c v g " t g f w e k p i " v j g " v q v c n " c o q w p v " q h " h c v " k p " v j g " f k g v 0 " V j g " C o g t k e c p " J g e t v " C u u q e k c v k p p o u " P w t k v k p p " E q o o k v v g g " u w i i g u v u " v q v c n " h c v " k p v c m g " d g " n g u u " v j c p " 5 2 " r g t e g p v " q h " v q v c n " e c n q t k u 0 " V j g " d g u v " c f x k e g " k u " v q " n q q m " h q t " q k n u " v j c v " c t g " j k i j " k p " r q n { / " c p f " o q p q w p u c v w t c v g f " h c v " c p f " t g n c v k x g n { " n q y " k p " u c v w t c v g f " h c v . " u w e j " c u " n k s w k f " u q { d g c p " q k n 0



EYVD j W Ud8f ZUV ZIUZtZsf eU Sj eYVF ZBU D j SVR 3 Rdu f D3/h ZY df aa` æW ^ dReV d j SVR TYVT` Wb` RdUz 2]RSR^ R 2cR dRt5V]Rh Rdt7] dURt8V cZt:]Z` Zt_UR_Rt` hRt<R dRd> Rj]R Ut> ZYXR_t> Z_Vd eRt> ZtZtZa aZ> Zt f æ? VScRdR? Vh ;VcdJ t?` æY 4Rc]Z_Rt?` æY 5R` eRt@YZ t@]RY` ^ RAV_d]gR_Zd f eY 4Rc]Z_Rd f eY 5R` eREV__VcdMVEV RdGZkZ_RR_UH ZI T_dZ_ZEYVF_ZBU D j SVR_3 RDU ZI^ RUV fa` W%Rt^ VdUZ/Te csh Y` ` gVcdW eVZ_gVde^ V_ed` VæV d j SVR TYVT` Ww` SWR]W W R]f ZId j SVR` Wc` VcdZ 2UUZ_Z_Rj d j W UdZ_Wc^ ReZ` _ZiRgR]RS]V Reh h h ZI j SVR_Z cZ

CVTzVTVdRz`_tW Udj]Ztd` aY` e XdRaYj +<Z` 8R]VRkCZ_Z_UR_Ra`]Zt? tF_ZBU D j SVR_3 Rdu]Z` ZI4V_e/cWcd j W UdR_U DèVgV_d` 2dd TRèVt`_TZ

EYVafS]Z]VcR_UVUZè cdRd/_` e]RS]V WcVc` cdi` c` ^ ZtZ`_dZ
AfS]Z]Vc+DèVgV_d` 2dd TRèVt`_TZ%`' ? ZAV_d]gR_ZdZ_UR_Ra`]Zt? % #! &` (%%
6^ RZ]+Z_W1 d j SVR_Z cX
4` aj cZYèO#!` !` (

@go 'Kggq' >ak' Af'lg' l`] 'MK< 9Q' >gg\ 'HqjYe a\



H\Y'8]YHfmi; i]XY'jbyG'Zcf'5a Yf]WJbg[]j Yg'gVYbW! VUgYX'UXj]W'cb ZccX'UbX' d\ng]W' UMMj]miWc]Wg'Zcf\YU'h "Hc'gyY'h Y'Z' ", \$! dU[Y'8]YHfmi; i]XY'jbyG' fYdcfz[c'hc'k k k "\YU'h]Yfi g"[cj #X]YHfmi i]XY'jbyG#"

GcnzccXg'Wb'VY'Ub'ja dcfHUbhdUfhcZU\YU'h mX]YhUg'dfcgW]VYX'Vm'h Y'byK' l'G85'ZccX'dnfUa]X" A cghgcnzccXg'Ve'bhU]b'bc'Wc'YghYfc'z']Hh'Y'cf'bc'gUhi fUHYX' ZUh'z'[]\ 'ei U]HmidfchY]bz'UbX'X]YHfmi 'VYf" A UbmgnzccXg'U'gc'dfcj]XY'YggYbhU' j]Hua]bg'UbX'a]bYfU'gz'gi W'Ug'6j]Hua]bg'z'j]Hua]bg'5'UbX'8'z'W'V] a'z'fcbz'UbX' dchUg]i a "

GcmidfchY]b'a Um\Y'd'hc'fYXi W'h'Y'f]g_cZ\YUfhX]gYUgY'Vm'ck Yf]b['Wc'YghYfc' UbX']bVYUg]b['h'Y' 'YI]V]]HmcZV'ccX'j YggY'g" GcnVYUbg'U'gc'Ve'bhU]b'ja dcfHUbh' V]c! UMM] Y'Ve'a dcbYbhg'hUh\Uj Y'VY[i b'hc'g'vck'dfca]gY']b'fY']j]b['a YbcdU' gU' gna' dhca' g'z'a U]bhU]b]b[\YU'h mVcbYg'z'UbX'dfY' Ybh]b['WbVWf"



Do^fkp

† D j TVdV]
 † D j XcZed
 † D j hRAWd
 † D j aRdeR
 † D j Sd'RU
 † D j ~'fc

4' _df^ Z_X Re
]Rcb'eYdV^ c^` d/
 `f_TMVof Z]R]V_ed
 `Vh'Y']VXcRZ_daVc
 URj TR_ dUfTVeV
 cZ\ `WdVgVdR]TYc_†
 Z]UZVRdVdR_U^ Rj
 YV]a hZy hVZYe
 ^RZ_eV_R_TVZ
 D j ~'fcZlaRce` W
 eVZdXc'faZDf SdeZ
 eV'fae` _Vf
 Wf'ceY` VdV'e eR]
 ~'fcZj' f'cVg' cZV
 SRVUac UfTe
 dVZaVZ

Sbdbq^_ibp

† 8dW_ d j SVR_d
 iVUR^ R^ V
 † 4R__VU d j SVR_d
 † D j _fed

@_VYR]Wf'a` W
 XdV_ d j SVR_d
 iVUR^ R^ V/T _eRZ_d
 "I XcR^ d' Vd j
 ac eVZ_Z
 2]d j SVR_dRdV
 RX` U'd f'cTV` W
 UZVeRj } SVcR_U
 Zt -Rg_ _VdZ

Corfqp

† ?` d j]SRdMU
 W UdZ_eVZt
 TReX` gZ

2_j WfZe`c"!!
 WfZe[fZVT f_ed
 RdaRce` WdVWfZe
 Xc'faZcZed^ Rj SV
 WdVdETR_VUdW kv_t
 `cUcZUER_U^ Rj
 SVhY']MfTf dfaE` c
 af dMUZ

Lfip

† D j SVR_` Z]R]d
 TR]]MU gVXVeRS]V
 `Z]

D j SVR_` Z]ZicZY
 Z_a`]j f_cRef dRdVU
 VReR_UT _eRZ_d` _jj
 ^ Z_Z' R]dRef dRdVU
 VReZRed]ZVU d j SVR_
 `Z]Rd/_VMUUE
 dXf]R]Vj` f'cS` Uj
 eV^ aVcRef dVZ
 7Red]ZAV d j SVR_
 `Z]eYV]a eR_da` ce
 VRe]d]fS]VgZer^ Z_d
 eVc'fXY' fe]` f'c
 S` Uj Z
 D j SVR_` Z]Zt
 RczY d f'cTV` W
 `^ VXRIeVdV WRej
 RTZdZ
 D j SVR_` Z]t
]RSV]MUygVXVeRS]V
 `Z]eZ]RX` U'd f'cTV
 `VdV'R_eZ i ZUR_e
 GZer^ Z_6Z

J fih

† D j SVgVdRXV
 † D j TYWdV
 † D j j` Xf'ce
 † D j ZVTdVr^

2TT dJZ_Xe
 eV_Vh FD52
 W UXf ZUMZ_VdZ
 ac eVZ_TY` ZVd
 WceV` d'hY' U
 _eT` _df^ V^ Z
 ac Uf TedZ_T]f UV
 TR]Tf^ iWceZ_VU d j
 SVgVdRXVd d j SVR_d
 d j j` Xf'ced j
 TYWdVr_UeV^ aVYZ
 D j ZVTdVr^
 ac Uf TedRdV RaRce
 `VdVZdXc'fatSfe
 U` _eT` _eRZ` Rd
 ^ fTY TR]Tf^ `^ c
 ac eVZ` RdeV` eVvc
 d j ac Uf TedZ_eVZt
 Xc'faZ

Jb^q # ?b^kp

† D j Sf dVd
 † D j Y` eU' Xd
 † D j _fXXVed
 † D j Sf dVde]aV
 Td^ S]Vd
 † E W
 † D j _fed
 † 4R__VU d j SVR_d
 † 8dW_ d j SVR_d
 iVUR^ R^ V
 † D j _feSf eVc

2TT dJZ_Xe eV
 _Vh FD52 W U
 Xf ZUMZ_VdZac eVZ_
 TY` ZVdZ_eVZt
 TReX` gZ_T]f UV R]
 `VdVRS` gV]ZdVU
 d j W UdZ
 D j SVR_dRdV
 Rd f'cTV` WZXYt
 bfR]Zej ac eVZ_R_U
 Z_T]f UV R]]VZYe` W
 eV VdVdV_eR]R^ Z`
 RTZdZ

7c^`dZVc^RZ_RS fedjWUtGZeVhVScZVhnhhZ]jSR_ZcZ
 7c^`dZVc^RZ_RS fedVFD52Z]Rj eRZUMZ_Vd7` U]dR^Z]hnhhZ]jajdR^Z]X'g

