

NUTRITION NEWS & NOTES

Lowering Risk Of Heart Disease With Soy

(NAPSA)—According to the American Heart Association (AHA), one American dies every 34 seconds from heart disease. Diet is an important factor in improving one's heart health. Incorporating 25 grams of soy protein a day into a diet low in saturated fat and cholesterol may reduce the risk of heart disease, according to the FDA.

To help spread the word on heart health, the AHA organizes Heart Walks in cities across the country. The walks include events and festivities geared toward teaching people about heart health, while raising money to help fight heart disease.

Eating More Soy

Fortunately, it can be easy to incorporate more soy into your diet. For instance, NutriSoy®, a national presenting sponsor for the Heart Walks, is cholesterol-free, low in saturated fats and contains nearly all of the essential amino acids the body needs. The ingredient is used in a number of healthier products found on grocery store shelves.

Try this recipe. It can be a great way to bring soy—and good health—to your family's table.

Pasta Toss

- 8 oz. soy angel hair pasta
- ½ tbsp. oil
- 1 cup fresh broccoli florets
- 1-½ cup fresh cherry tomatoes
- 2 cups fresh chopped zucchini
- 1 cup chopped green bell peppers
- 2 minced fresh garlic cloves
- 1 tsp. black pepper
- 4 tbsp. grated parmesan cheese



Studies show soy may be good for your heart.

- ½ cup chopped fresh basil
- ⅔ cup recipe strips

Prepare soy angel hair pasta according to package directions. Drain. Warm the oil in a large skillet over medium-high heat. Add broccoli. Cook and stir for 1 minute. Chop the soy recipe strips and add to broccoli. Add minced garlic, tomatoes, zucchini, and green peppers to skillet and continue to cook for 2-3 minutes or until the vegetables are tender-crisp. Stir in pepper. Place the pasta in a large serving bowl. Pour vegetable mixture and chopped basil leaves over the pasta and toss gently to combine. Serve immediately and garnish servings with 1 tbsp. of grated parmesan cheese.

Yield: 4 servings. Serving size: 9.2 oz. Per serving: 320 calories, 4.5 g fat, 1g sat fat, 25 g protein, 48 g carbohydrates, 450 mg sodium, 5 mg cholesterol.

For more information, visit www.nutrisoy.com.

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