

Dime Quin Soy Julia Navarro

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common soybean products include soy sauce soy milk tofu soy meal soy flour textured vegetable protein tvp soy curls tempeh
soy lecithin and soybean oil

soy foods are available in many different forms including tofu miso and soy milk soy protein products have most often been
used by adults in doses of 40 grams by mouth daily for up to 5

soy is a nutrient dense source of protein that can safely be consumed several times a week and probably more often and is
likely to provide health benefits especially when eaten as an alternative

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