

Fact Sheet: Isolated Soy Protein

What is it? Isolated soy protein is high quality protein that is derived from soybeans. All the fat and carbohydrate has been removed, leaving a protein powder that can be incorporated into a variety of foods.

What does it do? Protein is vital to life – our bodies require protein to manufacture muscle tissue, hormones, enzymes and other essential materials to keep the body functioning properly. Since isolated soy protein is derived from soybeans, it contains naturally occurring phytochemicals (beneficial compounds that come from edible plants) that promote health.

Why is it important? All proteins are made up of small building blocks called amino acids – and some of these amino acids are essential in the diet because the body cannot make them. A protein that contains all the essential amino acids is called a ‘complete’ protein. Soy is the only vegetarian source of complete protein, and the quality of soy protein is as good as animal sources of protein such as meat, eggs and milk. Since many animal sources of protein also contain fat and cholesterol, soy protein isolate is a great alternative in providing high quality protein without fat, saturated fat, or cholesterol. Proteins also are important in keeping hunger at bay.

Where is it found? Soy protein isolate can be purchased as a plain or flavored powder that can be mixed with milk and fruit to create a protein-rich meal, or can be stirred into a variety of foods such as soups, sauces or hot cereals to boost protein content. The powder may also be blended with protein powders from other sources (such as whey protein, derived from milk).

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