

UNISOY

## Soya, it's good

Soya milk nourishes your family in refreshing ways.



“For children, (soya bean) is a good source of protein and calcium needed for their growth and development.

Available at all health stores

- Ms Jaclyn Reutens, Aptima Nutrition and Sports Consultants.

**h**ow do we help children get the nourishment they need, build strong bones and muscle and have them enjoy the experience at the same time?

Foods rich in calcium and protein sources include dairy products like milk, cheese and yoghurt, as well as anchovies (*ikan bilis*), tofu and soya bean milk. Other sources for calcium include green leafy vegetables and beans.

Indeed, soya bean milk is fast becoming a favourite beverage for everyone.

### **Soya milk goodness**

How is soya milk made? It is made from ground soya beans and mixed with water to form a liquid that resembles milk, explains Ms Jaclyn Reutens, of Aptima Nutrition and Sports Consultants.

"Soya milk is naturally cholesterol free, low in fat and saturated fat," says Ms Reutens.

"Soya milk also provides isoflavones, genistein and diadzein, which are naturally occurring plant compounds that may have protective effects against prostate, breast and colon cancers."

### **Different soya milks, different content**

Do differentiate the soya milk that you buy from the market or hawker stall and the type that you drink from the carton or get off the shelves.

"The type from the market or hawker stall is not a good source of calcium," points out Ms Jaclyn Reutens, dietician with Aptima Nutrition and Sports Consultants.

"You can still enjoy that cup of soya milk sold in the market which still has other nutritional benefits but be sure to get your calcium intake from other food sources."

So how is soya milk a choice beverage for families? It's great for:

- **Those who dislike or cannot consume milk**

Soya milk is a nutritious and tasty alternative for the lactose-intolerant or adults or children who do not enjoy the taste of milk. Soya milk can also be added

into cereals in replacement of milk for a nutritious breakfast.

- **Those who need to watch their weight**

The fat content of soya milk per 100ml is about 2g, slightly higher than skim milk (less than 1g) but still acceptable as a low fat option, says Ms Reutens.

UNISOY® Instant Organic Soya Milk is available in two varieties – Instant Nutritious Soya Milk (contains less sugar) and the Instant Organic Soya Milk "No Cane Sugar Added". We were surprised that its "No Cane Sugar Added" alternative is tasty, not at all bland.

Carrying the Healthier Choice Symbol, it is lower in saturated fats and sugar but higher in calcium.

- **Healthy bodies**

UNISOY® Instant Organic Soya Milk, available at leading supermarkets, is made from 100 per cent top grade, non-GMO (genetically modified organisms) organic soya beans, grown in a natural and unpolluted environment free from artificial fertilisers and pesticides. It contains no artificial flavouring, colouring or preservatives.

Packed with cholesterol-free and plant-based proteins (so it's suitable for vegetarians), soya milk also contains calcium and protein, good for growing children.

- **Those who want convenient, tasty yet nutritious soya milk**

The beans in UNISOY® Instant Organic Soya Milk ([www.unisoyn.com.sg](http://www.unisoyn.com.sg)) are de-hulled using advanced technology to bring out the full tasty smoothness of soya milk, while retaining its nutritional value.

Indeed, from our experience, it does not taste like a powdered beverage at all. It's a convenient drink that can even be prepared by your seven-year-old if he wants a cool soya milk drink. (You need to dissolve the powder with cool water, though this beverage can be enjoyed either hot or cold.)

UNISOY® Instant Organic Soya Milk can also be used in recipes that kids would love, such as smoothies and agar-agar. 