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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

TOFU ----HEALTHY FOOD AND DELICIOUS TOO

By Chacko Nedumkallel

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Today people are more health conscious and food habits have undergone a tremendous change. These days meat ,dairy products , eggs etc are used in very limited quantities. This is a trend more common in the Western world. People are looking for a 100 per cent vegetarian healthy alternative to high fat -content and cholesterol producing non-vegetarian diet .

Here comes the unique significance of soybeans and Tofu, a paneer like processed food . Tofu is made exclusively from health giving soyabeans . Therefore from the health point of view Tofu stands out as a complete protein which has all the eight amino acids.

Tofu is exceptionally popular world over and almost one billion people eat it often. No doubt it is free from saturated fat and cholesterol and thousands of people consider it as the primary source of protein.

Tofu is not just a new product.

For hundreds of years it was in use made exclusively from soybeans.

The manufacturing process is this: Soybeans are cooked and crushed to make a rich soyamilk. It is allowed to solidify and later cut into blocks.

Reputed Tofu making demands good packaging. Proper care is being taken to avoid contamination and spoilage. Modern packaging systems are followed by Tofu manufactures . This is essential for protecting the nutrition and flavour of soyabean. It also helps to increase Tofu's shelf lifewithout the use of preservatives and irradiation.

Regular Tofu consumers are aware of all these and that answers the increasing popularity of tasty Tofu

..Genetically modified (organism) soybeans are not used in the manufacture of Tofu. And good quality Tofu is being made from wholesome soyabeans.

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High health potential

Tofu is a food with unbelievably high health potential. If a person takes in 25 grams of soya proteins per day it provides complete cardiovascular health. On an average one serve of Tofu provides 6 grams of soya protein.

Several delicious preparations are made of Tofu. For example freeze it for several days for a chicken-like texture. Afterwards it can be grilled or baked fit to be served as a delicacy that equals any tasty chicken dish.

Like other wholesome food Tofu too is good in fat calories but at the same time it is a low calorie source of protein .

Heart patients are advised to replace animal protein with plant protein and Tofu is considered in this connection as a good source of it.

Tofu has many food qualities. It is a good source of calcium too. And dietitians say that calcium found in Tofu is equally good in comparison to milk or cheese calcium.

Children love it

All children like Tofu because it does not have a flavour of its own. It takes the flavour of other things added to it while being cooked.

Some people replace eggs in their diet with Tofu. Tofu can be used in so many different types of dishes. People prepare fish-free and meat-free dishes using Tofu and at the same time they taste like meat and fish. ----

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1982 –1997Oman Daily Observer Muscat1975– 1981Economic Times India

Why Tofu Is Good For Your Baby's Diet

By Jean Masterson

Till even some time back, tofu was that nutritious ingredient your dietician advised you to replace meat with. It is healthy, delicious and easy to cook and all that but before right now it was not really something you would consider feeding your baby. But guess what? All that's going to change right now. Why? Well, for obvious enough reasons. Tofu is made of soy -- one of the richest sources of proteins, calcium, iron, fiber – by means of a process which is comparable to the way cheese is made out of milk.

Tofu is primarily of two types. Hard or firm tofu and soft or silken tofu. While the first kind is used for all sorts of recipes the second tends to find its place mostly in smoothies, soups, sauces and other lush, creamy foodstuff.

When you buy tofu, make sure to check how it smells. Fresh tofu tends to smell sweet in a

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dairy-product sort of way. If it's stale on the other hand it will give out what might seem to some like an objectionable sour odor. You can store it as long as a week in your refrigerator provided you put it in an airtight vessel containing water (do remember to change the water everyday though). Don't try putting it into the freezer because it doesn't take to cold climates particularly well!

You can start including tofu into your child's diet eight months after his or her birth. Be careful to introduce it gradually though, since a number of kids react to it rather nastily, soy being a 'potential allergen'. Look out for running nose, vomiting tendencies, wheezing and reddening or watering of the eye. In case you suspect your baby is breaking into an allergy of some sort, contact your pediatrician immediately.

Given that it has no particular taste of its own, tofu can be included into recipes without disrupting the overall flavor of the dish. It will only draw in the taste of any foodstuff you put it in with. You might want to smoothly paste a few chunks of tofu with some sort of cheese (cottage cheese works well) or even avocado. You can also make a smoothie out of it and some sort of fruit that would work out very well as a dessert for your baby. You can also chunk out the tofu and serve them plain as something for your baby to nibble on.

Given the health benefits and the high adaptability of the item, tofu will soon become an indispensable part of your child's diet. And even while he eats it unaware only you will know how it will make him bigger and stronger.

Jean Masterson is an author and mother. See more of her articles at



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