

Alpro Soya : a healthy decision.

Contributors

Vandemoortele Group.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



Alpro soya
A healthy decision



Why is Alpro soya a healthy choice?

We all want a healthy lifestyle. But where do we start? At Alpro soya we think healthy eating shouldn't be a chore it should be a pleasure. Making a few small changes to your daily diet and lifestyle can help make a real difference to your health and wellbeing. To help get you started here are some simple ideas.

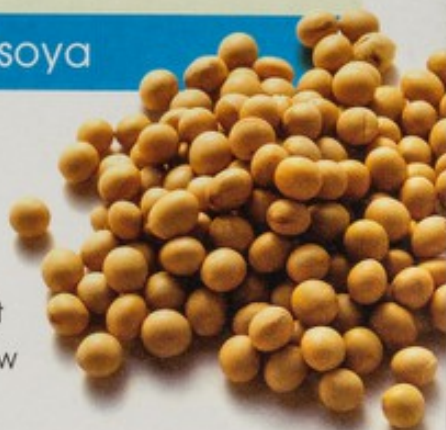
Made from the whole soya bean, Alpro soya has many nutritional benefits making it an ideal food the whole family can enjoy. There are many reasons why Alpro soya is a healthy decision for you and your family.

- Naturally low in saturated fat
- Naturally lowers cholesterol*
- Naturally contains Omega 3 and 6
- Low in salt
- Contains all 8 essential amino acids
- Available with added calcium
- Dairy and lactose free
- No preservatives, colours or artificial sweeteners
- The first dairy free probiotic yogurts

The health benefits of soya

What is soya?

Soya is from the leguminous plant family. There are thousands of varieties of soya bean. The most common soya bean is the yellow



healthy decision?



bean which contains the best quality protein. The plant takes between 150 to 200 days to grow in hot and humid climates. The plant reaches about 80cm in height, has small white or purple flowers that create pods which yield between 1 and 4 beans.



The beans are the source of all the wholesomeness of soya.

Saturated fat

As part of a healthy lifestyle, a diet low in fat, particularly saturated fat, may help maintain a healthy weight and a healthy heart. Polyunsaturated fat is a healthier fat that helps reduce the levels of "bad" cholesterol in the blood and increases the "good" cholesterol. Alpro soya is naturally low in saturated fat and contains polyunsaturated fat.

Source of Omega 3 and 6

Soya beans and Alpro soya products are a source of the essential fatty acids – omega 3 and 6. These essential fats cannot be produced by the body and therefore we must get them from our diet.

Naturally lowers cholesterol

Keeping cholesterol levels within healthy limits is an important factor in maintaining a healthy heart. We do need some cholesterol but if we have too much of the 'bad' LDL cholesterol it is a risk factor for heart disease.

*It has now been proven that the inclusion of at least 25g of soya protein in your diet, as part of a diet low in saturated fat, can help lower blood cholesterol (JHCl 2002).

To make the most of this cholesterol lowering benefit why not try including Alpro soya in your daily diet? Just 2 glasses of Alpro soya alternative to milk, 1 Alpro



soya alternative to yogurt and 1 Alpro soya dessert will give you your recommended 25g soya protein.

In addition, following a diet low in saturated fat has also been shown to help lower blood cholesterol.



Low in salt

In a healthy diet, it is recommended to keep salt intake as low as possible. Alpro soya is naturally low in salt, making it a healthy decision.

High quality protein

Did you know that our body does not produce 8 amino acids, "the essential amino acids"? This means we have to absorb them from the food we eat. Soya contains vegetable protein with all essential amino acids in sufficient quantities. Soya protein is comparable to milk, meat and eggs in terms of protein quality.

Dairy and lactose free

For younger people and anyone intolerant to dairy foods and gluten, Alpro soya products are lactose free, contain no dairy proteins and are gluten free. If you are vegetarian or vegan Alpro soya contains no ingredients that are of animal origin and are therefore an ideal choice.

Enriched with calcium & vitamins

The Alpro soya range includes products with added calcium and vitamins. In a 250ml serving of Alpro soya alternative to milk you will receive 38% of your recommended daily amount (RDA) of calcium, making it an excellent alternative to dairy.



Naturally healthy for you and the environment

Alpro respects nature and people when sourcing its soya beans.

- We use soya produced in the most natural way possible, grown from a traditional variety which is GM free and has been used for thousands of years.
- Instead of chasing the lowest price for our soya beans, Alpro invests its energy and resources into nurturing long-term relationships with our farmers, making them less vulnerable to one bad harvest and to ensure the quality of our soya beans.
- Alpro has never and will never source its soya beans from deforested land in the rainforest area. To guarantee this Alpro operates a traceability programme from the field to the end product.

It's possible to love the planet and soya.



More healthy decision

- **Aim for 5 portions of fruit and veg each day**

As a general rule, the more variety in the colours of your fruit and vegetables, the more likely you are to be getting all of the health benefits you can. Fresh, frozen, canned and dried all count.

For a delicious low fat fruit smoothie whizz together banana and mango with Alpro soya Light alternative to milk – you will be well on your way to 5 a day.



- **Eat more wholegrains**

Starchy foods such as bread, rice, pasta, potatoes and cereals give us plenty of energy as well as being an important source of fibre, vitamins and minerals. Choose wholegrain varieties whenever you can. Why not try a wholegrain cereal or muesli served with chilled Alpro soya alternative to milk – a great way to start the morning.

- **Switch to the good fats**

Some fat is essential in the diet; however some fats are better for you than others. Try to cut down on the saturated animal fats, instead try switching to Polyunsaturated and Monounsaturated fats found in natural vegetable oils. Our new improved Alpro soya alternative to yogurts are not only low in fat and saturated fat but they contain probiotics to help maintain a healthy digestive system. Filled with luscious fruit pieces and less than 100 calories per pot they make a great healthy dessert option without the fat!

- **Tasty ways without the salt**

Try to eat no more than 6g of salt a day. Why not try experimenting with fresh herbs and spices - a great way to add flavour to your cooking without the salt?

For a tasty raita dip, whizz together some Alpro soya alternative to plain yogurt with chopped cucumber and mint – no salt but lots of flavour.

s with Alpro soya



- **Drink up!**

Make sure you keep yourself hydrated. Each day aim to drink 6-8 glasses of water or other fluids e.g. juices, low sugar soft drinks, fruit teas. For a quick drink on the go why not try one of the Alpro soya dairy free shakes - chocolate, strawberry or banana - some great flavours to choose from and a source of bone building calcium too.

- **Be more active more of the time**

You don't need to work out at the gym to be active. For health benefits, aim to do 30 minutes (or 2x15 minute sessions) of moderate activity at least 5 times a week. Choose something you enjoy and that will fit into day to day life, for example walking at lunchtime or to and from work is a great way to get more active.

- Alpro soya have an online health check for you to find out how healthy you are currently and to help you track your progress as you make more healthy decisions. Logon to www.alprosoya.com and look out for the lifestyle health check from Alpro soya.





Alpro soya
alternative to milk



Alpro soya Light
alternative to milk.
Unsweetened



Alpro soya organic
alternative to milk



Alpro soya
chocolate flavoured
alternative to milk



Alpro soya
alternative to milks.
Long Life



Alpro soya
desserts



Alpro soya alternative
to yogurts



Alpro soya
alternative
to cream



Alpro soya
flavoured shakes

Printed on recycled paper

Why not try Alpro soya – the range includes dairy free alternatives to everything from yogurts and desserts to flavoured milks and can be enjoyed by everyone as part of a healthy balanced diet. All Alpro soya products are widely available in all major supermarkets. If you have not tried Alpro soya you should give it a go – it tastes great.



For more information
on diet and lifestyle, Alpro
soya products and recipe
ideas, why not visit
www.alprosoya.com or
give us a call on Freephone
(UK) 0800 0 188 180
(ROI) 1800 992 878



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