

Tofu Packed with Health Benefits

Tofu originated in China over 1,000 years ago. It is made by curdling soymilk (from soy beans) so that the soymilk proteins coagulate and become solid. The solid curds can then be pressed into a sliceable cake.

Tofu is available in individual refrigerated packages. Once the package is opened, the tofu should be rinsed well, kept in a container covered with water, and stored in the refrigerator. Tofu is highly perishable, so it is important to change the water daily to keep the tofu fresh for up to one week. Tofu may also be frozen in its original package for up to five months.

Tofu varies in texture from silken (very soft) to soft to firm to extra firm. Soft tofu is very smooth and best used in salad dressings, sauces, desserts, and smoothies. Firm and extra firm tofu are best for baking, grilling, and stir frying. It can be used to replace meat, eggs, and dairy foods. Tofu has no flavor and will absorb the flavors of your recipe, which is why it is so versatile.

Tofu is vegan, gluten free, and cholesterol free. It is a good source of protein and contains all eight essential amino acids. It is an excellent source of iron and calcium. In addition, it is a good source of magnesium, zinc, and vitamin B-1. Tofu is believed to protect against heart disease and some types of cancer. It may also decrease the risk for osteoporosis and some age-related brain diseases.

Soy beans and the foods made from them, like tofu, are among the eight food types considered to be major food allergens in the U.S. People with soy allergies should not consume tofu.



Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796