

TOFU



WHAT IS TOFU?

- Tofu is a plant-based protein made from soybeans.
- It's a complete protein, meaning it provides all the essential amino acids your body needs.

NUTRITION BENEFITS

- High in protein, low in fat.
- A good source of calcium – one serving of firm tofu provides almost half of the daily calcium needs for women ages 19–50 who are pregnant or breastfeeding.
- Also provides iron and B vitamins for energy and overall health.

TYPES OF TOFU AND HOW TO USE THEM

Type	Texture	Great For
Silken	Very soft, creamy	Smoothies, dips, sauces, desserts
Soft/Medium	Slightly firm but tender	Scrambles, soups, light stir-fries
Firm	Holds its shape	Stir-fries, baked or grilled dishes, meat substitute
Extra Firm/ Super Firm	Dense, solid	Grilling, roasting, pan-frying, meat substitute, marinating

You may be able to add Firm, Extra Firm or Super Firm to your WIC food package. Silken and Soft/Medium are *not* WIC approved.





COOKING AND PREPARATION TIPS

- **Press it.** Remove extra water before cooking for a firmer texture. Wrap tofu in a towel and gently press with a plate or pan.
- **Slice or crumble.** Cut into cubes, strips, or crumble it like ground meat.
- **Eat it raw.** Tofu is safe to eat right out of the package—add to salads, smoothies, or snacks.
- **Marinate.** Tofu absorbs flavors easily, so try soy sauce, lemon juice, herbs, or spices.

COOKING METHODS



Bake

Simple and easy to prepare.



Pan-fry

Crispy outside, tender inside.



Grill

Adds smoky flavor and firm texture.

STORAGE TIPS

- **Refrigerate** once opened. Keep tofu covered with water and use within 1 week.
- **Freeze** for longer storage (up to 5 months). Freezing changes the texture, making it chewier and great for hearty dishes.
- **Tip:** Drain and dry tofu before freezing for best results.