



# Interesting Dietary Information About Tofu



It is a vegan alternative to cottage cheese made from soy milk.



It is low in fat and used as a replacement for creamy cheese or eggs.



Silken tofu is a good addition to sweet and savory dishes.



It is a complete protein source containing all the essential amino acids.



It has a neutral taste and can be easily flavored with other ingredients.



Consuming too much tofu may affect the functioning of the thyroid gland.

