

This convenient chart lets you view the nutrition information and goodness of all our So Good beverages and tasty frozen desserts side-by-side.

So Good Nutritional Summary

%DV = % Daily Value

	Calories	Total fat/g	Cholesterol/mg	Carbohydrate/g	Protein/g	Calcium %DV	Vitamin D %DV	Vitamin B12 %DV
BEVERAGES 250 mL (1 cup)								
So Good Original	110	4	0	12	7	30	45	50
So Good Fat Free Original	70	.25	0	10	7	30	45	50
So Good Vanilla	140	4	0	22	6	30	45	50
So Good Fat Free Vanilla	130	.25	0	26	7	30	45	50
So Good Chocolate	150	4	0	21	6	30	45	50
So Good Strawberry	150	2.5	0	26	7	30	45	50
So Good Omega DHA Original	120	3	0	17	7	30	45	50
So Good Omega DHA Vanilla	130	3	0	19	7	30	45	50
So Good No Sugar Added	70	2.5	0	5	7	30	45	50
So Good Trim	60	0	0	9	7	30	45	50
So Good Decadent Chocolate	160	4	0	24	6	30	45	50
FROZEN DESSERTS 110 mL (1/2 cup)								
So Good Creamy Vanilla	110	5	0	14	2	8	0	0
So Good Chocolate Supreme	110	5	0	14	2	8	0	0
So Good Butterscotch Swirl	130	5	0	20	2	8	0	0

For information on our complete line of products, please visit www.so-good.ca.

Save \$1

on any So Good soy beverage

Expires December 31st, 2010



To the Dealer: SoyaWorld Inc. will reimburse the face value of the coupon, plus regular handling fees, provided you have received the coupon from a customer on the purchase of item specified. Other applications may constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in previous 90 days to cover coupons presented will void coupons. Coupons submitted become our property. Reimbursement will be made only to retail distributors who redeemed coupons in Canada. A reduction in any applicable taxes payable is included in the coupon value.

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Start your day the So Good way

A nutritious morning meal will fuel you up and give you a head start at school, work or play.

Start your day the So Good way with a wholesome glass of So Good soy beverage. It also adds a tasty touch to cereal or oatmeal, and is a nutritious plus in this yummy smoothie.

So Good Almond Banana Smoothie

2	bananas; sliced (a few slices reserved for garnish)	2	
2 cups	So Good Vanilla soy beverage	500 mL	
1 cup	ice cubes	250 mL	
1/3 cup	ground almonds	75 mL	
1/2 tsp	cinnamon	2 mL	
	honey to taste (optional)		

Place banana slices, So Good Vanilla soy beverage, ice cubes, almonds, 1/4 tsp cinnamon and honey into a blender. Blend until thick and frothy. Pour into glasses and decorate with remaining cinnamon and banana slices. Enjoy! Makes 2 servings.

Nutrients per serving:
362 calories, 14 g total fat (1.5 g saturated fat, 0 g trans fat, 8 g mono-unsaturated fat, 2.5 g polyunsaturated fat), 0 mg cholesterol, 12 g protein, 53 g carbohydrates, 5 g fibre, 29 g sugars, 113 mg sodium, 951 mg potassium, 372 mg calcium (34 % DV), 2.5 mg iron (18 % DV).



So Good Oat and Nut Bars

1/2 cup	So Good Original or Fat Free Original soy beverage	125 mL
2 tbsp	ground flax	25 mL
2 1/2 cups	rolled oats	650 mL
1 cup	whole wheat flour	250 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
1/2 tsp	baking powder	2 mL
1/2 cup	dates (or other dry fruit or omit and replace with equal amount of chopped nuts or chocolate chips)	125 mL
1/2 cup	walnuts, chopped	125 mL
1/2 cup	pecans, chopped	125 mL
1/2 cup	almonds, chopped	125 mL
1 cup	brown sugar	250 mL
1/3 cup	molasses or maple syrup	75 mL
1/3 cup	oil	75 mL

1. Preheat the oven to 350° F (175°C).
2. In a small bowl whisk the So Good soy beverage and ground flax until frothy and light.
3. Mix all of the other ingredients in a bowl. Add the above soy/flax blend and mix well.
4. Line a 9" x 13" baking pan with parchment paper and add the mixture. Flatten as much as possible.
5. Bake for 35 minutes. Mixture should be firm but not hard.
6. Cut into 15 bars and wrap up into individual portions to go. Makes 15 bars.

Nutrition information per bar (made with dates and So Good Original):

293 calories, 15 g total fat (2 g saturated fat, 0 g trans fat, 5 g polyunsaturated fat, 5 g monounsaturated fat), 0 mg cholesterol, 5 g protein, 38 g carbohydrates, 4 g fibre, 18 g sugars, 152 mg sodium, 241 mg potassium, 54 mg calcium (5 % DV), 1.7 mg iron (12 % DV).

Find more recipes at www.so-good.ca

Be So Good to yourself



www.so-good.ca

Drink up the goodness!

So Good soy beverages are a delicious and healthy alternative to dairy milk. Fortified with 15 essential nutrients, a 250 mL (1 cup) serving of So Good contains as much calcium, vitamin D and vitamin B12 as a cup of milk, and offers up to 7 grams of complete plant-based protein. So Good is also low in saturated fat and contains no lactose, gluten, trans-fat or cholesterol.

So Good versus dairy milk

Eating Well with Canada's Food Guide recommends fortified soy beverages, like So Good, as a nutritious alternative to dairy milk for children and adults.

Nutritional Feature	So Good Original	2% Dairy Milk	So Good Fat Free Original	Skim Dairy Milk
Calories	110	120	70	90
Protein	Excellent Source	Excellent Source	Excellent Source	Excellent Source
Cholesterol	0 mg	19 mg	0 mg	5 mg
Fat	4 g	5 g	.25 g	.3 g
Saturated Fat	0.6 g	3.1 g	.15 g	0 g
Lactose	No	Yes	No	Yes
Vitamin D	Excellent Source	Excellent Source	Excellent Source	Excellent Source
Vitamin B12	Excellent Source	Excellent Source	Excellent Source	Excellent Source
Calcium	Excellent Source	Excellent Source	Excellent Source	Excellent Source

Excellent Source is defined by the Canadian Food Inspection Agency as providing a minimum of 25% of the Recommended Daily Intake (RDI) for that vitamin or mineral.

So Good to treat yourself!

So Good Non-Dairy Frozen Desserts offer the sweet creamy taste of traditional ice cream but are low in saturated fat and free of lactose and cholesterol. They are another delicious way to be So Good to yourself!



Control the 'snack attack'

How often do you fall victim to the 'snack attack'? Let's face it, when we're hungry, it's tough to ignore the impulse to eat. And it's all too easy to fill the void between meals with less than healthy snack options. That's where protein-rich foods like soy beverages can play a role in your diet.

Increasingly, weight management consultants refer to foods that deliver satiety – an overall satisfying feeling of fullness. Because soy foods are an excellent source of complete protein, they often carry a high satiety factor, meaning your stomach sends an "I'm full" message to your brain. This can help you avoid high calorie between-meal snacks as well as reduce the impulse to overeat.

Of course, if you are trying to lose weight, a successful weight loss plan should include healthy foods from all food groups, plus increased levels of regular physical activity. It's all a part of feeling so good!

The Health Check™ Healthy Eating Advantage

So Good soy beverages were the first fortified soy beverage to join the Heart and Stroke Foundation's Health Check program. The Health Check program is committed to helping Canadians identify healthy food choices.

According to Carol Dombrow, registered dietitian and nutrition consultant for the Heart and Stroke Foundation of Canada, "Calcium is an essential nutrient for healthy eating and we are pleased to recognize So Good as an excellent source of calcium, and an alternative choice to milk."

Check for Health Check - It's like shopping with the Heart and Stroke Foundation dietitians! For more information about Health Check, visit www.healthcheck.org.

The Health Check logo on So Good soy beverages tells you that the beverages are a healthy choice based on recommendations in Eating Well with Canada's Food Guide! A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program.



So Good, so many flavours

Vanilla So Good Vanilla has a smooth and delicate flavour that will please any vanilla-lover's palette.

Chocolate Nutritious and delicious, So Good Chocolate is a refreshing post-workout drink or mid-afternoon snack.

Strawberry Like all So Good beverages, So Good Strawberry is fortified with calcium and 14 other essential vitamins and nutrients. It's like a taste of summer in every glass!



So Good on-the-go

When packing lunch for yourself or your child, include a So Good Single Serve for an extra boost of nutrition.

Created with people on-the-go in mind, So Good Single Serves stay fresh without refrigeration. They are available in three flavours – vanilla, strawberry and chocolate – favourites for kids and grownups alike.

Eating Well with Canada's Food Guide recommends 2-4 servings of Milk and Alternatives – such as fortified soy beverages – every day. Fortified So Good Single Serves are an easy-to-pack lunchbox treat in the perfect 250 mL serving size. When it comes to nutrition, what you drink is as important as what you eat!



3 Steps

to feeling good



At So Good, we want to help Canadians get healthy so they can enjoy life and feel good. We believe following three simple steps can make a big difference:

get moving · eat well · de-stress

We want everyone in Canada to feel empowered to make small but significant changes to their lives. To help with setting and tracking weekly lifestyle goals, we have created a free online tool – the So Good Lifestyle Tracker available at www.feelingsogood.ca.

We are pleased to partner with the Canadian Diabetes Association to promote the 3 Steps to Feeling Good initiative.

"What many Canadians don't know is they can reduce their risk of developing type 2 diabetes by more than 50 percent by getting active, losing weight and eating right. The good news is that small lifestyle changes can make a big difference. We support this effort to motivate Canadians who are trying to make healthy lifestyle choices – every step of the way."

~ **Ellen Malcolmson**
President & CEO of the Canadian Diabetes Association

Save \$1

on any So Good soy beverage

