



TVP

Textured vegetable protein (or TVP for the uninitiated) is actually dehydrated soy. The soybeans are first pressed to extract the oil. The remainder is then dehydrated to produce TVP. So, it's a minimally processed food, and above all it's environmentally friendly!

BENEFITS

Legumes, such as soy, contain more fiber and less saturated fat than other types of high-protein foods, so they're good for your heart. An important source of protein and iron, and rich in fiber, legumes are good for your health!¹ They satisfy your hunger (sensation of fullness) and have one other super power: they help maintain healthy digestion! Its high protein and lipid content makes it one of the rare oilseeds that can be used for either their oil or their protein content.²

Like other legumes, IP soybeans are able to absorb nitrogen from the atmosphere, making them suitable for soils with low levels of organic matter, and they require little nitrogen fertilizer.

HOW IS IT USED IN THE KITCHEN?

- Like tofu, TVP doesn't have much taste on its own - you have to season it in order to appreciate it!
- Add it to your spaghetti sauce or use it as a substitute for ground meat in a Shepherd's Pie!

WHY ADOPT A PLANETARY HEALTH MENU?

Planetary health menus can improve both human and planetary health.

- Read our [fact sheet](#) to find out more!



1. <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

2. IRÉC. (2023). Research report: *les filières de produits au cœur de l'autonomie alimentaire: analyse et propositions pour une politique bioalimentaire structurante*. Pp. 98-99.