

Textured soy protein

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Textured soy protein

Defatted soy flour extruded into a dry sponge. Two years dry, four months once rehydrated and refrigerated — the same food, two different products.

How long it keeps

Unopened, this keeps **2 years** — which is what puts it on [the long shelf](#).

As sold	Unopened, in the cupboard	Once opened
(TSP)	2 years	3–4 months

Counted from the day you bought it. Figures are the **USDA FSIS FoodKeeper** table's, for unopened storage at room temperature; FoodKeeper counts a month as 30 days.

The table was not pulled from USDA — fsis.usda.gov answers 403 to non-browser clients from this machine — so it came from a mirror of the data.gov dataset and its vintage is unverified. Treat a single figure as indicative, not as a use-by date.

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