

FOR IMMEDIATE RELEASE

Celebrate National Nutrition Month this March

Get Started with Soy-Based Recipes from the Arkansas Soybean Promotion Board



The Arkansas Soybean Promotion Board encourages families and health-conscious consumers to celebrate National Nutrition Month by adding more soy-based foods to their diets.

LITTLE ROCK, Ark. (February 28, 2023) – The [Arkansas Soybean Promotion Board](#) (ASPB), a producer-led organization serving the state’s soybean industry through [research](#), [education](#) and [promotion](#), encourages families and health-conscious consumers to celebrate National Nutrition Month by incorporating more soy-based foods into their meals.

Soy is the only source of complete vegetable protein with little saturated fat. Soy reduces the risk of heart disease and some cancers and assists in managing diabetes and weight. Experts recommend two to three servings of soy-based food daily. Consuming soy products also supports the Arkansas soybean industry and Arkansas soybean producers.

“With interest in plant-based foods on the rise, there has never been a better time to learn about and appreciate the role of soy in a healthy, balanced diet,” said [Mary Catherine Paulson](#), a registered dietician with the Arkansas Academy of Nutrition and Dietetics. “Whole soy foods, such as soybeans, offer great [nutritive value](#) when planning healthy weekly meals. High-quality protein, fiber and B vitamins are a few of the important nutrients contained in whole soy foods.”

Incorporating soy into meals can be simple when soy-based foods are substituted for other ingredients. For example, cook using soy oil instead of other cooking oils. Another simple swap is soymilk. Fortified



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soymilk is the only non-dairy plant milk recommended by recent [U.S. Dietary Guidelines](#) as a suitable alternative to cow's milk, making it an ideal substitution.

The Arkansas Soybean Promotion Board offers heart-healthy [recipes](#) using soy. Find the recipes by visiting TheMiracleBean.com.

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About Arkansas Soybean Promotion Board

The Arkansas Soybean Promotion Board is led by nine volunteer farmer-leaders nominated by various producer organizations in Arkansas and appointed by the Governor. Soybeans are Arkansas's top-row crop with approximately 3 million acres planted each year, generating an annual economic impact of \$2 billion. Arkansas is consistently ranked among the top ten soybean producing states nationally, exporting 50% of its crop. ASPB invests more than \$2.2 million in research each year as part of its commitment to the continued sustainability of the Arkansas soybean industry. Learn more by visiting TheMiracleBean.com.