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ARKANSAS SOYBEAN PROMOTION BOARD CELEBRATES SOY FOODS THIS APRIL



The Arkansas Soybean Promotion Board celebrates National Soyfoods Month this April.

Little Rock, Ark. (March 29, 2023) - The [Arkansas Soybean Promotion Board \(ASPB\)](#) is joining health professionals, soybean producers, and soy organizations and companies to celebrate the nutritional benefits and [health merits](#) of soy.

Soy delivers high-quality, complete plant protein with a variety of other vitamins and minerals. It is the only plant protein that carries U.S. Food and Drug Administration's (FDA) heart health claim, confirming it may be able to reduce the risk of coronary heart disease. Soybean oil, commonly labeled as vegetable oil, is the most widely consumed edible oil in the U.S., accounts for more than 40% of the U.S. intake of both essential fatty acids, and is a source of vitamin E.

Health professionals regularly recommend soy to their patients. In the 2022 Annual Health Professional Survey conducted by Soy Connection, 90% of the respondents say they have recommended soy to their clients, and 41% say they recommend it weekly. Soy foods, like tofu, edamame, tempeh, and soymilk, are found in most grocery stores, and soy-derived ingredients can be found in many shelf-stable foods like nutrition bars, cereals, and beverages.

“Our understanding of the health benefits that soy can provide continues to expand,” says Mark Messina, Ph.D., [SNI Global](#) Director of Nutrition Science and Research. “Over the last 30 years, researchers have found that soy protein and soybean oil can benefit heart health. Additionally, soy protein promotes gains in muscle mass and strength to the same extent as animal protein and intriguing research suggests consumption of soy foods early in life reduces risk of developing breast cancer.”

Celebrate [Soy Foods Month](#) by incorporating more soy protein and soybean oil into your diet by:

- Trying new soy foods! Tofu isn't the only soy-based food at the grocery store. Enjoy popping edamame out of the pods for a snack or add some protein into your pancakes with soy flour.
- Swapping soy food for other foods. Start your day with a soy-based yogurt or serve soymilk with your favorite breakfast cereal. Fortified soymilk is the only non-dairy plant milk recommended by recent U.S. Dietary Guidelines as a suitable alternative to cow's milk.
- Seeking out soy on the label. Most vegetable oil on store shelves is 100% soybean oil. Soybean oil is recognized for its heart health benefits, and it also has a neutral flavor and high heat stability, making it an excellent choice for cooking, baking, sautéing, and more.

Arkansas ranks 11 in the nation for soybean production. Approximately 3 million acres of soybeans are harvested each year, making soybeans a \$2 billion industry and the top row crop in the state.

“U.S. farmers are innovators and modern farmers, and everything we do on the farm to grow our crops better is what makes us sustainable,” said Nancy Kavazanjan, U.S. soybean farmer and [United Soybean Board](#) director. “We are constantly improving the way we grow our soy.”

For [recipes](#) using soy products you can do [at home](#), visit the Arkansas Soybean Promotion Board website at [TheMiracleBean.com](#).

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About the 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 [www.themiraclebean.com](#).