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**FOR IMMEDIATE RELEASE**

## **Embrace National Nutrition Month with a Dash of Soy in Your Diet**

*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 in March by adding more soy-based foods to their diets.*

**LITTLE ROCK, Ark.** (March 12, 2024) – Families across Arkansas are invited to elevate their National Nutrition Month celebrations by integrating soy-based products into their daily meals. The [Arkansas Soybean Promotion Board](#) (ASPB), the state’s leading advocate for the soybean industry through [research](#), [education](#) and [promotion](#), offers simple and health-conscious recipes to encourage consumers to add soy to their diets.

Soy stands as the sole source of complete vegetable protein with minimal saturated fat. Consuming soy has been linked to various [health benefits](#), including reduced risks of heart disease and certain cancers, and effective management of diabetes and weight. Experts recommend incorporating two to three servings of soy-based foods daily to reap the full benefits of soy.

“The vision of the Arkansas Academy of Nutrition and Dietetics is to optimize the health of Arkansans through food and lifelong nutrition. It’s important to understand how a variety of foods can fit into one’s nutritional goals. Soy is very versatile in recipes and can provide a variety of nutrients,” said Executive Director of the [Arkansas Academy of Nutrition and Dietetics Rachel Schichtl](#), Ph.D., RD.

Incorporating soy into meals is simple. Often, traditional ingredients can be swapped for soy-based products. For example, choosing soy oil instead of traditional cooking oils offers a healthier option.



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Similarly, opting for soy milk over cow's milk provides a versatile alternative that aligns with U.S. Dietary Guidelines. This adjustment enhances the overall balance and nutrition of your diet. By incorporating soy into meals, consumers not only benefit themselves but actively support Arkansas's soybean producers and the soybean industry.

Learn more about soy's health benefits and find soy-based recipes to try at home on [TheMiracleBean.com](http://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](http://TheMiracleBean.com).