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**FOR IMMEDIATE RELEASE**

## **ARKANSAS SOYBEAN PROMOTION BOARD CELEBRATES SOYFOODS MONTH**



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

**LITTLE ROCK, Ark.** (April 23, 2024) - The [Arkansas Soybean Promotion Board \(ASPB\)](#) is joining health professionals, soybean producers, organizations in the soy industry, stakeholder companies and consumers alike in celebrating the nutritional benefits and health merits of soy in recognition of National Soyfoods Month.

“Soybeans are a versatile crop that brings much value to our state,” said [John Freeman](#), ASPB Chairman and Lincoln County producer. “Using soybeans in any way – whether for food, fuel or fiber – is a great way to support Arkansas soybean producers.”

Soy offers a complete nutritional package full of energy, high-quality [protein](#), and nine essential amino acids in amounts needed by the body with very little saturated fat. Soyfoods are recognized by the American Heart Association for playing a role in a heart-healthy diet.

“Soy’s health benefits have been extensively studied for more than 30 years, making it a rather mature topic from a research perspective,” said Mark Messina, PhD, [SNI Global](#) Director of Nutrition Science and Research and world-renowned soy nutrition scientist. “That said, our insight into its health attributes continues to grow. For example, results of a [recent clinical study](#) support a connection between soy food consumption and improved skin health in post-menopausal women, including wrinkle reduction, improved pigmentation, and increased hydration.”

Experts recommend consuming two to three servings of soyfoods daily to receive the full benefit. Here are three ways you can incorporate more soy into your diet:

- **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.
- **Look for 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 cooking stability, making it an excellent choice for frying, baking, sautéing, and more.
- **Shop at your local grocery store.** You can find a selection of soy foods and ingredients in your local store. Look for edamame, tofu, soy nuts, soy nut butter, soy milk, soy-based yogurt and cheese, tempeh, miso, soy-based protein bars and powders, and more. Every store is a little bit different, so if you are unable to find soy foods in the store, check the health foods aisle or section.

The United States is a leading producer of soybeans, with the half-million farmers in 30 states growing more than 80 million acres of soybeans in 2023. 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.

For [recipes](#) using soy-based ingredients you can prepare [at home](#), visit the Arkansas Soybean Promotion Board website at [TheMiracleBean.com](http://TheMiracleBean.com).

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#### **About the Arkansas Soybean Promotion Board**

The Arkansas Soybean Promotion Board is led by nine volunteer farmer-leaders 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](http://www.themiraclebean.com).