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Your Skin's Health May be One More Reason to Celebrate National Soyfoods Month

Ankeny, Iowa, March 26, 2024— During National Soyfoods Month in April, the Soyfoods Council reminds you of the many reasons soy is a star in the plant protein world. Findings of ongoing research related to the health benefits of soyfoods can make you feel good about eating tofu, edamame, tempeh and other soyfoods. According to a report from the Soy Nutrition Institute Global (sniglobal.org), evidence suggests that soy isoflavones have the potential to enhance your skin's appearance and fight the effects of aging. Soybeans are the richest source of isoflavones in our diet.

In addition to contributing to skin health, soyfoods also offer cholesterol-free, complete protein. They're affordable and widely available. It's easy to blend soyfoods with ground meat or turkey, cheeses and other ingredients to help stretch your budget.

Here are two springtime recipes that may inspire you to add more soyfoods and fresh vegetables to your diet.

- **Edamame Chickpea Hummus** is pretty much just like it sounds. All you need to go green with this dip are a 10-ounce package of frozen shelled edamame, cooked according to package directions, and $\frac{3}{4}$ cup drained and rinsed garbanzo beans. Flavor them with 2 Tablespoons soybean oil, 3 Tablespoons lemon juice, 2 teaspoons minced garlic and a half teaspoon of onion powder. Pulse to blend and add salt and pepper to taste. Serve with raw vegetables.

- **Mexican Veggie Salad** makes a quick, colorful salad that looks as good as it tastes. Start with a can of drained, rinsed black soybeans and a package of frozen shelled edamame,

cooked according to package directions. Add 1 cup each of broccoli florets, cauliflower florets, fresh sweet corn and diced celery. Add 2 cups of halved grape tomatoes, and ½ cup each of diced red onions and sliced black olives. Toss with bottled Italian dressing and it's time to eat.

For recipe details from The Soyfoods Council, visit the website at www.thesoyfoodscouncil.com and download the free digital cookbooks containing these recipes. The website also offers new recipes, cooking tips and updates on soyfoods and your health.

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About soyfoods and sustainability: Sustainability is a soy tradition. U. S. soybean farmers have been practicing sustainable agriculture methods for decades. Currently, 95% of U.S. soy growers are committed to sustainable farming practices and partner with the USDA to implement conservation programs. Soyfoods may play a significant role as a source of protein that minimally contributes to greenhouse gas (GHG) emissions in comparison to other protein sources.

About the Soyfoods Council: The Soyfoods Council is a non-profit organization, created and funded by Iowa soybean farmers, providing a complete resource to increase awareness of soyfoods, educate and inform media, healthcare professionals, consumers and the retail and foodservice markets about the many benefits of Soyfoods