



**Media Contact:**  
Erica Duncan, APR  
501-607-0891  
[eduncan@comgroup.com](mailto:eduncan@comgroup.com)

**FOR IMMEDIATE RELEASE**

## **Get to Know Arkansas's Leading Row Crop During National Soy Foods Month**



*The Arkansas Soybean Promotion Board shares the versatility and health benefits of soybeans in your diet.*

**LITTLE ROCK, Ark.,** April 17, 2025 – April is designated National Soy Foods Month! To celebrate, the [Arkansas Soybean Promotion Board](#) (ASPB), a producer-led organization serving the state's soybean industry through [research](#), [education](#) and [promotion](#), is sharing some of the economic and health benefits of soy in The Natural State.

Arkansas is one of the leading states for soybean production in the nation, ranking second in the United States for soybean production. Approximately three million acres of soybeans are harvested each year, making soybeans a \$2 billion industry and the top row crop in the state.

"Not only are you supporting a healthy lifestyle by incorporating more soy foods into your diet, but you are also supporting our local economy," said [Brad Doyle](#), a soybean producer from Poinsett County and board chairman. "Arkansas farmers are the backbone of the state, and we are happy to celebrate the hard work they do."

Soy foods are packed with protein and essential amino acids needed for a healthy diet. Soy contains the three macro-nutrients, protein, carbohydrate and fat, along with calcium, folic acid and iron to make it a well-balanced alternative.

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

- Try 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 Arkansas Soybean Promotion Board offers several heart-healthy [recipes](#) using soy. You can visit [TheMiracleBean.com](http://TheMiracleBean.com) to learn more.

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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 [TheMiracleBean.com](http://TheMiracleBean.com).