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**FOR IMMEDIATE RELEASE**

## **Soy Foods Month Spotlights Health Benefits of Arkansas's Top Row Crop**



*Celebrate National Soy Foods Month by incorporating soy onto your plate.*

**LITTLE ROCK, Ark., April 9, 2026** — Each Spring, Arkansas farmers plant approximately 3 million acres of soybeans, the state's top row crop, generating \$2 billion in annual economic impact. This April, the [Arkansas Soybean Promotion Board \(ASPB\)](#) is highlighting National Soy Foods Month to promote the benefits of soy once its products hit the grocery store shelves, as part of its celebration of 100 years of soybean production in the state.

"When you put soy foods and soy ingredients on your table, you're supporting the farmers who are the backbone of Arkansas's economy," ASPB Chairman [Brad Doyle](#) of Poinsett County said.

Soy is one of the most [nutritionally complete foods](#) available, delivering all nine essential amino acids with minimal saturated fat, making it a high-quality protein source for any diet. According to the [Harvard T.H. Chan School of Public Health](#), soy can be safely consumed several times a week and may offer health

benefits, particularly as an alternative to red and processed meat. It also provides a strong nutritional profile, including protein, carbohydrates and healthy fats, along with key micronutrients such as calcium, folic acid, iron and vitamin E.

Consistent soy consumption is linked to reduced risk of heart disease, breast and prostate cancers and osteoporosis, and can help manage weight, blood sugar and menopausal symptoms. Soy's concentration of essential fatty acids and lecithin also makes it a valued ingredient in skincare and hair products, known to boost collagen, brighten skin and smooth hair.

Soy-based alternatives to everyday products are widely available at most grocery stores. Soy milk, soy flour, soybean oil, soy nut butter, tofu and edamame are common options that can replace or supplement traditional ingredients in many [recipes](#). Edamame alone offers a simple, high-protein snack requiring no preparation beyond a quick boil.

For individuals with certain dietary restrictions or allergies, soy-based products offer flexible substitutes for dairy, gluten and animal proteins without sacrificing nutritional value.

The Arkansas Soybean Promotion Board offers a full collection of heart-healthy soy recipes 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 [TheMiracleBean.com](http://TheMiracleBean.com).