

APRIL IS NATIONAL SOYFOODS MONTH

Soybeans
Nebraska Soybean Board

Benefits of Choosing Soy

Soyfoods contain no cholesterol, little or no saturated fat, high quality protein, and dietary fiber.

Many soyfoods also provide essential vitamins and minerals, such as B vitamins, vitamins A and D, calcium, iron, and potassium, that our bodies need to stay healthy and active.

Soybeans naturally contain important bio-active components — such as isoflavones— that have begun to show promise in relieving menopausal symptoms, such as hot flashes, maintaining healthy bones, and preventing prostate, breast, and colorectal cancer.



For more information call **800-852-BEAN**

nebraskasoybeans.org