

APRIL IS NATIONAL SOYFOODS MONTH

Soybeans

Nebraska Soybean Board

Losing Weight with Soyfoods

One word. Satiety. That's the easiest way to explain how soyfoods can help with weight loss. Satiety is that feeling of fullness, or satisfaction, after eating. The key to satiety is choosing the right foods and that's where soyfoods come in. They just happen to be rich in the right nutrients that can provide maximum satiety. The latest scientific research involving weight loss has identified two specific nutrients with an edge in providing satiety: protein and fiber. Nearly all soyfoods are outstanding sources of one or the other, and in many cases, both of these nutrients. But that's not all. In general, soyfoods contain fewer calories, less total fat and less saturated fat than other sources of high quality protein.



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

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