

APRIL IS NATIONAL SOYFOODS MONTH

Soybeans
Nebraska Soybean Board



Good For Your Heart



25-Gram Soy Smoothie

Drink one Hi-Protein Soy Smoothie a day for healthy heart benefits

1 cup soymilk (any flavor)

1 scoop soy protein powder (any flavor)

Mix well in blender until soy protein powder is completely dissolved. Serve immediately.

The FDA has determined that 25 grams of soy protein per day, a part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease by reducing blood cholesterol levels.

Yield: 1 serving: 1 1/4 cup. Per serving: 250 calories, 5 g total fat (1 g sat fat), 25 g protein (25 g soy protein), 26 g carbohydrate, 320 mg sodium, 0 mg cholesterol, 1 g dietary fiber. (Note: Soy protein levels per serving vary depending on the brand. Read the label for protein content per serving.)

For more information call 800-852-BEAN
nebraskasoybeans.org