

APRIL IS NATIONAL SOYFOODS MONTH

Soybeans

Nebraska Soybean Board

MyPyramid.gov

STEPS TO A HEALTHIER YOU

How Soy Fits Into the USDA's Food Pyramid

Grains

- Soy cereal • Soy grits • Soy waffles
- Soy pasta • Soy bread • Soy flour

Consuming at least three or more ounce-equivalents of whole grains per day can reduce the risk of several chronic diseases and may help with weight maintenance. Soy flour is part of this group. Substitute up to one-fourth of the total flour in your favorite baked product recipe.

Vegetables

- Green soybeans (edamame)
- Canned soybeans • Soy nuts

One-half cup of green soybeans (edamame) contains 10 grams of soy protein. All soybeans are a good source of dietary fiber and isoflavones.



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

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