

APRIL IS NATIONAL SOYFOODS MONTH

How Soy Fits Into the USDA's Food Pyramid

Milk

- Soy beverage
- Soy cheese
- Soy yogurt
- Soy ice cream

According to the new USDA food guidelines, protein choices for those who do not consume milk products include calcium-fortified soy beverages, soybeans, soy yogurt, soy cheese, and tempeh. Soy ice cream products are a part of this group, but do not contain as much calcium or protein as the other soy products in this group.

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

Soybeans

Nebraska Soybean Board

MyPyramid.gov

STEPS TO A HEALTHIER YOU



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