

APRIL IS NATIONAL SOYFOODS MONTH

How Soy Fits Into the USDA's Food Pyramid

Soyfoods can be an important part of a healthy diet as prescribed by the new USDA food pyramid. Most 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.

Soy protein may help to reduce the risk of heart disease by lowering cholesterol and increasing the flexibility of blood vessels. Soybeans also contain important bio-active components that have begun to show promise in relieving menopausal symptoms, maintaining healthy bones, and preventing cancer.

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

Soybeans

Nebraska Soybean Board

MyPyramid.gov

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