

**APRIL IS NATIONAL SOYFOODS MONTH**

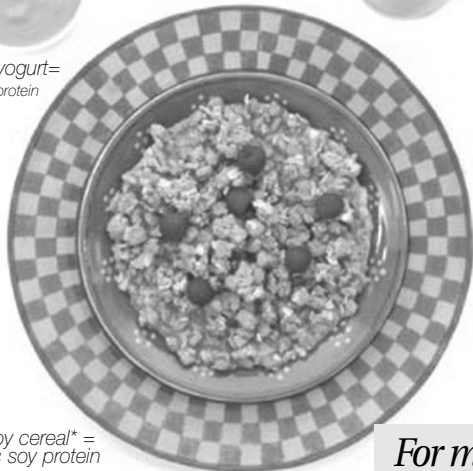
**Soybeans**  
Nebraska Soybean Board

*Start your morning with 25 grams of soy protein.*



6 oz. soy yogurt=  
4 grams soy protein

8 oz. soymilk=  
7 grams soy protein



The Food & Drug Administration has concluded that soy protein included in a diet low in saturated fat and cholesterol may reduce the risk of coronary heart disease by lowering blood cholesterol levels. The FDA recommends incorporating 25 grams of soy protein in your daily meals.

Bowl of soy cereal\* =  
13 grams soy protein

\*As an alternative to soy cereal add  
1 scoop of powdered soy protein to your favorite cereal.

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