KNOWING THE BENEFITS OF SOY FOR TODAY'S HEALTHY LIFESTYLE.

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In the early 20th century, the production and use of vegetable oils in food products expanded in an effort to replace animal fats, which contain high levels of saturated fatty acids. Since that time, the processing of vegetable oils has progressed to replace most animal fat products, leading to a significant reduction in saturated fats consumed in the American diet.

(Tyler G. Graham, The Happiness Diet, Rodale 2011, p. 25)

Soybean oil is the most widely available and widely used vegetable oil in the United States. (http://usda.mannlib.cornell.edu/MannUsda/viewDocumentInfo.do?documentID=1047) Approximately 60 percent of all fats and oils consumed in the American diet is soybean oil. (U.S. Census Bureau M311K) Due to its adaptability and large production volume, soybean oil is considered to have the greatest supply security of all vegetable oils available in North America, a major factor in food companies’ decision to use specific ingredients.

Vegetable oils are used to carry flavors expected and preferred by consumers. Besides providing essential fatty acids necessary for good health and vitamin E, vegetable oils aid in the body’s ability to absorb and effectively use vitamins provided by other food ingredients. (“What are the Benefits of Soybean Oil?” www.livestrong.com) Besides the bottled version in almost everyone’s kitchen cabinet (labeled as “vegetable oil”), soybean oil is widely used in everyday products, not to mention food service products.

There have been discussions around the trans-fat content of soy oils, and other vegetable oils. In 2004, the U.S. Food and Drug Administration (FDA) published regulations requiring producers of packaged food products to label the content of trans-fat in their products. The FDA further warned consumers to limit their intake of trans-fat and did not issue a safe level of trans-fat consumption, as is done with saturated fat.

Most trans-fat is produced when vegetable oils are hydrogenated to add crystal structure to the oil, making it behave like a semi-solid or solid fat. This process greatly increases the oil’s stability, and increases the shelf life of the food product in which it is used. Soybean oil and many other vegetable oils used this process to make their products adaptable to a broader range of food applications. (Johnson, et al, Soybeans: Chemistry, Production, Processing and Utilization, AOCS Press, Urbana, IL 2008, p. 409)

Spurred on by QUALISOY, a collaborative effort throughout the soybean industry formed by the United Soybean Board to help bring enhanced soy oil traits to the marketplace, the U.S. soybean industry reintroduced low linolenic soybean oil as a partial substitute for partially hydrogenated vegetable oil products. It was an invaluable replacement for partially hydrogenated vegetable oils for major food companies, such as Kellogg’s and Yum Foods’ Kentucky Fried Chicken restaurants.

Pioneer DuPont has introduced its version of high oleic soybean oil, Plenish™, which is now available on a limited basis for large scale product testing. Cooperating processors are Archer Daniels Midland and Bunge. Plenish™ combines greatly increased oleic fatty acid (approaching 80%) with reduced saturated fatty acids (11-12% versus 14-15% in commodity soyl). This soybean oil is an excellent frying oil and an excellent oil to replace less stable oils or fats high in saturated fat in high-heat cooking applications.

(continued on page 6)
Plenish™ has received global deregulation, except in the European Union. The deregulation application is awaiting EU action and is expected by early 2014. Monsanto’s version of high oleic soybean oil, Vistive Gold™, is a bit behind Plenish™ in the global regulatory process, but full approval may be achieved sometime in 2014. Vistive Gold™ has a very high oleic contact (75-78%) and very low saturates (about 7%). This oil has the same frying and high heat functionality along with low enough saturates to allow for labeling advantages for food companies trying to market food products as “low” or even “no” saturates.

So, what is the future of soybean oil in the edible marketplace? The refined, bleached and deodorized (RBD) soybean oil will remain a mainstay in salad dressings, basic cooking applications, the liquid fraction in margarine and many other staple foods. But the exciting opportunity for the soybean oil of the future is the high oleic version. High oleic soy has low linolenic fatty acid accompanied by high oleic fatty acid (the most flavor-stable of the unsaturated fatty acids prevalent in soybean oil).

High oleic soy is an immediate drop-in for any and all frying applications that depended on partially hydrogenated oils in years past. High oleic soy will also provide a highly heat-stable liquid fraction for blending with semi-solid fats and oils, thus making shortening systems more healthy while protecting heat stability and maximizing shelf life of the food products. (Johnson, pp. 485-492) Replacing highly saturated fat systems with high oleic soy will reduce the saturated fat content of the food products produced. High oleic soy is a very “clean” cooking oil. It leaves little cooking residue in high heat applications, such as batch frying. Soybean oil is totally domestically produced, so the supply chain is short and no currency fluctuations must be managed. Prices are based on Chicago Board of Trade soybean oil futures, so price discovery is very straightforward and effective hedging of food company input costs is possible.

High oleic soy will re-open markets lost to offshore, highly saturated fats and oils, as well as create additional markets for soybean oil both in edible and industrial applications. The soybean oil of the 21st century will look a lot different from the vegetable oils of 100 years ago.

“High oleic soy is a very “clean” cooking oil. It leaves little cooking residue in high heat applications.”

**TYPICAL USES FOR SOY OIL**

1. **Salad Dressings and Sauces**: The high oleic acid in soy oil makes it a stable, neutral-tasting oil that is well-suited for use in salad dressings and sauces. It can replace partially hydrogenated oils in recipes, improving the flavor and health profile of the final product.
2. **Baking and Frying**: High oleic soybean oil is ideal for baking and frying because of its high stability at high temperatures. It is often used in shortenings, margarine, and in the production of baked goods such as cakes, pastries, and cookies.
3. **Food Processing**: Due to its shelf-stability and neutral flavor, high oleic soybean oil is a popular ingredient in food processing applications. It can be used in the production of confectionery products, spreads, and in the manufacture of other food products requiring a non-hydrogenated oil.
4. **Industrial Uses**: While primarily used in food applications, high oleic soybean oil also finds use in industrial applications such as in the production of biodiesel and as a base oil for lubricants.

**In summary**, high oleic soybean oil offers a sustainable, high-quality alternative to traditional oils, bringing health benefits and improved flavor profiles to a wide range of food products.
With so much conflicting information available about a healthy diet, making even simple decisions about healthy eating can be confusing. One area that gets a lot of attention when it comes to improving health and weight loss is protein—but how do you make the right protein choices? Here are answers to common questions about the role of protein in a balanced diet. The daily food choices you make will have an impact on your health and well-being. If you want to look and feel your best, eating a balanced diet is an excellent first step.

Tempeh
Tempeh, a traditional Indonesian food, is a chunky, tender soybean cake. Whole soybeans, sometimes mixed with another grain such as rice or millet, are fermented into a rich cake of soybeans with a smoky or nutty flavor. Tempeh can be marinated and grilled and added to soups, casseroles or chili.

Yuba
Yuba is made by lifting and drying the thin layer formed on the surface of cooling hot soymilk. It has a high-protein content and is commonly sold fresh, half-dried and as dried bean curd sheets. Found in Asian food stores.

Soy Protein Products (Meat Analogs)
Protein products made from soybeans contain soy protein or tofu and other ingredients mixed together to make a protein product. These protein products are sold as frozen, canned or dried foods. Usually, they can be used the same way as the foods they replace. With so many different protein products available to consumers, the nutritional value of these foods varies considerably. Generally, they are lower in fat, but read the label to be certain. Protein products made from soybeans are excellent sources of protein, iron and B vitamins.

Soy Beverages
Soy beverages can be made with soymilk or isolated soy protein. Flavorings or fruit juices may be added. They can be purchased ready to drink or in a dry-powder form to which liquid is added.

Soy Cheese
Soy cheese is made from soymilk. Its creamy texture makes it an easy substitute for most cheeses, sour cream or cream cheese and can be found in a variety of flavors. Products made with soy cheese include soy pizza.

Whipped Toppings, Soy-Based
Soy-based whipped toppings are similar to other nondairy whipped toppings, except that hydrogenated soybean oil is used instead of other vegetable oils.

Infant Formulas, Soy-Based
Soy-based infant formulas are similar to other infant formulas except that a soy protein isolate powder is used as a base. Carbohydrates and fats are added to achieve a fluid similar to breast milk. The American Academy of Pediatrics says that for term infants whose nutritional needs are not being met from maternal breast milk or cow milk-based formulas, isolated soy protein based formulas are safe and effective alternatives to provide appropriate nutrition for normal growth and development.

Soynut Butter
Made from roasted, whole soynuts, which are then crushed and blended with soybean oil and other ingredients, soynut butter has a slightly nutty taste, significantly less fat than peanut butter and provides many other nutritional benefits as well.

Soy Yogurt
Soy yogurt is made from soymilk. Its creamy texture makes it an easy substitute for sour cream or cream cheese. Soy yogurt can be found in a variety of flavors in natural food stores.

Nondairy Soy Frozen Desserts
Nondairy frozen desserts are made from soymilk or soy yogurt. Soy ice cream is one of the most popular desserts made from soybeans.
Proteins are the major component of all cells, including muscle and bone. You need protein for growth, development and to help your immune system fight off infections. The RDA (Recommended Dietary Allowance) for protein is 56 grams per day for men and 46 grams per day for women.

Why is protein so filling?
Some researchers think that protein may cause the brain to access less appetite-stimulating hormones. That means you feel less hungry after consuming a meal that is rich in protein. Proteins, unlike carbohydrates, do not instigate large spikes of insulin (needed to help process the sugar byproduct from carbohydrates) so you have less fluctuation in blood sugar. Fewer sugar highs and lows mean that you experience fewer cravings.

Are high-protein diets healthy?
Most of us are familiar with high-protein diet trends such as the Atkins’ Diet. Aside from the emphasis on animal protein with high saturated fat, linked in many studies to negative health consequences, there may be something to the idea of adding a higher percentage of (high-quality) protein in your diet. Though a high-protein diet with 50% protein may not be prudent for everyone, diets containing 30% protein are considered reasonable for people trying to eat a more satisfying diet that also supports health. A 2012 study in the American Journal of Clinical Nutrition reported that subjects on a diet comprised of 20% fat, 50% carbohydrates and 30% protein were:
- More satisfied
- Lost weight
- Felt less hungry

A more recent study (http://ajcn.nutrition.org/content/early/2012/10/23/ajcn.112.044321.abstract) indicated that dieters who eat meals and snacks high in protein (but balanced with accompanying whole grains, fruits and vegetables and healthy fats) lost a bit more weight (1.8 pounds and more body fat), than the control group who ate less protein. In this study, the protein sources were both animal and plant-based. Again, the idea is that if your brain receives messages of enjoyment from tasty food that is filling, you will be more likely to lose excess weight or maintain your weight.

What are some family-friendly soy protein choices?
It’s traditional to put cereal in front of your child as an early finger food snack—why not use boiled soybeans as a fun and tasty early food snack too? With the epidemic of obesity among U.S. children and teens, it’s a good idea to offer protein-rich snack foods instead of, or in addition to, cereals and other grain food choices. Here are some other great ways to enjoy soy protein:
- Fortified soymilk (1 cup = 6-7 grams of protein)
- Soy cereals (1 cup = 7 grams of protein)
- Soy yogurt (1 cup = 6 grams of protein)
- Soy nutrition bar (averages 14 grams of protein)
- Soy nut, roasted (1/4 cup = 11 grams of protein)
- Tofu (1 cup = 10 grams of protein)
- Soybeans, edamame, shelled (1/2 cup = 11 grams of protein)

Sources of Soy Protein

<table>
<thead>
<tr>
<th>Soyfood</th>
<th>Serving size</th>
<th>Grams of soy protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fortified Soymilk</td>
<td>1 cup</td>
<td>6-7</td>
</tr>
<tr>
<td>Soy Cereal</td>
<td>1 1/4 cup</td>
<td>7</td>
</tr>
<tr>
<td>Soy Yogurt, Vanilla</td>
<td>1 cup</td>
<td>6</td>
</tr>
<tr>
<td>Soy Breakfast Patty</td>
<td>2 patties</td>
<td>11</td>
</tr>
<tr>
<td>Soy Bar</td>
<td>1 bar</td>
<td>14</td>
</tr>
<tr>
<td>Soy Chips</td>
<td>1 bag</td>
<td>7</td>
</tr>
<tr>
<td>Soynut Butter</td>
<td>2 Tbsp</td>
<td>7</td>
</tr>
<tr>
<td>Soynuts, Roasted, Unsalted</td>
<td>1/4 cup</td>
<td>11</td>
</tr>
<tr>
<td>Tofu</td>
<td>1/2 cup</td>
<td>10</td>
</tr>
<tr>
<td>Edamame</td>
<td>1/2 cup</td>
<td>11</td>
</tr>
<tr>
<td>Soy Burger</td>
<td>1 patty</td>
<td>13-14</td>
</tr>
<tr>
<td>Soy Pasta</td>
<td>1/2 cup (cooked)</td>
<td>13</td>
</tr>
<tr>
<td>Soy Pudding</td>
<td>1/2 cup</td>
<td>6</td>
</tr>
</tbody>
</table>

Source: SoyConnection.com

What are my favorite protein-rich snacks?
Here are a few of my “go to” snacks:
- An apple and 1/4 cup roasted soybeans
- Small yogurt with berries
- Soy Joy Bar
- 5 baked crackers and soy nut butter
- Small whole grain waffle, 1 tsp. peanut butter with banana, dates, slices
- 1/2 cup steamed soybeans (edamame) and 1 cup skim milk
- 1 Cup of low sodium vegetable soup with soybeans
- Cut-up veggies with mashed soybean/guacamole dip

So consider boosting the protein in your diet, and include soy products as a high-quality source of plant-based protein. Your health will thank you for it!
COMMON SOY INGREDIENTS

**Soy Flour (50% protein)**
Soy flour is made from roasted soybeans ground into a fine powder. All soy flour gives a protein boost to recipes. Defatted soy flour is an even more concentrated source of protein than is full-fat soy flour.

Soy flour is gluten-free, so yeast raised breads made with soy flour are denser in texture. There are three kinds of soy flour available: Natural or full-fat, which contains the natural oils found in the soybean; defatted, which has the oils removed during processing; and lecithinated, which has had lecithin added to it.

**Hydrolyzed Vegetable Protein (HVP)**
Hydrolyzed vegetable protein (HVP) is a protein obtained from any vegetable, including soybeans. HVP is a flavor enhancer that can be used in soups, broths, sauces, gravies, flavoring and spice blends, canned and frozen vegetables, meats and poultry.

**Lecithin**
Extracted from soybean oil, lecithin is used in food manufacturing as an emulsifier in products high in fats and oils. It also promotes stabilization, antioxidation, crystallization and spattering control.

**Soy Protein, Textured (Flour or Concentrate)**
Textured soy protein usually refers to products made from textured soy flour and textured soy protein concentrates. Textured soy flour is made by running defatted soy flour through an extrusion cooker, which allows for many different forms and sizes. It contains 50 percent protein as well as the dietary fiber and soluble carbohydrates from the soybean. When hydrated, it has a chewy texture. Textured soy flour is widely used as a meat extender. Often referred to simply as textured soy protein, textured soy flour is sold dried in granular extender. Often referred to simply as textured soy protein, textured soy flour is sold dried in granular form.

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**Soy Protein Concentrate (70% protein)**
Soy protein concentrate comes from defatted soy flakes. It contains 70 percent protein while retaining most of the bean’s dietary fiber. It is a highly digestible source of amino acids and is bland in flavor.

**Soy Fiber (Okara, Soy Bran, Soy Isolate Fiber)**
There are three basic types of soy fiber: okara, soy bran and soy isolate fiber. All of these products are high-quality, inexpensive sources of dietary fiber. Soy bran is made from hulls (the outer covering of the soybean), which are removed during initial processing. The hulls contain a fibrous material that can be extracted and then refined for use as a food ingredient. Soy isolate fiber, also known as structured protein fiber (SPF), is soy protein isolate in a fibrous form.

**Soybean Oil & Products**
Soybean oil, also referred to as soyoil, is the natural oil extracted from whole soybeans. It is the most widely used oil in the United States, accounting for more than 75 percent of our total vegetable fats and oils intake. Oil sold in the grocery store under the generic name “vegetable oil” is usually 300 percent soybean oil or a blend of soybean oil and other oils. Read the label to make certain you’re buying soybean oil. Soybean oil is cholesterol-free and high in polyunsaturated fat. Soybean oil also is used to make margarine and shortening.

**Soy Grits**
Soy grits are similar to soy flour except that the soybeans have been toasted and cracked into coarse pieces rather than the fine powder of soy flour. Soy grits can be used as a substitute for flour in some recipes. High in protein, soy grits can be added to rice and other grains and cooked together.

**Soy Protein Isolate (Isolated Soy Protein)**
(90% protein) When protein is removed from defatted flakes, the result is soy protein isolate, the most highly refined soy protein. Containing 90 percent protein, soy protein isolates possess the greatest amount of protein of all soy products. They are a highly digestible source of amino acids (building blocks of protein necessary for human growth and maintenance). Isolates are bland in flavor.

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**SOY RECIPES**

**DRINKS**

**Mexican Hot Chocolate**

**Ingredients:**
- 2 cups Silk soy milk, any flavor except Unsweetened
- 3 ounces semisweet or bittersweet chocolate, finely chopped
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla

**Preparation:**
In a small saucepan bring Silk soy milk to a simmer over medium heat. Whisk in chocolate and continue to cook until chocolate is melted and fully incorporated. Remove from heat and whisk in cinnamon, vanilla and cayenne. Pour into two warm mugs. Top with cinnamon or chocolate sprinkles.

**Makes 2 servings**

**Source:** Silk®

**APPETIZERS AND SNACKS**

**Eggplant Fries with Zesty Lemon Yogurt**

**Ingredients:**
- 1 large eggplant (about 1 pound; use firm, dense eggplant for best results)
- 4 cups Soy oil (for deep frying)
- 1 cup Rice flour
- 2 tablespoons Grated lemon zest
- 1/2 teaspoon Za’atar® (optional)
- 1 tablespoon Garlic powder (will stick to the eggplant better than fresh garlic)
- 1/2 teaspoon Sea salt
- 1 cup Plain Greek-style low-fat yogurt
- 2 teaspoons Grated lemon zest
- 1 pinch or dash Sea salt and ground black pepper

**Prep time:** 10 minutes
**Cook time:** 2 1/2 hours
**Makes 6 servings**

**Description:**
For the ultimate reinvention of a favorite comfort food, try eggplant fries dipped in zesty lemon yogurt. It’s fun, fresh and offers a sense of adventure.

**Nutrition Per Serving:**
- Serving size: 1/2 of recipe. Calories 190, 4g Protein, 23g Carbohydrate, 3g Fiber, 10g Fat, 1.5g Sat. Fat, 0g Trans Fat, 0mg Cholesterol, 220mg Sodium
- Source: soyconnection.com

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SOY RECIPES

APPETIZERS AND SNACKS

Soy Pepper Bowls
Ingredients:
- 1/2 cup uncooked brown rice (cooked according to package directions)
- 1 cup Frozen soy protein crumbles
- 1/2 teaspoon salt
- 1/2 teaspoon Ground cumin
- 1/4 cup diced tomatoes
- 2 cloves garlic, minced
- 1/4 cup chopped fresh basil leaves
- 1/4 cup olive oil

Preparation:
- Sauté onion and garlic in oil until softened.
- Add soy crumbles, tomato, water, chilies, cumin, 1/2 to 1 tsp vinegar to a food processor and blend into a paste.

Makes 6 servings

High Energy Trail Mix
Ingredients:
- 1/4 cup Honey
- 1 cup Dry textured soy protein (TSP)
- 1/2 cup Soy nuts
- 1/2 cup Mixed dried fruit bits
- 1/2 cup Candy-coated milk chocolate pieces

Preparation:
- Preheat the oven to 300°F.
- Place TSP and nuts in a small bowl. Add the chocolate pieces and stir to combine.

Makes 3 cups

Nutrition Information:
- Serves: 1/4 cup
- Calories: 212
- Fat: 11g (12% of total calories)
- Cholesterol: 0mg
- Carbohydrates: 23g
- Protein: 10g

Source: soyconnection.com

SOY RECIPES

SALADS

Caprese Salad with Soybean Walnut Pesto Vinaigrette
Ingredients:
- 2 tablespoons Walnut Soybean Pesto
- 2 tablespoons Red wine vinegar
- 1 cup Medium vine-ripened tomatoes
- 8 ounces Extra firm tofu, cubed and marinated in a low sodium marinade for several hours
- 1/2 cup Frozen peas, defrosted
- 1/2 cup Chopped red pepper
- 1 cup Sliced zucchini
- 1 cup Medium carrot, sliced thinly
- 2 cups Shredded lettuce

Prep time: 15 minutes

Preparation:
- Put dressing ingredients in jar with lid and shake to blend ingredients. Chill for at least 2 hours. Shake again before adding to the salad.
- Mix together pasta, tofu, peas, zucchini, red pepper and carrot in large bowl.

Makes 1 1/4 cups

Nutrition Information:
- Cal 180, Prot 12g, Carb 15g, Fiber 1g
- 0mg Cholesterol

Source: soyconnection.com

Fusilli Pasta and Tofu Salad
Ingredients:
- 1/4 cup Olive oil
- 1/4 cup Soy oil
- 1/4 cup Vinegar
- 1/2 teaspoon White pepper
- 1/4 teaspoon Basil
- 1 teaspoon Sugar (leave out if diabetic)
- 3 cups Cooked fusilli pasta
- 8 ounces Extra firm tofu, cubed and marinated in a low sodium marinade for several hours

Prep time: 15 minutes

Preparation:
- Put dressing ingredients in jar with lid and shake to blend ingredients. Chill for at least 2 hours. Shake again before adding to the salad.
- Mix together pasta, tofu, peas, zucchini, red pepper and carrot in large bowl.

Source: soyconnection.com

Need New Ideas to Keep Your Kid’s Snacks Healthy? Try Adding Soy...

- Make homemade trail mix by mixing honey-roasted soy nuts and chocolate-covered soy nuts in with whole grain cereal, raisins and other dried fruit.
- Spread soy nut butter on whole wheat bread or celery in place of peanut butter.
- Make protein-rich smoothies with tofu, soymilk and a variety of fruits.
**Black Soybean Salad Recipe**

**Ingredients:**
- 16 oz. can black soybeans, drained and rinsed
- 1 cup Drained canned or cooked corn kernels
- 1 cup Sliced celery
- 1 cup Diced sweet red peppers and green peppers
- 1/4 cup Sliced green onions and ripe olives
- 1/4 cup Soybean oil (vegetable oil) and white wine vinegar, each
- 3/4 teaspoon Chili powder

**Preparation:**
Combine ingredients in a blender and blend until smooth. Warm in the microwave 3-4 minutes on high or until hot. Pour dressing into a jar and store in the refrigerator.  

**Nutrition Per Serving:**
- Serving size: 1/4 cup
- Calories: 155
- Fat: 3 g
- Carbohydrate: 4 g
- Protein: 1 g

**Description:**
Black soybean salad is a nutritious and flavorful dish that can be enjoyed as a healthy side or main course. The combination of black soybeans, corn, celery, and red peppers provides a variety of textures and colors, making it an appealing option for any meal.

**Source:** soyconnection.com

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**Butternut Squash Parsnip Bisque**

**Ingredients:**
- 3 cups Butternut squash cubes (1 small squash)
- 2 medium Parsnips, peeled and chopped
- 1 medium Onion, chopped
- 1 1/2 cups Vegetable stock
- 2 tablespoons Tamari or soy sauce
- 1/8 teaspoon Nutmeg
- Salt and freshly ground white or black pepper to taste

**Preparation:**
Combine the butternut squash, parsnips, onions and garlic in a soup pot and add the vegetable stock. Bring to a boil over medium-high heat. Reduce to a simmer, cover and cook until the vegetables are soft, about 30 minutes. Add the Silk and tamari to the vegetables and broth. In three separate batches, purée in a blender or food processor until smooth and creamy. Add the nutmeg and season to taste with white or black pepper.

**Source:** Soyfoods Guide 2013

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**Turkey, Tofu & Zucchini Lasagna Recipe**

**Ingredients:**
- 1 pound Ground turkey breast, 99% lean
- 1 (10 oz) package Frozen chopped broccoli
- 1 (12 oz) package (often labeled “vegetable oil”) Contractor lasagna noodles
- 1 1/2 cup Soybean oil (vegetable oil)
- 1 1/2 cup Jar prepared marinara sauce (24 oz.)
- 1 1/2 cup Reduced-fat mozzarella, shredded
- 2 tablespoons Parmesan cheese
- 1 tablespoon Vegetable oil
- 3/4 teaspoon Black pepper
- 1/4 teaspoon Kosher salt (or less to taste)

**Preparation:**
Preheat oven to 375°F. Grease 9x9-inch baking dish. Heat oil in large frying pan over medium-high heat; add onions and garlic, stirring frequently, for 2 minutes, until soft. Add turkey, stirring frequently, for 6 to 8 minutes, until cooked through. Stir in pasta sauce. Remove from heat. Spread 3/4 cup pasta sauce mixture over bottom of the prepared baking dish. Top with 2 noodles. Spread half of the silk tofu over noodles. Top with 1/3 cup cheese, 1/2 cup pasta sauce mixture and 1/2 cup cheese. Spread remaining silk tofu over noodles. Top with 1/3 cup cheese, 1/2 cup pasta sauce mixture and remaining zucchini slices. Top with remaining 2 noodles, pasta sauce mixture and 1/3 cup cheese. Cover tightly with aluminum foil. Bake for 30 to 35 minutes; remove foil and top with remaining cheese. Bake an additional 10 minutes, until lightly browned.

**Nutrition Per Serving:**
- Serving size: 1/4 cup
- Calories: 265
- Protein: 25 g
- Carbohydrate: 27 g
- Fat: 6 g
- Cholesterol: 50 mg
- Sodium: 410 mg

**Source:** visit www.soyfoods.org

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**Turkey, Tofu & Zucchini Lasagna Recipe**

**Ingredients:**
- 1 pound Ground turkey breast, 99% lean
- 1 (10 oz) package Frozen chopped broccoli
- 1 (12 oz) package Contractor lasagna noodles
- 1 1/2 cup Soybean oil (vegetable oil)
- 1 1/2 cup Jar prepared marinara sauce (24 oz.)
- 1 1/2 cup Reduced-fat mozzarella, shredded
- 2 tablespoons Parmesan cheese
- 1 tablespoon Vegetable oil
- 3/4 teaspoon Black pepper
- 1/4 teaspoon Kosher salt (or less to taste)

**Preparation:**
Preheat oven to 375°F. Grease 9x9-inch baking dish. Heat oil in large frying pan over medium-high heat; add onions and garlic, stirring frequently, for 2 minutes, until soft. Add turkey, stirring frequently, for 6 to 8 minutes, until cooked through. Stir in pasta sauce. Remove from heat. Spread 3/4 cup pasta sauce mixture over bottom of the prepared baking dish. Top with 2 noodles. Spread half of the silk tofu over noodles. Top with 1/3 cup cheese, 1/2 cup pasta sauce mixture and 1/2 cup cheese. Spread remaining silk tofu over noodles. Top with 1/3 cup cheese, 1/2 cup pasta sauce mixture and remaining zucchini slices. Top with remaining 2 noodles, pasta sauce mixture and 1/3 cup cheese. Cover tightly with aluminum foil. Bake for 30 to 35 minutes; remove foil and top with remaining cheese. Bake an additional 10 minutes, until lightly browned.

**Nutrition Per Serving:**
- Serving size: 1/4 cup
- Calories: 265
- Protein: 25 g
- Carbohydrate: 27 g
- Fat: 6 g
- Cholesterol: 50 mg
- Sodium: 410 mg

**Source:** visit www.soyfoods.org
Honey-Mustard Tempeh Pita

Ingredients
8 ounces Tempeh
1/4 cup Honey
1/4 cup Dijon-style mustard
1 teaspoon Apple cider vinegar
2 teaspoons Soy oil
4 Whole wheat pitas, warmed and cut in half
2 cups Lettuce, shredded
1 cup Red onion, thinly sliced
1 cup Tomatoes, chopped

Makes 8 servings
Preparation:
Steam tempeh 20 minutes; cool. Slice into 1/4 inch slices. Combine honey, mustard and vinegar. Marinate tempeh in honey-mustard mixture for 1 hour covered in the refrigerator.
Remove tempeh from marinade; reserve marinade.
Top with lettuce, onion, tomato and drizzle of reserved marinade.

Nutrition Per Serving:
Per 1/2 pita Serving: Calories 195, Cholesterol 0 mg, Sodium 345 mg

What Can You Save by Adding Kid-Friendly Soyfoods?

80 Calories - Serving up to 4 soy nuggets in place of 4 chicken nuggets.
80 Calories - On the grill try soy veggie burgers rather than regular hamburgers to save 80 calories and add 3 grams of fiber per burger.
70 Calories - When you replace a beef hotdog with a soy veggie dog.
50 Calories - Fortified soymilk has almost 50 fewer calories than whole milk per serving. Soymilk can also be used to create a creamy, enhanced flavor to existing menu items.

Soynut Ginger Dipping Sauce:

Additional soy sauce and oil for brushing

Soyfoods Guide 2013
SOY RECIPES

**Lingui with Roasted Garlic-Wine Sauce Recipe**

**Ingredients**
- 3/4 pounds Linguini, dry
- 1 1/2 ounces Soybean Oil
- 2 cups Roasted Garlic Paste*
- 1 1/2 ounces Shallots, minced
- 1 cup Dry White Wine
- 2 1/4 cups Chicken or Vegetable Broth
- 1 cup Tomatoes, seeded, diced
- 1 cup Edamame
- 1/2 cup Pine Nuts, toasted
- 1/2 ounces Basil, fresh, chopped
- 1/8 tablespoon Salt
- 1/4 teaspoons Black Pepper
- 1 1/4 ounces Parmesan Cheese, grated

Makes 6 servings.

**Preparation:**
Prepare linguini as directed on package. Drain and set aside.


*To make roasted garlic paste, cut pointed top off 12 unpeeled garlic heads (2 lb 5 oz) leaving cloves intact. Place garlic heads on aluminum foil and drizzle with 4 oz vegetable oil. Seal foil around garlic heads. Place garlic heads on baking sheet and bake at 400°F 30 to 40 minutes until cloves are soft. Cool, squeeze paste from cloves and mash.

**Nutrition Per Serving:**
Serving size: 1 cup
- Calories 70
- Carbohydrates 5 g
- Protein 1 g
- Fat 3 g

Source: soyconnection.com

**DESSERTS AND BAKED GOODS**

**Mexican Cinnamon Cookies**

**Ingredients:**
- 1 cup Butter, softened
- 1/2 cup Powdered sugar
- 1 1/2 teaspoons All-purpose flour
- 1/2 cup Soy flour
- 1 teaspoon Cinnamon
- 1/4 teaspoon Salt
- 1/4 cup Powdered sugar

**Preparation:**
Preheat oven to 350°F.

In a mixing bowl, cream butter with the powdered sugar. Stir in the vanilla. In a separate bowl, mix together the all-purpose flour, soy flour, cinnamon, and salt. Add this mixture to the butter mixture and mix until smooth. Shape into small 1/2” balls and place on ungreased cookie sheets, 1” apart. Bake 15 to 20 minutes, until lightly browned. Cool slightly on wire racks, and then roll in the sugar coating mixture while still slightly warm.

Makes 6 dozen.

Source: www.nsfilinois.edu

**Soy Nutty-Fruity Clusters Recipe**

**Ingredients:**
- 1 tablespoon Soybean oil
- 1 cup Soy nuts, roasted, salted
- 1 cup Assorted dried fruit, chopped
- 3/4 cup Light brown sugar, packed
- 1/4 cup Margarine, softened

**Preparation:**
Preheat the oven to 350°F.

Mix the margarine and Sucanat® in a bowl with an electric mixer on medium speed until light and fluffy. Stop mixer and scrape down sides of bowl. Mix egg with the vanilla in a small bowl and add to sugar and margarine and mix on low speed until blended. Stir together the flour, baking powder, cinnamon and salt and add to mixture. Mix on low speed until blended. Stir in the soy gits. Place rounded teaspoonful or one scoop using a #100 scoop onto a lightly oiled baking sheet. Decorate cookie with a walnut half and bake 10 minutes or until lightly browned.

Makes 16 servings.

Source: soyconnection.com

**Crispy Soya Cookies Recipe**

**Ingredients:**
- 1/4 cup Margarine, softened
- 1/2 cup Sucanat® or honey Sucanat®
- 1 cup Large egg, lightly beaten
- 1 teaspoon Unbleached white flour
- 1 teaspoon Baking powder
- 1 teaspoon Cinnamon
- 1/8 teaspoon Salt
- 1/2 cup Soy gits
- 20 Walnut halves

**Preparation:**
Preheat the oven to 350°F.

Mix the margarine and Sucanat® in a bowl with an electric mixer on medium speed until light and fluffy. Stop mixer and scrape down sides of bowl. Mix egg with the vanilla in a small bowl and add to sugar and margarine and mix on low speed until blended.

Sift together the flour, baking powder, cinnamon and salt and add to mixture. Mix on low speed until blended. Stir in the soy gits. Place rounded teaspoonful or one scoop using a #100 scoop onto a lightly oiled baking sheet. Decorate cookie with a walnut half and bake 10 minutes or until lightly browned.

Makes 20 servings.

Source: soyconnection.com

**Soyfoods Guide 2013**

**Soy Nutty-Flax Clusters Recipe**

**Ingredients:**
- 1/4 cup Soy nuts, roasted, salted
- 1 cup Assorted dried fruit, chopped
- 3/4 cup Light brown sugar, packed
- 1/4 cup Margarine, softened

**Preparation:**
Preheat the oven to 350°F.

Mix the margarine and Sucanat® in a bowl with an electric mixer on medium speed until light and fluffy. Stop mixer and scrape down sides of bowl. Mix egg with the vanilla in a small bowl and add to sugar and margarine and mix on low speed until blended.

Sift together the flour, baking powder, cinnamon and salt and add to mixture. Mix on low speed until blended. Stir in the soy gits. Place rounded teaspoonful or one scoop using a #100 scoop onto a lightly oiled baking sheet. Decorate cookie with a walnut half and bake 10 minutes or until lightly browned.

Makes 16 servings.

Source: soyconnection.com

**Nutrition Per Serving:**
Calories 70, Protein 1 g, Carbohydrates 8 g, Total fat 4 g, Saturated fat 0.5 g, Cholesterol 10 mg, Sodium 70 mg

Source: soyconnection.com
# Soy Food Composition

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbs (g)</th>
<th>Fiber (g)</th>
<th>Iron (mg)</th>
<th>Calcium (mg)</th>
<th>Vit. B6 (mg)</th>
<th>Vit. B12 (mg)</th>
<th>Folate (mg)</th>
<th>Mag. (mg)</th>
<th>Zinc (mg)</th>
<th>Potas. (mg)</th>
<th>Rib. (mg)</th>
<th>Sugar (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miso (2 tsp)</td>
<td>23</td>
<td>1.34</td>
<td>0.69</td>
<td>1.03</td>
<td>0.06</td>
<td>0.29</td>
<td>7</td>
<td>0.023</td>
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<td>2</td>
<td>6</td>
<td>0.29</td>
<td>24</td>
<td>0.027</td>
<td>0.71</td>
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<td>Soy Flour, Defatted</td>
<td>173</td>
<td>7.74</td>
<td>4.82</td>
<td>4.13</td>
<td>0.16</td>
<td>0.69</td>
<td>35</td>
<td>0.023</td>
<td>0.01</td>
<td>2</td>
<td>6</td>
<td>0.29</td>
<td>24</td>
<td>0.027</td>
<td>0.71</td>
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<tr>
<td>Soy Flour, Full-fat</td>
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<td>10.61</td>
<td>7.33</td>
<td>7.21</td>
<td>0.26</td>
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<td>57</td>
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<td>6</td>
<td>0.29</td>
<td>24</td>
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<td>0.71</td>
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<td>Soy Flour, Low-fat</td>
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<td>3.13</td>
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<td>6</td>
<td>0.29</td>
<td>24</td>
<td>0.027</td>
<td>0.71</td>
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<tr>
<td>Soy Protein Concentrate (1/2 cup)</td>
<td>94</td>
<td>16.5</td>
<td>13.8</td>
<td>10.6</td>
<td>0.11</td>
<td>0.75</td>
<td>113</td>
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<tr>
<td>Soy Protein Isolate (1 oz.)</td>
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<td>22.8</td>
<td>19.2</td>
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<td>0.9</td>
<td>127</td>
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<tr>
<td>Soybeans, Canned, Yellow (1/2 cup)</td>
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<td>14.7</td>
<td>11.7</td>
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<td>0.4</td>
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<td>80</td>
<td>0.02</td>
<td>0.01</td>
<td>1</td>
<td>1</td>
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<td>11.7</td>
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<td>1.2</td>
<td>80</td>
<td>0.02</td>
<td>0.01</td>
<td>1</td>
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<td>0.01</td>
<td>0.9</td>
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<tr>
<td>Soybeans, Green in pod (1/2 cup)</td>
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<td>11.7</td>
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<td>80</td>
<td>0.02</td>
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<tr>
<td>SILK Plain soymilk (1 cup)</td>
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<td>7.95</td>
<td>4.25</td>
<td>15.26</td>
<td>1.5</td>
<td>1.56</td>
<td>61</td>
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<td>44</td>
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<td>0.29</td>
<td>287</td>
<td>0.168</td>
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<tr>
<td>Soy milk, original and vanilla, unfortified (1 cup)</td>
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<td>7.95</td>
<td>4.25</td>
<td>15.26</td>
<td>1.5</td>
<td>1.56</td>
<td>61</td>
<td>0.187</td>
<td>0</td>
<td>44</td>
<td>61</td>
<td>0.29</td>
<td>287</td>
<td>0.168</td>
<td>9.7</td>
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<tr>
<td>Soy milk, chocolate, unfortified (1 cup)</td>
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<td>4.25</td>
<td>15.26</td>
<td>1.5</td>
<td>1.56</td>
<td>61</td>
<td>0.187</td>
<td>0</td>
<td>44</td>
<td>61</td>
<td>0.29</td>
<td>287</td>
<td>0.168</td>
<td>9.7</td>
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<tr>
<td>Soy cheese chunks (1 oz.)</td>
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<td>7</td>
<td>4</td>
<td>2</td>
<td>0.5</td>
<td>1</td>
<td>235</td>
<td>0</td>
<td>0</td>
<td>190</td>
<td>0.63</td>
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<td>N/A</td>
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<td>Soy yogurt, vanilla (8 oz.)</td>
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<td>3</td>
<td>0.4</td>
<td>1</td>
<td>400</td>
<td>0</td>
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<td>Soy Burgers (1 patty)</td>
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<td>19.9</td>
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<tr>
<td>Tofurky Frank (1 frank)</td>
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<td>11</td>
<td>2</td>
<td>5</td>
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<tr>
<td>Tofurky, sliced (2 oz.)</td>
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<td>3</td>
<td>6</td>
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<tr>
<td>Westsoy Tempeh Original (1/2 block)</td>
<td>160</td>
<td>16</td>
<td>7</td>
<td>9</td>
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<td>Tofurky Italian Sausage (100 g)</td>
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<td>12</td>
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<td>257</td>
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Source unless specified: Nutrient Database Laboratory, USDA Food Composition Data, USDA. Website: www.nal.usda.gov/fnic/foodcomp/Data/nutrients/nutrients.htm

* Information from the Soyfoods Association of North America, 1050 17th St. NW Suite 600, Washington, DC 20036, 202-659-3520, info@soyfoods.org

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**Websites**

- United Soybean Board - www.soyconnection.com
- Soyfoods Association of North America - www.soyfoods.org
- National Soybean Research Laboratory - http://www.nsrl.illinois.edu/nutrition.html
- The Soyfoods Council - www.thesoyfoodsCouncil.com
- Michigan Soybean Promotion Committee - www.michigansoybean.org
- Missouri Soybean Council - www.missourisoy.org
- Nebraska Soybean Board - www.nebraskasoysbeans.org
- North Dakota Soybean Council - www.ndsoybean.org
- Ohio Soybean Council - www.ohiosoy.org
- South Dakota Soybean Research & Promotion Council - www.sdsoybean.org

**Soy Newsletters**

- Soy Connection newsletter on soy health/nutrition - www.soyconnection.com

**Soy Research, Health**

- Soy/Health Fact Sheets: www.soyconnection.com

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