

APRIL IS NATIONAL SOYFOODS MONTH

Soybeans

Nebraska Soybean Board

Meeting the *Goal* with Soy

GRAINS

GOAL:

*6 ounce - equivalent**

- Soy cereal
- Soy bread
- Soy muffins
- Soy grits
- Soy pasta
- Soy flour

* 1 oz =

1 slice bread or
1 cup dry cereal or
1/2 cup pasta

DAIRY*

*soy-based alternatives

GOAL:

3 cups

- Fortified soy milk (plain, vanilla & chocolate)
- Frozen soy desserts
- Soy slices
- Cultured soy

FRUITS & VEGETABLES

GOAL:

4.5 cups

- Edamame
- Canned soybeans
- Soynuts

MEAT* & BEANS

GOAL:

5.5 ounce - equivalent

- Soy burgers, soy deli slices, soy sausage, ground meat alternatives, soy wieners & soy nuggets
- Tofu
- Soynuts
- Edamame
- Soynut butter

OILS

GOAL:

24 grams (6 tsp)

- Soybean oil



For more information call

800-852-BEAN

nebrasCASoybeans.org