

FROM FIELD TO SHINING FIELD

The Arkansas Soy Story

Arkansas soy feeds the world... when is the last time you tasted one?

HEALTH BENEFITS

- The American Heart Association advocates that eating foods containing soy protein to replace foods high in animal fats may prove beneficial to heart health
Source: <https://my.clevelandclinic.org/health/articles/17491-soy-foods>
- Soy foods are naturally cholesterol-free and consuming soy a few times each week can help cut saturated fats and reduce your overall risk for disease.
- Including fiber-rich soy foods like edamame (green soybeans), black soybeans, soy nuts, soy flour and tempeh in your diet can help you boost your daily dietary fiber.
- Soy foods are a great source of vitamins and minerals. B-vitamins, iron, zinc and an array of antioxidants round out the nutritional qualities of soy. In addition, many soy foods are enriched with vitamin B 12, calcium, and vitamin D to help vegetarians get these much needed nutrients.
Source: <https://my.clevelandclinic.org/health/articles/17491-soy-foods/benefits-of-soy>

WHY Soy?

This is not your grandmother's Tofu!

Add dry black, red, green or yellow soybeans to your next vegetable soup to create a protein rich dish without the added cost or saturated fat of meat.

Get your SOY on...It's delicious!





END YOUR DIET DISASTER

Soy Protein to the Rescue

- Add edamame to your next Vegetable Stir-Fry to have a complete protein dish without the meat.
- Did you know you can make a smoothie with silken tofu or soymilk?
- Why not try steamed and seasoned edamame in place of high-fat appetizers.
- Instead of chick-pea Hummus, step up your game! Make hummus out of steamed edamame.
- Chili made with black beans? Choose Chili made with black soy beans.
- Unsalted dry roasted soy nuts are a great alternative to salted, oil roasted nuts.
- Instead of white northern beans, choose yellow soybeans (take longer to cook but worth the wait!)
- A Soy Burger is a high protein vegan choice when you crave a burger.
- Choose Soy cheese to cut fat and calories.
- Soy nut butter is a delicious choice for your morning toast.
- Did you know that Soy milk comes in unsweetened, plain, vanilla or chocolate flavors?

Source: <https://my.clevelandclinic.org/health/articles/17491-soy-foods/soy-protein-substitutions>

Soy flour is 50% protein

- American Heart Association,
Nutrition Committee (2000)

NUTRITION & HEALTH

Frequently Asked Questions

How Long Have We Been Eating Soy?

Soybeans originated in Southeast Asia and were first domesticated by Chinese farmers around 1100 BC. By the first century AD, soybeans were grown in Japan and many other countries. Soybean seed from China was planted by a colonist in the British colony of Georgia in 1765.

What We Know for Sure:

Soybeans are nutritional powerhouses because they contain twice the amount of protein and more oil (healthy unsaturated fat) than other beans, but very little starch. Soybeans are the only plant food that could serve as a person's sole source of protein because they contain all eight essential amino acids.

Source: https://www.health.harvard.edu/newsletter_article/an-update-on-soy-its-just-so-so



CHILDREN AND SOY

Q. Is it safe for children to drink soy milk?

A. Soy and soy milk do contain molecules that interact with estrogen receptors and therefore have weak, estrogen-like effects. However, because these effects are weak, the molecules may actually act like anti-estrogens by competing with the body's natural estrogens when estrogen levels are high. For this reason, soy products have been hypothesized to reduce the risk of breast cancer. The evidence isn't conclusive, but there's some suggestion that soy consumption during childhood may reduce risk of breast cancer later in life. Soy milk or other soy products may also reduce risk of prostate cancer, but again nothing conclusive — and we don't know about the effects of consumption during childhood on prostate cancer risk.

So there's a lot to be learned. But there's also the reality that for centuries in some civilizations, people have been consuming large amounts of soy products regularly throughout life without apparent adverse effects. I don't think children need to avoid soy milk. Still, where there's uncertainty, moderation is a good policy, so limiting children to drinking one or two glasses of soy milk a day makes sense.

Walter C. Willett, M.D., Dr.P.H., Harvard School of Public Health

Source: https://www.health.harvard.edu/newsletter_article/By-the-way-doctor-Children-and-soy-milk. Published May 2009.



EDAMAME:

Large soybeans that are harvested when the beans are still green and sweet (USB. (2010). Soyfoods Guide.).

Are All Soybeans GMOs?

No. There are many varieties of soybeans, like ArNaSoy, that were developed using the traditional crossing breeding method.

What are GMOs?

Genetically modified crop plants are commonly known as GM crops or GMOs. The World Health Organization, the American Medical Association, the U.S. National Academy of Sciences, the British Royal Society, and every other respected organization that has examined the evidence has come to the same conclusion: consuming foods containing ingredients derived from GM crops is no riskier than consuming the same foods containing ingredients from crop plants modified by conventional plant improvement techniques. Civilization rests on people's ability to modify plants to make them more suitable as food, feed and fiber plants and all of these modifications are genetic.

Twentieth century advances in the science of genetics opened the way to using chemicals and radiation as means of accelerating genetic change to produce nutritionally enhanced foods like lycopene-rich Rio Star grapefruit and quite literally thousands of other improved fruit, vegetable and grain crop varieties.

In order to receive regulatory approval in the United States, each new GM crop must be subjected to rigorous analysis and testing. It must be shown to be the same as the parent crop from which it was derived and if a new protein trait has been added, the protein must be shown to be neither toxic nor allergenic. As a result and contrary to popular misconceptions, GM crops are the most extensively tested crops ever added to our food supply . . . the precise addition of useful traits to crops, such as the ability to resist an insect pest or a viral disease has been compared to the value of immunizations that protect people from disease. *(Excerpt from source below)*

Source: http://www.aaas.org/sites/default/files/AAAS_GM_statement.pdf

STEP-UP YOUR FAMILIES NUTRITION GAME...CHOOSE SOY

- Edamame is now available (in the freezer case) in most Arkansas grocery stores.
- Edamame can be purchased with the beans already shelled or still in the pods. Prepare based on package directions.
- Grow your own protein in your family garden.
- Check with your local lawn and garden business for edamame seeds. Edamame seeds can also be purchased online.
- Edamame varieties are easy to grow in Arkansas and are ready to harvest in 65 to 90 days.
- Planting seeds every week or so will allow you to extend your harvest.