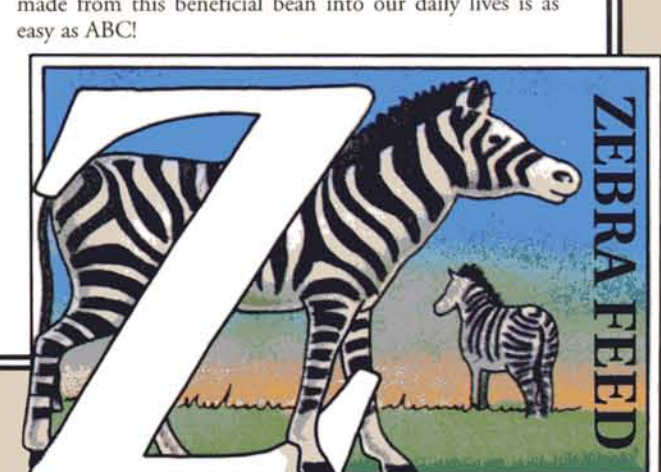
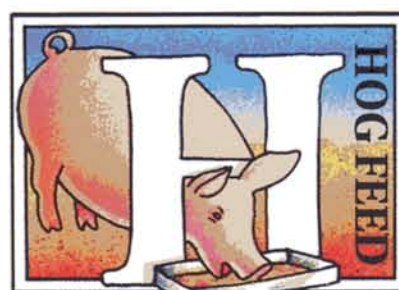
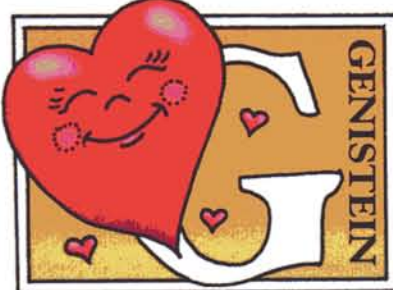


SOYBEANS: A to Z



Soybeans – they look so simple! Yet, in our complex world, soybeans provide a bountiful harvest of diverse products ready to meet the challenges of growing populations and dwindling resources.

Packed with power, soybeans are loaded with protein, iron, B vitamins, calcium and zinc. Plus, soybeans are the only vegetable containing protein equal in quality to animal protein. They are cholesterol-free, low in saturated fat and an excellent source of dietary fiber. Soybeans have been a staple food in Asian countries for thousands of years, and now Americans are realizing this nutritious bean's importance in their own diets.

A bushel of soybeans weighing 60 pounds yields about 48 pounds of protein-rich soybean meal and 11 pounds of soybean oil. Today, 95 percent of the soybean meal produced is used in animal feeds. On farms across America, chickens and hogs are fed this nutritious meal, as well as exotic creatures found in zoos. Soybean oil, often labeled vegetable oil on food containers, is used extensively in cooking and also provides an excellent base for salad dressings and margarines. In fact, the average American consumes 7 gallons of soybean oil each year.

Environmentally friendly, soybean oil can replace many petroleum oil-based products. Soy biodiesel, an alternative fuel derived from soybean oil, has been used in many mass transit bus systems throughout the country as well as in farming operations. The emissions produced from engines running on soy biodiesel are significantly less harmful, and the engine requires no modifications. Another soybean oil-based product, soy ink, is currently being used to print more than 3,000 daily U.S. newspapers. Soy ink produces bright, eye-catching colors that cling to the page – not the reader's hands. These and many other industrial products containing soybean oil could decrease our dependency on foreign oil and promote one of our nation's top resources.

So, enjoy a nutritious slice of pizza made with soy protein or a chocolate bar containing soy lecithin as you sample this selection of the many ways America uses its miracle crop. You will discover that incorporating products made from this beneficial bean into our daily lives is as easy as ABC!