

SOY PROTEIN



 **SOY**

QUALISOY
INNOVATE. COLLABORATE. ADVANCE.

CONSUMER DEMAND

Consumers prioritize healthy food choices, sustainably produced foods, complete proteins and increasingly seek plant-based options. Fifty-four percent of consumers say they are eating more plant-based foods and beverages now compared to two years ago.¹ And the plant-based food category grew by 20% between 2017 and 2018, outpacing sales of all retail foods by 10 times.

Food companies can capitalize on the growing plant-based protein trend and leverage soy's health halo by sourcing soy protein for their products.



74% OF CONSUMERS VIEW SOYFOODS AS HEALTHY.¹

1. "Food Industry Insights consumer study." United Soybean Board. 2019.

**SOYBEANS ARE
COMPARABLE TO ANIMAL
SOURCES IN TERMS
OF PROTEIN QUALITY,
MEETING DEMAND FOR
HIGH QUALITY PROTEINS.**

A COMPLETE, HIGH QUALITY PROTEIN

Not all protein is created equal. Soy is a complete protein and the only widely available plant-based protein that provides all essential amino acids in appropriate amounts to meet the needs of children, as well as adults.



**SOY DELIVERS
MORE PROTEIN PER
HECTARE THAN ANY
OTHER CROP.**

Raw soybeans contain 37 grams of protein per 100 grams, which is similar to pork and three times more than an egg.

HEART HEALTHY

Soy is the only plant protein that carries the Food & Drug Administration's (FDA) heart health claim. The authorized health claim recognizes soy's cholesterol-lowering effects and that it may reduce the risk of coronary heart disease.*



Soy protein is also rich in folate, potassium and fiber, and is naturally gluten free.



*25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

WHEN IT COMES TO
AMERICA'S SECOND LARGEST
CROP, **SOYBEAN FARMERS**
HAVE REDUCED GREENHOUSE
GAS EMISSIONS BY 47% PER
METRIC TON SINCE 1980.



SUSTAINABLE & U.S. GROWN

As stewards of the land, U.S. soybean growers will tell you their goal is to improve and preserve the soil on their farms for future generations. U.S. soybean farmers employ a variety of sustainable practices to reduce greenhouse gas emissions, overall land use, soil erosion and energy use, and improve water use efficiency and quality.












VERSATILE

Soy-based ingredients are versatile and can be used in a variety of recipes and adaptations. Soy can promote moisture and flavor retention, boost protein content and enhance the texture of many foods.

Types of Soy Proteins and Soyfoods

- Soy Flour
- Textured Soy Protein
- Soy Protein Isolate
- Soy Burgers
- Soy Fiber
- Whole Soybeans
- Edamame
- Tofu
- Tempeh
- Miso
- Soy Milk
- Soy Nut Butter

Soy Protein Applications

	Flour		Dairy Alternatives		Protein Powders
	Snack Bars		Meat Alternatives		Frozen Desserts
	Nut Butters		Soups		Pastas
	Infant Formulas		Breakfast Cereals		



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PROTEIN-SUPPLIER

TO CONNECT WITH A SUPPLIER



SoyConnection
By the United Soybean Board

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