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**Soy Stakeholder News Release Template**

FOR IMMEDIATE RELEASE Contact: XX

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**April Marks the Celebration of Soy Foods Month***Honoring U.S soybean farmers and soy’s health, nutrition, and sustainability benefits*

Soy Foods Month is a time to celebrate soy’s vital role in our lives —from its powerful health benefits and sustainability to its culinary versatility and innovative applications. This April, U.S. soybean farmers, the U.S. Soy community, the food industry, and health professionals unite through the soy checkoff to showcase soy’s nutritional benefits nationwide and beyond.

The U.S. is a leading producer of soybeans, with half a million farmers in 30 states growing more than 86 million acres of soybeans in 2024. These farmers provide nutritious and sustainable food to people worldwide while practicing conservation tillage, crop rotation, and precision agriculture.

**The Power of Soy for Health**

Soy is a high-quality protein, providing all nine essential amino acids in amounts needed by the body. Soy is a source of folate, potassium, fiber, iron, and zinc, and with 7 grams of protein per cup, soymilk is the only plant-based milk recommended by the [Dietary Guidelines for Americans](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf). When it comes to heart health, soy is the only plant protein that carries the [U.S. Food and Drug Administration’s authorized health claim](https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101/subpart-E/section-101.82), stating that “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”. Further, [newly published research](https://pubmed.ncbi.nlm.nih.gov/39551355/) supports the [benefits of consuming seed oils](https://www.soyconnection.com/continuing-education/education-credits/newsletter-article-list/what-does-the-science-say-about-seed-oils), including soybean oil, and adds to the possible ways in which they may improve health – including lower risk of cardiovascular disease, congenital heart disease, diabetes, and overall mortality.

Beyond heart health, soy can also play a role in weight management. High-protein foods, including soy, help promote satiety, making you feel fuller for longer. [Research](https://pmc.ncbi.nlm.nih.gov/articles/PMC1838825/#:~:text=An%20increasing%20body%20of%20literature,in%20humans%20is%20briefly%20discussed.) suggests that incorporating soy protein into meals can help with appetite control and weight maintenance by reducing overall calorie intake and supporting muscle mass retention. Additionally, soy’s fiber content supports digestive health, which is an important factor in maintaining a healthy weight.

“Our understanding of soy’s nutritional advantages continues to evolve,” said Mark Messina, PhD, SNI Global Director of Nutrition Science and Research and world-renowned soy nutrition scientist. “The emergence of a new generation of anti-obesity medications, such as glucagon-like peptide-1 receptor agonists (GLP-1 RAs), has opened an exciting chapter in weight management. We are actively exploring the role of diet—including soy—in supporting weight loss and maintenance through these pharmacological advancements.”

**Health Professionals Recommend Soy**

A growing number of health professionals continue to recognize soy’s health benefits. According to [Soy Connection’s 2024 annual survey](https://www.soyconnection.com/docs/default-source/default-document-library/2024_soyconnection_healthprofessionalsurvey_ussoy-branding_sc-website-usda-approved.pdf?sfvrsn=7fa3165_0) of more than 700 health professionals, three out of four surveyed agree that soy is a nutritious food, part of a healthy diet, heart healthy, and easy to find in the grocery store. Further, 93% of respondents recommend soy consumption at some frequency, with 31% saying they often or always recommend soy foods and beverages.

**Five Ways to Benefit from Soy Foods**

1. **Snack on soy foods** – Adding plant-based soy protein to your diet is simple. Snack on soy foods like steamed edamame, soymilk or soy yogurt-based smoothies, dips made with silken tofu, or air fried pre-seasoned tofu bites.
2. **Support weight maintenance with soy protein** – High-protein foods help with satiety and muscle retention. Replace higher-calorie options with soy-based protein sources such as tofu in stir-fries, edamame in salads, or soy yogurt in smoothies.
3. **Eat fermented soy foods for gut health** – Fermented soy foods like miso and natto contain probiotics that support gut health, while edamame and soy nuts are sources of fiber and aid digestion—both factors that play a role in weight maintenance.
4. **Cook with vegetable oil** – Many vegetable oils on store shelves are 100% soybean oil. Recognized for its heart health benefits, soybean oil has a neutral flavor and high heat stability, making it an excellent choice for frying, baking, sautéing, and more.
5. **Shop your local grocery store** – Find soy foods like edamame, tofu, soy nuts, soy nut butter, soy milk, soy-based yogurt and cheese, tempeh, miso, soy protein bars and powders, and soy-based meat alternatives at your local store. If you don’t see what you’re looking for elsewhere, check the health foods aisle.

To learn more, visit [soyconnection.com/soyfoodsmonth](https://www.soyconnection.com/current-news-releases/press-release-detail/2025/03/31/celebrate-soy-foods-month).