

THE STORY OF SOY

Food Supply Staple,
from Farm to Fork



AT THE FARM

U.S. soybean farmers are the gateway to an abundant supply of safe food.

550,000+
U.S. SOYBEAN
FARMERS

83
MILLION+
ACRES

97%
FAMILY
FARMS¹

U.S. soybean farmers champion solutions through innovation, such as biotech varieties that are herbicide tolerant and reduce tillage.

Biotechnology Allows for Conservation Techniques³



93% DECREASE
in soil erosion

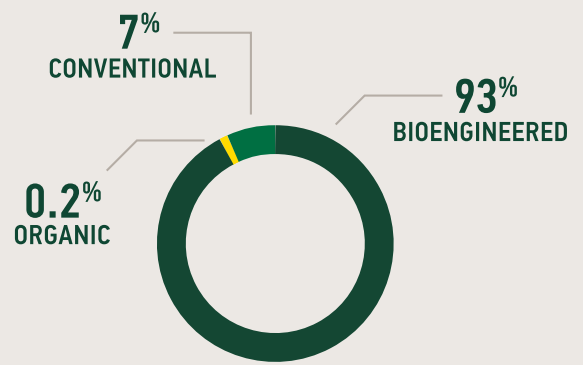


70% REDUCTION
in herbicide run-off



50% REDUCTION
in fuel use

Multiple Growing Systems²



PLANT

MAY - JUNE



HARVEST

SEPT - OCT

Biotechnology benefits the farmer, food industry and consumer.

“Our soil is our strength. Biotechnology is a tool that helps us achieve our mission of leaving the land in better shape than when we began farming.”

- Nancy Kavazanjan

USB Farmer-Director, Wisconsin

“Nearly 97% of all farms are owned by families. My own farm is a large corporate farm in the sense that it is owned by my large family – my 10 brothers and sisters, a niece and nephew, and me.”

- Annie Dee

USB Farmer-Director, Alabama

PROCESSING & PRODUCTION

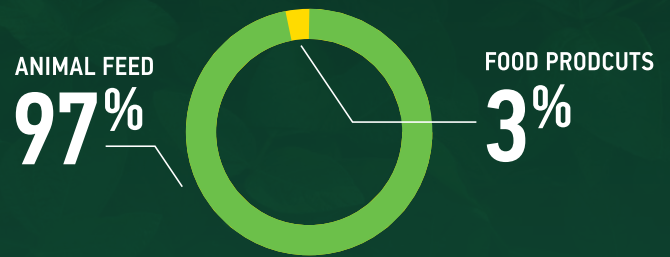


Soybeans are critical to the U.S. food supply.

Soybean Oil Uses



Soybean Meal Uses



Soybeans are in constant demand as a primary protein source for livestock, guaranteeing an abundant supply of its by-product, soybean oil. Therefore the food industry can depend on a steady supply of economically priced soybean oil.

Attributes

- Abundant, Year- Round Supply
- Versatile Applications
- Economically Priced
- Neutral Flavor
- High Smoke Point
- Good Emulsifying Ability

1 Tbsp Soybean Oil⁴

- 8g polyunsaturated fatty acids
- 3g monounsaturated fatty acids
- 2g saturated fat
- 0g trans fat
- Excellent source of alpha-linoleic (ALA) omega-3s
- Principal source of vitamin E

Driving Sales

Soybean oil, commonly labeled “vegetable oil,” is the household staple without a name. It’s a favorite cooking oil, yet 78% of consumers don’t know most vegetable oil is U.S.-grown 100% soybean oil.

Shoppers prefer U.S.-grown ingredients, in fact 78% said it’s important to support domestic agriculture by buying foods produced with U.S.-grown crops.⁶

Soybean oil accounts for 52% of U.S. edible vegetable oil consumption⁵

TO THE TABLE

Soybean oil is heart healthy

The Food and Drug Administration authorized the use of a qualified health claim confirming soybean oil's ability to reduce the risk of coronary heart disease.⁷ The new health claim that will appear on labels of qualified soybean oil and soybean oil-containing products states: "Supportive but not conclusive scientific evidence suggests that eating about 1½ tablespoons (20.5 grams) daily of soybean oil, which contains unsaturated fat, may reduce the risk of coronary heart disease. To achieve this possible benefit, soybean oil is to replace saturated fat and not increase the total number of calories you eat in a day. One serving of this product contains [x] grams of soybean oil."⁷



Recipe developed by
April Hemmes, USB Farmer-Director, Iowa

KALE & CABBAGE COLESLAW WITH CRUNCHY RAMEN NOODLES

INGREDIENTS:

Dressing:

2 tablespoons Apple cider vinegar
1 tablespoon Sugar
2 tablespoons U.S.-grown soybean oil
Salt and pepper (to taste)

Salad:

12 ounces Pre-cut coleslaw blend
2 cups Baby kale leaves, packed
½ cup Shelled edamame, cooked
½ package Ramen noodles, lightly crushed
in package (seasoning mix discarded)
2 tablespoons Toasted sunflower seeds

INSTRUCTIONS:

In a large bowl, whisk together the dressing ingredients. Add the coleslaw, kale and edamame and mix well. Just before serving, top with the ramen noodles and sunflower seeds.



NUTRITION PER SERVING:

Calories	Protein	Carbohydrate	Fiber	Fat
200	4g	17g	1g	11g
Sat. Fat	Trans Fat	Cholesterol	Sodium	
2g	0g	10mg	150mg	

1) Farm Size and the Organization of U.S. Crop Farming; Economic Research Report No. (ERR-152) 61 pp, August 2013.

2) U.S. Department of Agriculture, National Agricultural Statistics Service (NASS). Acreage, June 28, 2013.

3) U.S. Soybean Production: A Comparison of Sustainable Production Systems for Conventional, Biotech, and Organic Soybeans, April 2009.

4) USDA National Nutrient Database for Standard Reference.

5) U.S. Department of Agriculture, Economic Research Service: 2018 ERS Oilseed Yearbook.

6) 2018 United Soybean Board Food Industry Insights consumer study.

7) U.S. Food and Drug Administration. "Soybean Oil and Reduced Risk of Coronary Heart Disease." July 31, 2017.

TODAY, THE U.S. IS A LEADING PRODUCER OF SOYBEANS. THIS VERSATILE INGREDIENT PROVIDES MANY SOURCES OF SUSTENANCE - FROM FARM TO FORK.





SoyConnection
By the United Soybean Board

