



THE Mighty Soybean

CONTAINS **HIGH-QUALITY**,
NATURALLY COMPLETE,
PLANT-POWERED,
HEART-HEALTHY, **LEAN**,
GREEN **PROTEIN**.



Like animal protein, **NATURALLY COMPLETE** soy protein is the only **HIGH-QUALITY** plant protein that contains all nine essential amino acids in the ratios needed for human growth and health.



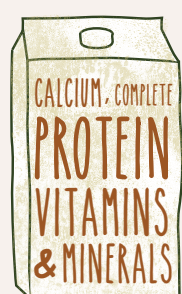
PLANT-POWERED soy is better for the environment, using fewer natural resources such as water and land than any other protein source. The **GREEN** protein offers 941 pounds of protein per acre of land.¹



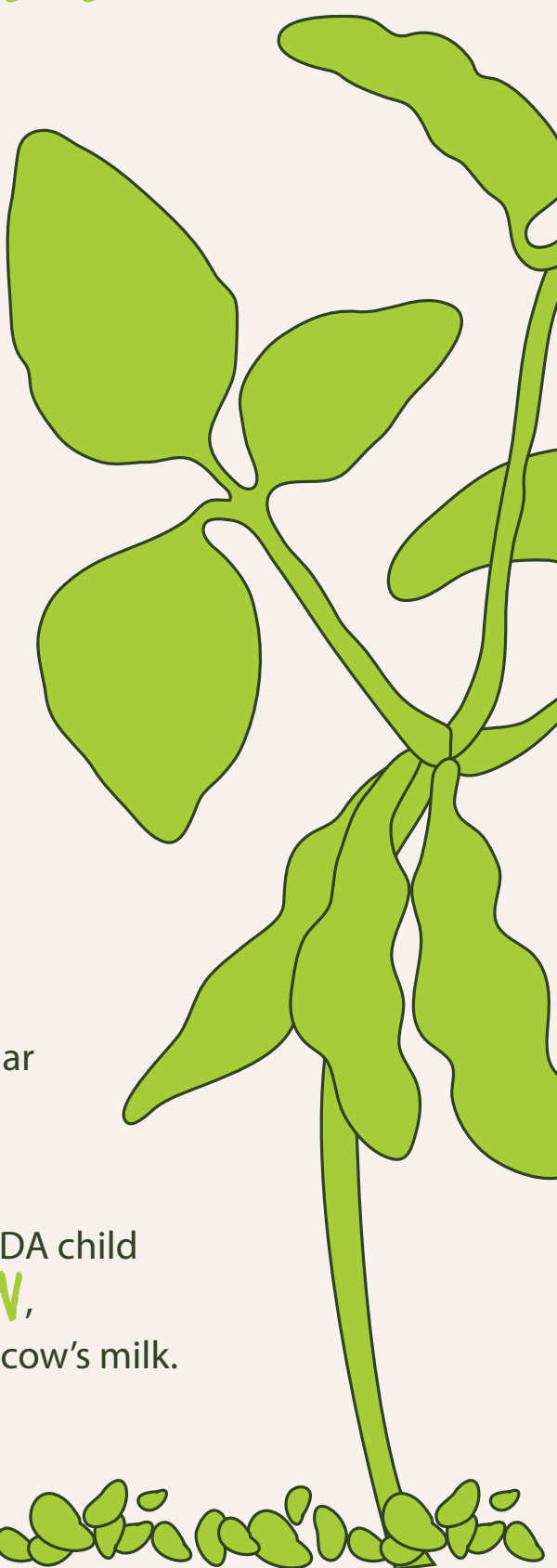
The **LEAN** protein is lower in saturated fat than other protein sources and naturally has no cholesterol.



Soy's **HEART-HEALTHY** protein is the only protein recognized by the FDA for its role in reducing cholesterol and the risk of cardiovascular disease.²



Soy milk is the only dairy alternative that meets USDA child nutrition programs' requirements for **PROTEIN**, calcium, vitamins A and D and potassium found in cow's milk.



References:

¹ Derived by LMC from ARS Nutrient Database, www.ars.usda.gov/main/site_main.htm?modecode=12-35-45-00

² As part of a diet low in saturated fat and cholesterol, 25g soy protein per day may reduce the risk of heart disease.