

WHAT'S IN A BEAN... AND WHAT DOES IT MEAN?

Soy ingredients in food

Soy is in more food items than you may realize, serving as a source of protein and healthy fat. Soybeans are also a sustainably sourced crop grown right here in the Midwest, which means you can feel confident that what you're eating and giving to your family is nutritious, local and good for the environment.

The next time you grab a snack, flip the box over to the nutritional label. You will probably see one of the following ingredients. Here is what they mean. It may have many names, but it's all soy!

INGREDIENT	WHAT IT IS AND WHAT IT DOES	HOW IT'S MADE	WHAT IT'S FOUND IN
SOY PROTEIN ISOLATE	A protein that comes from soybeans. It contains 90% protein, so it packs a protein punch!	Protein that is left when fat and carbohydrates are removed from the soybean	Protein powders, nutrition bars, baked goods, baby formula, soymilk, dairy alternatives
SOY PROTEIN CONCENTRATE	Similar in consistency and texture to soy flour, it's good for your gut and contains more fiber than soy protein isolate	Made by removing oil and some carbohydrates from whole soybean	Pre-made baked goods, cereal, plant-based meat alternatives
TEXTURED SOY PROTEIN	Comes in granules or chunks and is a good meat alternative because it's high in protein and has a neutral flavor	Soy flour that has all the soybean oil removed	Meat substitute
SOY FLOUR	Looks like wheat flour, except it's light yellow in color. Produces a golden-brown color when fried	Made from whole soybeans that are ground and roasted	Bakery ingredients, noodles, breakfast cereals, salad dressing
SOY LECITHIN	Often comes in powder form and is used as an emulsifier in processed foods	Extracted from soybean oil	Margarine, shortenings, salad dressing, chocolate, dairy products, baby formula, bread
SOYBEAN OIL	Commonly known as vegetable oil. Its neutral flavor makes it the most widely used edible oil in the world	Extracted from the whole soybean	Many applications, frying, baking
HIGH OLEIC SOYBEAN OIL	Another version of soybean oil that contains less saturated fat and three times the amount of monounsaturated fatty acids Other benefits: <ul style="list-style-type: none"> • Extended shelf life • Longer frying life • Neutral flavor 	Made from sustainably produced U.S. grown high oleic soybeans	Many applications, frying, baking

SOY MANY TYPES TO LOVE!

These ingredients can be found in a variety of forms and textures to use in a variety of foods.

POWDER



Used in beverages, plant-based meat alternatives, and as an overall protein additive

CRISPS/NUGGETS



Adds texture to nutrition bars, cereal and other snacks

FLAKES, GRANULES, CRUMBLES



Often used as a replacement for ground meat in recipes as a plant-based alternative

SHREDS, CHUNKS, STRIPS



Can mimic muscle-structure of meat. Good for plant-based meat alternatives