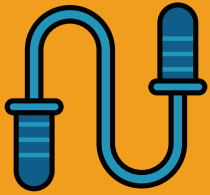


POWER-UP YOUR WORKOUT

SoyConnection
By the United Soybean Board

WITH HIGH QUALITY SOY PROTEIN



WARM UP WITH THE BASICS

Amino acids are the building blocks of protein

9 of the 20 amino acids are essential, meaning they must come from food

Soybeans contain adequate amounts of all 9, making them one of the only complete plant-based proteins

1

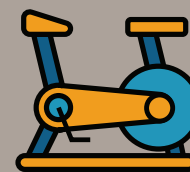


HIT YOUR REPS

The amount of protein you need can vary

If you are physically active you may need more¹

2

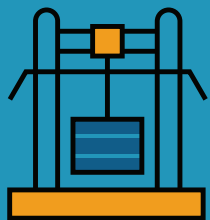


PUMP UP THE CARDIO

Heart healthy soy protein has been shown to directly lower blood cholesterol levels⁴

3

4



FOCUS ON FORM

Soy's protein quality is on par with milk, eggs and meat²

Research suggests resistance training supplemented with soy protein may result in similar gains in muscle mass and strength as animal protein in men³

5

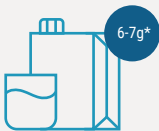


COOL DOWN AND MYTHS

Soy does not feminize men

Neither soyfoods nor the isoflavones in soybeans affect levels of testosterone or circulating estrogen in men^{5,6}

REFUEL WITH SOY PROTEIN



1 CUP SOYMILK

6-7g*



1 SOY-BASED BURGER

11-14g*



1/4 CUP ROASTED SOY NUTS

9g*



1/2 CUP EDAMAME

7-9g*



1 SOY PROTEIN BAR

10-15g*



2 TBSP SOY PROTEIN POWDER

20g*

*Approximate grams of soy protein per serving⁷

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- 7) U.S. Department of Agriculture, Agricultural Research Service. FoodData Central (2019). Available at: fdc.nal.usda.gov.