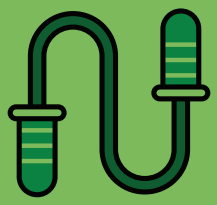
POWER-UP YOUR WORKOUT WITH HIGH QUALITY SOY PROTEIN

SoyConnection
By the United Soybean Board

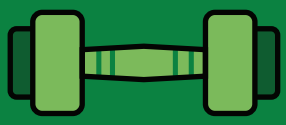


1 WARM UP WITH THE BASICS

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



2 HIT YOUR REPS

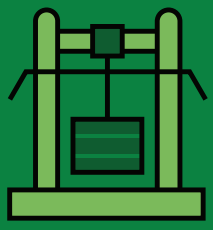
The amount of protein you need can vary

If you are physically active you may need more[1]



3 PUMP UP THE CARDIO

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



4 FOCUS ON FORM

Soy's protein quality is on par with milk, eggs and meat[2]

Research suggests resistance training supplemented with soy protein may result in similar gains in muscle mass and strength as animal protein in men[3]

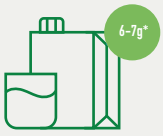


5 COOL DOWN AND MYTHS

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



1 SOY-BASED BURGER



1/4 CUP ROASTED SOYNUTS



1/2 CUP EDAMAME



1 SOY PROTEIN BAR



2 TBSP SOY PROTEIN POWDER

*Approximate grams of soy protein per serving[7]

REFERENCES

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2) Hughes GJ, Ryan DJ, Mukherjea R, Schasteen CS. "Protein Digestibility-Corrected Amino Acid Scores (PDCAAS) for Soy Protein Isolates and Concentrate: Criteria for Evaluation." Journal of Agriculture and Food Chemistry. 2011 December 14;59(23):12707-12. https://www.ncbi.nlm.nih.gov/pubmed/22017752.
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4) Food Labeling: Health Claims; Soy Protein and Coronary Heart Disease. In: Federal Register: (Volume 64, Number 206)]; 1999:57699-733. U.S. Food and Drug Administration. "Authorized Health Claims That Meet the Significant Scientific Agreement Standard." https://www.fda.gov/food/food-labeling-nutrition/authorized-health-claims-meet-significant-scientific-agreement-ssa-standard. January 12, 2018.
5) Hamilton-Reeves, J.M., et al. "Clinical studies show no effects of soy protein or isoflavones on reproductive hormones in men: Results of a meta-analysis." J Am Dietetic Assoc, (in press).
6) Messina, M. "Soybean isoflavone exposure does not have feminizing effects on men: a critical examination of the clinical evidence." Fertil Steril, 93(7): p. 2095-104. 2010.
7) U.S. Department of Agriculture, Agricultural Research Service. FoodData Central (2019). Available at: fdc.nal.usda.gov.