

# SOYBEANS: A to Z

## *A Guide to Explaining the Many Uses of Soybeans*

**A = Adhesives.** Made, in some cases, with soybean meal.

**B = Baby Food.** Soy protein isolates have been used in infant formulas in the United States as a protein source for babies who are milk or lactose intolerant since 1960. Soy protein isolates are also used as a protein source for many athletic and health food products.

**C = Cosmetics.** Soy lecithin (derived from soybean oil) acts as a wetting agent in various cosmetic products. Some cosmetics also contain soybean oil and soy protein.

**D = Dust Control.** Soybean soap stock (a co-product of the soybean oil refining process) can be used to control dust on grain in elevators, in livestock facilities and on gravel roads.

**E = Ecological.** The soybean plant becomes valuable to our environment even before it is harvested in the fall of the year. As the soybean plant develops, it takes nitrogen out of the air and then stores it in the soil for the next crop to use.

**F = Fuel.** Soybean oil can be used in the formulation of soy biodiesel to lessen our dependence on foreign oil.

**G = Genistein.** Genistein (an isoflavone found in soybeans) is being studied for its role in cancer prevention. Researchers are investigating the role of genistein in inhibiting blood vessel development, therefore inhibiting the growth of tumors.

**H = Hog Feed.** A major use of soybean meal is for high-protein hog feed.

**I = Ink.** Soybean oil is used to replace the petroleum-based carrier for ink pigments. Soy ink is used to print newspapers, magazines, textbooks, brochures, etc. *Weekly Reader* and Hallmark cards are printed using soy ink.

**J = Japan.** In 1956, the American Soybean Association opened its first international office in Japan.

**K = Kitten Food.** High-protein soybean meal is not only found in feed for farm animals, it is a nutritious ingredient in pet foods as well.

**L = Lecithin.** Lecithin, extracted from soybean oil, is used to keep chocolate and cocoa butter in a candy bar from separating.

**M = Margarine.** Soybean oil is a primary ingredient in margarine, and also provides an excellent base for salad dressings and mayonnaise.

**N = Nuts.** Roasted soybeans, called soynuts, make a tasty snack, either alone or as a topping for ice cream or baked goods.

**O = Oil.** The use of soybean oil in the manufacturing of food products is widespread, making it the most widely used oil in the world. Soybean oil is the oil most commonly used in the production of margarine and spreads. It is also used in many industrial products, including biodiesel, printing ink, adhesives, lubricants, plastics, and the list goes on.

**P = Protein.** Soy protein has been used as a nutritional food ingredient in the United States since the 1950s. In 1999, the U.S. Food and Drug Administration approved a health claim that consuming 25 grams of soy protein a day can lower the risk of heart disease.