

SOYBEAN

Fact Sheet

SOYBEAN FACTS

- Soybeans were grown in China as early as 5,000 years ago.
- Soybeans are part of a pod-bearing family of plants called legumes. Other legumes include peas and peanuts.
- One soybean plant can bear 60-80 pods containing three beans each.
- Soybeans are the only plants that have protein quality equal to that of animal protein.
- Soybeans grow well wherever corn grows, and are often grown in rotation, or every other year, with corn.
- The soybean is sometimes referred to as the "Miracle Bean" because of its many uses.
- Uses for soybeans include soy crayons, soy candles, and even a building material called Environ.

SOYBEAN FACTS

Although the exact order may change from year to year, the top ranking soybean-producing states are:

Iowa (I) **Illinois** (I) **Minnesota**
Indiana (I) **Missouri**

During processing, soybeans are cleaned, cracked, de-hulled, and rolled into flakes. After removal of the oil, the flakes can be processed into many edible and industrial soy protein products or used to produce protein meal for animal feed. Soybean protein and oil can be found in both edible and industrial products. Soybean components can be used for everything from chocolate candy to plastics and shampoo.



Soybean Oil Products

Edible:
breads, muffins, cookies
cake & pancake mixes
salad dressings, mayonnaise
canned chilis, soups
coffee creamers
cooking oil, margarine

Industrial:
newspaper ink
soaps, shampoos
disinfectants
biodiesel fuel
paints

Whole Soybean Products

livestock feeds
roasted soybeans

Soy flour:
breads
doughnut mixes
instant milk drinks
pancake flours
pie crusts

soy sauce
soy sprouts
tofu, or soybean curd

Soy Protein Products

Edible:
baby food
bakery products
candy
canned foods
cereals
diet food products
hot dogs

Industrial:
adhesives
cosmetics
fabrics
plastics

Soy Lecithin Products

Edible (emulsifier):
bakery products
candy
chocolate coatings
ice cream
vitamins

Industrial:
(used in the production of)
cosmetics
ink
margarine
paint
rubber