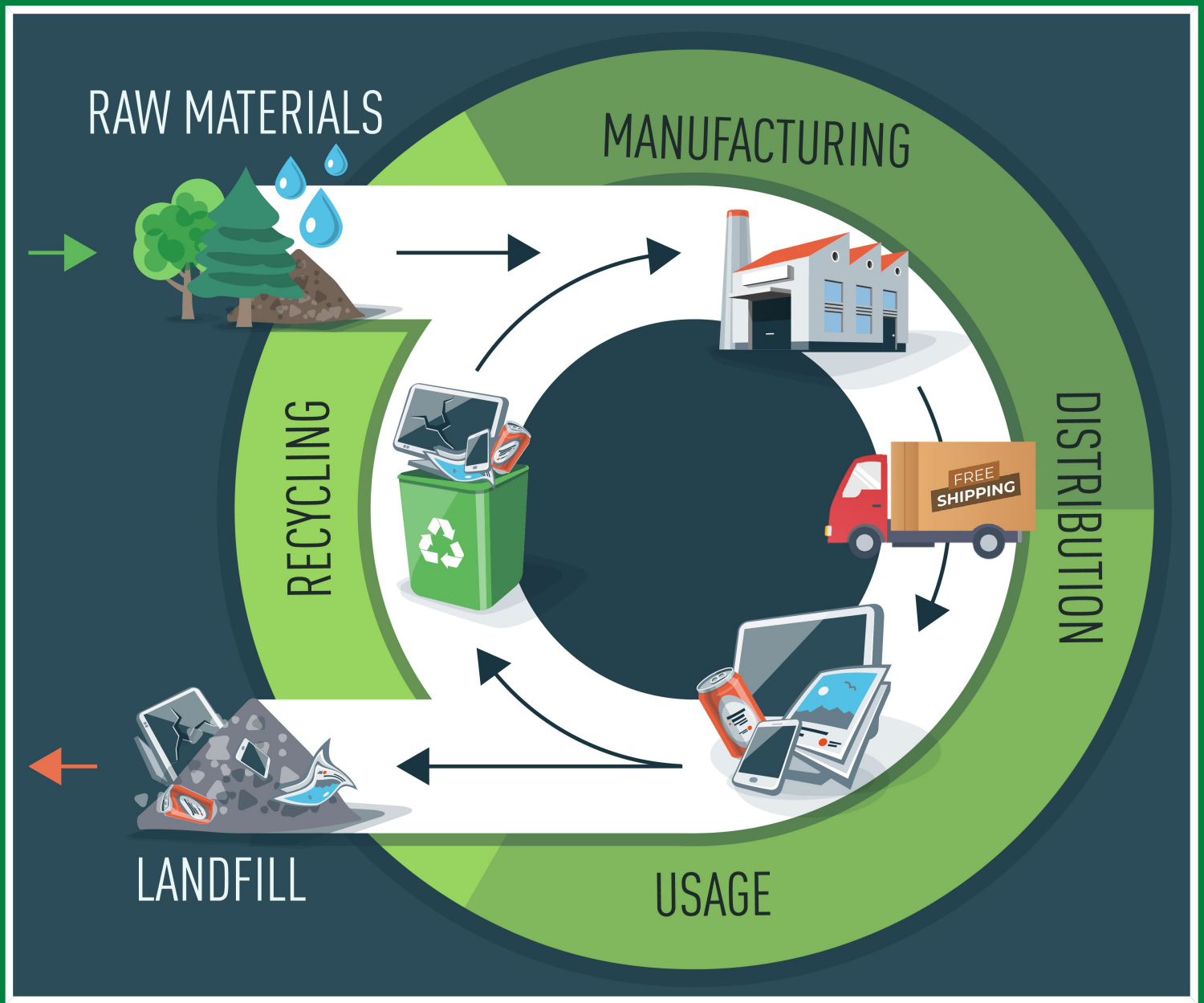


# SoyConnection

Health & Nutrition News About Soy

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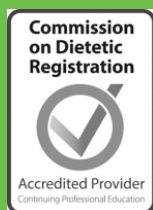
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## [HOW LIFE CYCLE ASSESSMENTS MEASURE THE SUSTAINABILITY OF FOODS](#)

*By Andrew Berardy, PhD, MS, BS*

Our food choices have associated environmental impacts. Understanding how and why foods differ in their effects can help us make better, more informed decisions that advance the sustainability of the food system.

Learn more about how the environmental impacts of food can be measured.



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VISIT OUR TESTING CENTER ONLINE AT [SOYCONNECTION.COM](https://soyconnection.com)

## [SOY AND GREENHOUSE GAS EMISSIONS](#)

*By Mark Messina, PhD, MS*

The foods we eat impact our environment in multiple ways; one of the most important is via greenhouse gas emissions. Compared to nearly all other protein sources, legumes have been shown to have a lower global warming potential. Read about soy's sustainability story.

[CLICK HERE TO LEARN MORE](#)

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## [CONSUMER RESEARCH SHOWS SUPPORT FOR U.S. GROWN SOYBEANS](#)

*By Joy Blakeslee, RDN*

Do you question whether your recommendations resonate in a meaningful way with your clients? Consumer research helps provide answers.

Check out highlights from the most recent United Soybean Board annual survey measuring consumer perceptions.

[READ MORE](#)

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**FEATURED RECIPE**

Submitted by: Jessica Levinson, MS, RDN, CDN



[Asian Style Buddha Bowl with  
Crispy Baked Tofu](#)

Enjoy this soy recipe submitted by one of our dietitian readers.

Stick to your healthy eating goals with this vegetarian and vegan-friendly Farro Buddha Bowl

packed with veggies and protein, and full of Asian inspired flavor.

[VIEW RECIPE](#)

### SHARE YOUR RECIPE WITH SOY CONNECTION

Do you have a soy recipe you'd like to have featured in the *Soy Connection* enewsletter? Send it (and a photo) our way. We will select one reader-submitted recipe to include in each issue (providing credit to the submitter). Let's see what delicious and nutritious soy recipes you have! [Click here to submit your recipe.](#)

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\* Soy Connection is a Continuing Professional Education (CPE) provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.0 Continuing Professional Education unit (CPEU) for reading the articles and taking and passing a test.

\* This program has been reviewed and is approved for a maximum of 1.0 hours of AAPA Category 1 CME credit by the Physician Assistant Review Panel and was planned in accordance with AAPA's CME Standards for Enduring Material Programs and for Commercial Support of enduring Materials Programs.

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