POWER-UP YOUR WORKOUT WITH HIGH QUALITY SOY PROTEIN

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

3. PUMP UP THE CARDIO

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

4. 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. REFUEL WITH SOY PROTEIN

   - 1 CUP SOY MILK: 4-7g
   - 1 SOY-BASED BURGER: 11-14g
   - 1/4 CUP ROASTED SOYNUTS: 7-9g
   - 1/2 CUP EDAMAME: 11-14g
   - 1 SOY PROTEIN BAR: 20g
   - 2 TBSP SOY PROTEIN POWDER: 25g

   *Approximate grams of soy protein per serving

REFERENCES
1) U.S. Department of Agriculture. All about the Protein Foods Group. Available at https://www.choosemyplate.gov/eathealthy/protein-foods