

2012 Michigan FFA Soybean Video Contest

Fact Sheet



We encourage you to be as original and creative as you can; however, you must base your video on the soybean facts listed below. Remember, the purpose is to show how *Michigan soybean farmers provide food, feed, fiber, and fuel.*

Required Message

Our web site www.michigansoybean.org and the following message **must** be included in **ALL** video entries: "Put a Little Soy in Your Life"

Soybean Facts

Choose *least 1 of the following facts:*

- Soyfoods are high in protein and contain little to no cholesterol.
- Soyfoods fit in nearly every food group (*not in the Fruit Group*).
- Soyfoods can help protect against some cancers (*breast, prostate*).
- Soybean oil has similar nutritional factors as olive oil (*soybean oil is more balanced – no cholesterol, high protein, omega 3 fatty acids, etc.*).
- Soy provides an alternative for food allergies (*examples: dairy milk vs. soy milk, peanut butter vs. soynut butter*).
- Livestock and poultry are the #1 customer for soybean meal (*hogs, dairy cattle, laying hens, broilers, turkeys, beef cattle*).
- Soybean oil can replace petroleum oil in most petroleum-based products (*choose one or more soy-based products – you are not limited to those listed*).
 - Biodiesel Fuel
 - Crayons
 - Candles
 - Soy Ink (*90% of America's 1,500 newspapers use soy ink in their presses*)
 - Soy-based Foam in automotive applications
 - Soy-based Foam in furniture/mattresses
 - Cleaning Solvents
 - Lubricants
- Soy can be found in (*choose one or more soy-based products – you are not limited to those listed*):
 - Clothing (*using soy fibers*)
 - Lotion
 - Shampoo
 - Cosmetics
 - Chocolate
 - Baby Food
 - Dog/Cat/Fish Food

For additional information, visit the following web sites: www.michigansoybean.org, www.soyconnection.com, www.animalag.org, and www.soynewuses.org.

Please direct all additional questions to lwilson@michigansoybean.org. Be sure to put *Video Contest* in the subject line.