



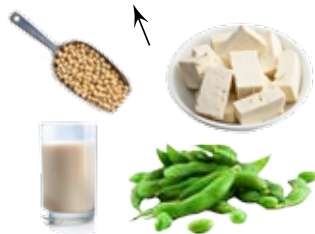
CLEARING UP CONFUSIONS OVER SOY

I'VE HEARD I SHOULD AVOID FEEDING MY FAMILY SOY BECAUSE IT CAN CAUSE PROBLEMS, SUCH AS BREAST CANCER IN WOMEN AND FEMINIZATION IN MEN. HOW SAFE IS SOY? IS THERE ANY REASON TO AVOID IT IN OUR DIETS?



Some Facts About **SOY**

1. SOYFOODS, such as soybeans, edamame, tofu and soymilk, have been important in Asian diets for at least 1,500 years. For example, people in Japan average 1–1½ serving of soy products per day.



2. INNOVATION HAS LED TO AN ARRAY OF DIFFERENT SOY-BASED FOODS such as veggie burgers, protein bars and cereals.



3. SOY IS VERY NUTRITIOUS. One-half cup of cooked soybeans contains: 29% daily value (DV, daily nutrient needs based on 2,000 calories per day) protein, 21% DV fiber, 25% DV iron, 14% DV calcium, as well as at least 9% DV of 10 other essential vitamins and minerals. **SOY PROTEIN IS A PLANT PROTEIN WITH ALL 8 ESSENTIAL AMINO ACIDS, MAKING IT EQUIVALENT TO ANIMAL PROTEIN.** In addition, soy is rich in health promoting bioactives, such as isoflavones, saponins, and



phytosterols, as well as the omega-3 fatty acid ALA.^{8,9}

4. Isoflavones, the compounds in soy which have captured the attention of both researchers and the public, are phytoestrogens (plant estrogens). These phytoestrogens are the source of much confusion over soy safety. However, although they are similar in some ways to estrogen, they act very differently in the body than estrogen and may have a variety of positive effects on health. Isoflavones may have weak estrogen-like activity in some cases that are affected by estrogen hormones, but have no effect or opposite effects in other cases.

» Soy Benefits

Eating soy may help protect against heart disease, the number one killer in the U.S. Soy foods, low in saturated fats and rich in fiber and other beneficial plant compounds, may modestly lower LDL

(“bad”) cholesterol and work through other mechanisms to protect heart health, and provide an excellent alternative for other protein choices, such as red meat.²



Soy may be beneficial for athletic performance and recovery.

Soy is not only rich in high-quality, complete protein that can help support muscle growth during training, it is rich in antioxidant compounds that may help reduce oxidative stress associated with exercise.^{4,5}

Soy may help protect your bones. A recent study found that drinking fortified soymilk—which contains comparable amounts of calcium and vitamin D as dairy milk—is linked with bone protection.¹⁰



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Soy for Men's Health



There is no scientific evidence that soyfoods cause feminizing effects in men. Even though phytoestrogens are similar in structure to estrogen, they do not impact testosterone or estrogen levels in men, according

to multiple research studies, and they do not affect sperm count, quality or motility.¹

SOY INTAKE MAY HELP PROTECT AGAINST PROSTATE CANCER. A meta-analysis of studies showed soy intake was linked to a 30% reduction in risk.³

Soy for Women's Health



SOY INTAKE DOES NOT INCREASE BREAST CANCER RISK; IN FACT IT'S EVEN SAFE FOR BREAST CANCER SURVIVORS.

According to the American Institute for Cancer Research, the latest

science shows soy consumption either has a slightly protective effect or no effect on breast cancer risk. Interestingly, studies show **CONSUMING SOYFOODS DURING CHILDHOOD OR ADOLESCENCE MAY HAVE A PROTECTIVE EFFECT AGAINST BREAST CANCER.**⁶

Although more research needs to be conducted in this area, **SOY MAY HELP LESSEN HOT FLASHES DURING MENOPAUSE**, according to a recent systematic review.⁷



Tips to Take with you

1. STUDIES SHOW THAT SOYFOOD INTAKE OF TWO TO FOUR SERVINGS A DAY IS SAFE. A serving is: 1 cup soymilk or cultured soymilk "yogurt"; ½ cup cooked soybeans, edamame, tempeh or tofu; ⅓ cup soynuts; a soy rich nutrition bar, or a veggie burger.⁶



2. ONE OF THE EASIEST WAYS TO INTRODUCE SOY INTO YOUR DIET IS TO DRINK SOYMILK, the only plant-based, lactose-free, nutritionally comparable alternative to dairy with **AN AVERAGE OF 7 GRAMS PROTEIN PER SERVING.** You can replace dairy milk with fortified soymilk as a beverage



in cereal or coffee, or in recipes such as smoothies, baked goods, sauces and casseroles.

3. Try to INCLUDE TOFU AS A MEAT REPLACEMENT AT LEAST ONCE A WEEK; it's excellent as a substitute for chopped chicken, ground beef, or cheese in a range of recipes. Tofu comes in a variety of textures, ranging from soft to extra firm. Use firm or extra firm tofu for slicing into stir-fries, casseroles, side-dishes or salads. If you'd like to puree tofu into dressings, fillings, dips or smoothies, try soft or silken tofu.



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Written by registered dietitians (RDs) to provide nutrition guidance. The key to optimal meal planning is individualization. Contact a SCAN RD for personalized nutrition plans. Access "Find a SCAN RD" at www.scandpg.org or by phone at 800.249.2875.

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Contact SCAN
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800.249.2875