

To Bean or not to bean?

Introduction to Soy

Soy is a plant found in the pea family. It has been a common ingredient in Asian diets for thousands of years. The soybean, the high-protein seed of the soy plant, has become of particular interest because it contains isoflavones. These compounds are similar in structure to the female hormone estrogen.

Treatment/Uses

Soy products have been used to lower the risk for and treat numerous conditions such as: high cholesterol levels, menopausal symptoms, osteoporosis, high blood pressure, prostate cancer and breast cancer.

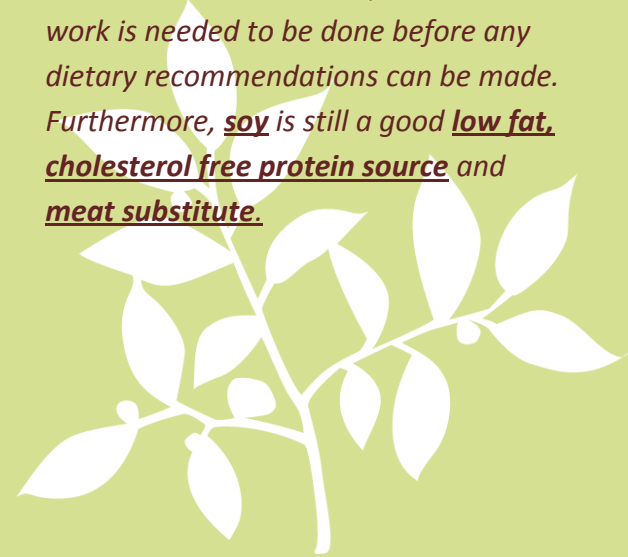
Sources of Soy

- Supplement: Tablets, capsules and powders
- Food: Tofu, soy milk, soy sauce, soy nuts, soybean oil, edamame, miso, and textured vegetable protein (TVP)
- Additives: added to various processed foods including pasta, baked goods, and cheese

Q: Does a diet high in soy result in decreased risk for breast cancer?

A: Studies have shown that the Chinese and Japanese populations have a lower incidence of breast cancer. However, it is unknown whether soy intake is due to this. There are other factors to be considered and more research is underway.

*American Institute for Cancer Research stresses that data on soy and breast cancer are not conclusive, and more work is needed to be done before any dietary recommendations can be made. Furthermore, **soy is still a good low fat, cholesterol free protein source and meat substitute.***



RECOMMENDATIONS:

The American Cancer Society recommends that women consume modest amounts of soy foods as part of a healthy, plant-based diet.

As with any dietary supplement, care should be taken because supplements are not tested for safety and efficacy.

If concerned, please consult your physician or Registered Dietitian for more information.