



Ten Compelling Reasons to Include Soy Foods in Your Diet

1. **Antioxidants:** Soy foods contain antioxidants, which are compounds that protect cells from damage caused by unstable oxygen molecules, also known as free radicals.
2. **Breast cancer:** In the U.S., women are four times more likely to die of breast cancer than women in Asia, where more soy products are consumed. One reason soy products is believed protective against breast cancer is due to the natural rich beta-carotene content of soy foods. In a 1993 research study, women with the highest levels of vitamin A had an approximate 20% reduction in breast malignancies, compared with women who had a lower vitamin A intake.
3. **Heart Disease:** Heart disease is the leading cause of death in the U.S. Soy foods can help reduce the risk of dying from heart disease, due to their low saturated fat content and their complete absence of cholesterol. In addition, soy contains proteins that are rich in a group of phytochemical compounds called isoflavones that also are believed to reduce the risk of heart disease. If you have an elevated cholesterol level, you might consider reaching for these soy foods before reaching for medications. Studies have shown that high blood cholesterol levels can be reduced by 10-15 %, which can reduce your risks of having a heart attack by up to 30%. As little as 25 grams of soy protein per day can lower cholesterol levels.
4. **Colon and prostate cancer:** Prostate and colon cancer are strongly influenced by what we eat and how we live. Colon cancer occurs with equal frequency among males and females, and is the third most frequent cancer in the U.S. Prostate cancer is the second most frequent cancer for males. These cancers are detected later in life, but most likely began developing in the person when they were in their thirties or forties or even earlier. It is estimated that 70-75% of these cancers can be prevented by dietary changes. There is significant evidence that eating soy foods can slow the growth of these cancers.
5. **Osteoporosis and hip fractures:** Osteoporosis affects an estimated 34 million Americans and is responsible for 1.5 million spontaneous bone fractures a year. In Japan, women have been found to have half the rate of

hip fractures as women in the U.S. Soy foods, e.g. fortified soy milk, textured soy protein and tofu made with calcium salt are excellent calcium sources and are also more easily absorbed by the body. But in addition to this, studies have shown that the isoflavones in soybean can increase bone mineral content and bone density. As little as two ounces of soy protein isolate per day led to positive results in a test group of post-menopausal women.

6. **Lung cancer:** Soy consumption has been linked to lower rates of lung cancer.

7. **Kidney disease:** The kidney is the main filtering organ of the body, and in people with diabetes, soy protein can slow down or prevent kidney damage because it is much easier on the kidneys than protein sources from animals. In addition, soybeans have a low glycemic index and are valuable foods to include in the diabetes meal plan.

8. **Immunity:** The protein peptide configuration in soybeans is believed to boost the immune system, which helps the body fight disease. In addition, the high level of omega 3-fatty acids in soy products can also contribute to improving immunity.

9. **Menopause:** Soybeans contain isoflavones, which have been shown to similarly function like estrogen-replacement therapy, and therefore reduce symptoms of menopause including the frequency and intensity of hot flashes. In Japan where there is a higher intake of soy than in the U.S., a word for hot flashes does not even exist, as this is a rare condition in Japan.



10. **Weight Control:** Overweight and Obesity among Americans is an epidemic today. These conditions lead to many unfavorable health consequences. Because of soy's low calorie and low fat content, it is an excellent replacement for American's usual high fat protein sources. Thanks to technology, there are so many more ways to enjoy soy foods that are pleasing to the taste buds, and can be enjoyed as part of a routine diet.