



Kellogg's[®]

THE SOY STORY

The History of Soy:

The history of soy and its health benefits date back over 4000 years. Soy has been a major food staple in China, Manchuria, Japan, Korea and Malaysia for centuries, and more recently has become popular with diet and health conscious consumers in Europe and North America.

Why Eat Soy:

Soy can be regarded as a "functional food". Functional foods provide benefits beyond basic nutrition and may help prevent diseases and promote health.

Soy Can be Good for Your Health:

Many of the health benefits of soy have been attributed to substances called **isoflavones** found in the protein part of soy. Isoflavones are also called "phyto" or plant estrogens.

Heart disease: Eating soy protein reduces blood cholesterol levels, a major risk factor for heart disease.¹

Osteoporosis: Emerging research shows soy may have a role in protecting against osteoporosis. Soy protein causes less calcium excretion from the body than animal protein, and soy isoflavones are associated with reduced bone loss.¹

Cancer: Preliminary research indicates that soy may be associated with a reduced risk of certain types of cancers. A combined diet rich in vegetables, fruit, whole grains, legumes and soy is still the best dietary approach for cancer prevention.¹

Menopause: Whether soy decreases the symptoms of menopause is still uncertain. Women who are looking for some relief from hot flashes can try increasing their intake of soy and at the same time reap the benefits of including soy in their diet.²



Soy and Nutrition:

Soy comes from soybeans, a small round bean that grows in pods on the soybean plant. Soybeans contain the same high quality protein found in meat products.

Soy is:

- ✓ **Low in saturated fat and cholesterol**
- ✓ **Rich in protein. Soy protein is a high quality source of complete protein**
- ✓ **A source of calcium, magnesium, zinc, and vitamins B6, thiamin, niacin and riboflavin**

Soy Protein Content of Selected Foods:

Food Item	Protein
4 oz firm tofu	13 g
55 g soy-based cereal	7 g
1 soy-based burger	10-12 g
125 ml tempeh	19 g
60 ml roasted soy nuts	20 g
250 ml plain soymilk	9 g

References:

- ¹Messina M., Gardner, C., Barnes, S., *Gaining Insight in the Health Effects of Soy but a Long Way Still to Go.* Amer Soc Nut Sc 2002 (Suppl): 547S-551S.
²Kendall C. The Health Benefits of Soy. Insert to the Canadian Journal of Dietetic Practice and Research, Vol 61, No4, Winter 2002