

# Unlocking the Value of Soy Protein in Consumer Foods

## Understanding the Health Impacts of Soy Protein

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# Understanding the Health Impacts of Soy Protein

"Soy is an outstanding food whose potential remains largely untapped and unexploited in our society. Soybeans are interesting not only from a nutritional perspective but from a cancer-fighting one as well."

Foods that Fight Cancer by Richard Beliveau and Denis Gingras, internationally renowned cancer researchers from University of Quebec at Montreal.

# Understanding the Health Impacts of Soy Protein

## Outline:

- Nutritional Value & Health Benefits
- Soy and Breast Cancer, Prostate Cancer
- Soy and Osteoporosis
- Soy and Menopause
- Soy and Allergenicity
- Soy and Lower Fat Diets
- Health Controversy - Is Soy Safe Eat? What's practical?
- Bottom line

# Understanding the Health Impacts of Soy Protein

Let's start with the Nutritional Value of Soy

- nutritional composition and protein content

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Now, let's look at the health benefits of Soy

- health effects of isoflavones (polyphenols in soybeans)
- isoflavones resemble estrogens, therefore referred to as phytoestrogens
- ability to block action of enzymes and stop cell growth
- ability to act as antiestrogens, decreasing cell response to hormones

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<b>Soy food</b>	<b>Isoflavone content mg/100 g</b>
Dry roasted soybeans	128
Edamame	55
Tofu	28
Soy sauce	1.7

Source: USDA database for isoflavone content of selected foods, 2001

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## Anti Cancer Properties of Soybeans

- Isoflavones and Breast Cancer
- Isoflavones and Prostate Cancer

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## Soy and Osteoporosis

- Increased bone density



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## Soy and Menopause

- Ability to turn down the heat

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## Soy and Heart Disease: cholesterol and other risk factors

- Regular intake of soy foods can lower both total and LDL blood cholesterol levels.
- US FDA allows manufacturers of soy foods to print health claim on label stating that eating a low-fat diet containing 25 grams of soy protein a day lowers the risk of heart disease.
- Soy also raises good HDL cholesterol, lowers blood pressure and keeps blood vessels healthy

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## The Controversy Surrounding Soy: soy and breast cancer

- Review of 18 studies by researchers from John Hopkins School of Medicine found that among healthy women, soy consumption reduces breast cancer risk by 14%.
- Soy consumed over lifespan, especially during puberty may be most protective.

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## Allergenicity

- Allergies to soy
- Allergies to milk

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## Soy and Lower Fat Diet

- Implications for diabetes

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How practical is it for Canadians to eat more soy?

- Edamame and Tofu - What's Hot & What's Not
- Eating Well with Canada's Food Guide says...

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So, is it safe to eat soy?

- How much?
- Chew it versus swallow with a glass of water

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## The Bottom Line on Health and Soy