



Why Choose Soy?

Good nutrition

- **High quality protein** – Soy has all the essential amino acids that people need.
- **Vitamins** – Soy is a good source of B vitamins, including folate.
- **Fiber** – Some soy foods, including edamame, dried soybeans, soy flour and textured vegetable protein, are very high in fiber.
- **Essential fatty acids** – Soy contains linoleic acid and also the essential omega-3 fatty acid, alpha-linolenic acid. Fat-free soy foods and products that contain hydrogenated soybean oil are not good sources of linolenic acid.
- **Phytochemicals** – Soy contains many biologically active substances that may help prevent chronic disease. These include isoflavones.

Prevention or treatment of chronic diseases

- **Heart disease** – The FDA has approved a soy health claim that states that 25 grams of soy protein a day as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. Soy may also help keep blood vessels healthy and help control blood pressure.
- **Cancer** – Soy contains at least five phytochemicals that may help prevent or slow the progression of some cancers. Current research is promising that soy may help protect against prostate cancer.
- **Osteoporosis** – Recent studies have shown that soy may be helpful in preventing bone loss, although long-term studies are still needed.
- **Diabetes** - Soy foods may help keep blood glucose levels under control. Soy protein may also reduce the risk of developing kidney disease and heart disease, both of which are common in diabetics.
- **Weight control** – Soy is low in calories and high in nutrition. When soy replaces higher-fat foods, it reduces the overall fat content of the diet.

Convenient and delicious

- **Variety** – There are many types of easy-to-prepare soy products to fit your diet and your lifestyle.
- **No lactose or casein** – Soy is a nutritious alternative for people who cannot tolerate dairy products.

How much soy should you eat?

- Healthy adults who want to get the greatest benefit from eating soy should try to get about 15 grams of soy protein a day (with a range of 10-25 g) and about 50 milligrams of naturally occurring isoflavones (with a range of 30-100 mg). That's about two servings a day. (See *Nutrition Today* 38:3, 100-109.)

Illinois Center for Soy Foods Consumer Information Sheet

For more information

Visit the Illinois Center for Soy Foods on the internet at
www.soyfoodsillinois.uiuc.edu.