

# SOY PROTEIN FOR YOUR HEALTH



The FDA says 25 grams of soy protein a day, as part of a diet low in saturated fat, may reduce the risk of heart disease, the only plant protein to have such claim.



Research demonstrates that including soy protein in your daily diet will reduce LDL cholesterol levels by

**2-7%**

## SOY PROTEIN CHART

All soy-based foods bearing the FDA soy and heart health claim provide at least 6.25 grams of soy protein.

Product	Serving	Ave. Grams of Soy Protein
Soy "burger"	1 patty	14
Tempeh	3 ounces	13
Soy pasta	1/2 cup	13
Soy nutrition bar	1 bar	6-14
Edamame	1/2 cup	11
Soy nuts, roasted	1/4 cup	11
Meatless soy crumbles	1/3 cup	10
Soy yogurt	1 cup	9
Tofu	3 ounces	8
Soymilk	1 cup	7
Soy chips	1 bag	7
Soy nut butter	2 Tbsp.	7

## 5 DAYS OF SIMPLE SWAPS

Reaching 25 grams a day of soy protein is so easy!

Breakfast	Bowl of cereal with soymilk	7 grams
Snack	Soy chips	7 grams
Dinner	Soy pasta	13 grams
<b>Total</b>		<b>27 grams</b> of soy protein
Breakfast	Soy breakfast patties	11 grams
Lunch	Soy nut butter sandwich	7 grams
Dinner	Tacos with soy crumbles	10 grams
<b>Total</b>		<b>28 grams</b>
Breakfast	Soymilk smoothie	7 grams
Snack	Soy nuts	11 grams
Dinner	Stir-fry with tofu	8 grams
<b>Total</b>		<b>26 grams</b>
Breakfast	Bowl of soy cereal	7 grams
Lunch	Soy nutrition bar	14 grams
Dinner	Soy pudding for dessert	6 grams
<b>Total</b>		<b>27 grams</b>
Breakfast	Tofu-egg scramble	8 grams
Snack	Soy yogurt with berries	9 grams
Dinner	Green salad with edamame	11 grams
<b>Total</b>		<b>28 grams</b>

## PHYTO-WHAT???

Phytoestrogens are part of the plant's natural defenses that act differently than hormones in humans.

- Soyfoods contain complex mixtures of proteins, fats, carbohydrates, and bio-active compounds such as soy isoflavones. These isoflavones are phytoestrogens with approximately 1/1,000th the biological activity of circulating human estrogens.<sup>1</sup>
- Mean isoflavone intake for the average U.S. person is only 2.35 mg/day, about the amount from one ounce of soymilk.<sup>2</sup> Soy oil and lecithin do not contain isoflavones.
- In humans, studies show soy isoflavones do not lower testosterone levels, may improve the health of arteries, prevent certain cancers including breast and prostate cancers, and reduce menopausal symptoms.<sup>3</sup>

### References:

1. Setchell KD. Phytoestrogens: the bio-chemistry, physiology, and implications for human health of soy isoflavones. *Am J Clin Nutr.* 1998; 68:1333S-1346S.
2. Bai W, Wang C, Ren C. Intakes of total and individual flavonoids by US adults. *Int J Food Sci Nutr.* 2013 Sep 11.
3. Kang J, Badger T, et al. Non-isoflavone Phytochemicals in Soy and Their Health Effect. *J Agric Food Chem.* 2010, 58, 8119-8133.