

THE MANY BENEFITS OF SOY



Soy has been a part of cultural diets for centuries and is unique compared to other legumes in that soy is higher in protein, good fats and lower in carbohydrates.¹ Despite years of extensive research, there is still confusion around soy and its many benefits.

1 SOY IS NUTRIENT-DENSE

- ✔ Soy products have been recognized for their complete protein.¹ One serving of soy—such as soymilk, soy nuts, edamame, or tofu—offers approximately 7 to 15 grams of high-quality protein which contains all nine essential amino acids in adequate amounts.
- ✔ Soy is low in saturated fat and each serving provides a good source of a variety of vitamins and minerals, including potassium, a nutrient of public health concern.¹
- ✔ Some traditional soy foods, like soymilk, are fortified with additional vitamins and minerals. The 2020-2025 Dietary Guidelines for Americans (DGA) consider soymilk fortified with calcium, vitamin A, and vitamin D, an appropriate dairy alternative because its overall nutrient composition, including protein quality, is similar to dairy.²

2 SOY PROTEIN PROMOTES MUSCLE MASS GAINS AND STRENGTH

- ✔ Soy foods and supplements can be viewed as suitable sources of protein for building strength and increasing lean tissue in response to resistance exercise training.³
- ✔ Research has shown that soy protein promotes gains in muscle mass and strength similarly to animal protein, including whey.⁴



3 SOY IS HEART HEALTHY

- ✔ As part of a diet low in saturated fat and cholesterol, 25 grams of soy protein per day may reduce the risk of heart disease.⁵
- ✔ When it comes to soy, choose whole or minimally processed soyfoods, such as edamame, soymilk, soy nuts, tofu, and tempeh, to gain the most nutritional benefits.



4 SOY PROTEIN FOR WEIGHT MANAGEMENT

- ☛ Soy protein is increasingly viewed as an important factor in weight loss and weight maintenance strategies. Several studies have examined the impact of soy protein on body composition in adults as a dietary protein.⁴
- ☛ Findings from a recent randomized controlled trial suggest that vegetarian proteins (soy) are a good alternative to meat-based proteins as part of weight management diets.⁶
- ☛ A 12-month randomized clinical trial studying the impact of consuming soy protein as part of an energy-restricted, high protein diet on weight, body composition and cardiometabolic health suggested soy protein was as effective as other lean, minimally processed protein in weight management, when consumed as part of a reduced calorie, high-protein diet.⁷

5 SOY MAY REDUCE HOT FLASHES DURING MENOPAUSE

- ☛ During menopause, isoflavones derived from soybeans may reduce the severity of hot flashes for some women.⁸
- ☛ Research indicates that a dietary supplement containing 60mg/day of isoflavones including 19mg of genistein can alleviate frequency and severity of hot flashes.⁹



ISOFLAVONE CONTENT OF SOYFOODS		
SOYFOOD	SERVING SIZE	TOTAL (MG) ISOFLAVONE/SERVING
Miso	1 tbsp	7
Soybeans, Green, Cooked	1/2 cup	50
Soybeans, Black, Cooked	1/2 cup	40
Soybeans, Yellow, Cooked	1/2 cup	78
Soybeans, Roasted, Plain	1/4 cup	78
Soymilk, Plain, Unfortified	1 cup	10
Soymilk, Plain, Fortified	1 cup	43
Soy Flour, Defatted	1/4 cup	42
Soy Flour, Full-Fat	1/4 cup	33
Soy Flour, Full-Fat	1/4 cup	50
Soy Crumbles	1/2 cup	9
Soy Protein Isolate Powder, Plain	1/3 cup	53
Textured Soy Protein, Dry	1/4 cup	33
Tempeh	1/2 cup	53
Tofu	1/2 cup	25

Source: United States Department of Agriculture Nutrient Database.

6 SOY IS A VITAL PART OF A HEALTHY DIETARY PATTERN IN THE US

- ☛ Soy is prominently featured in the DGA in four out of the six core elements that make up a healthy dietary pattern: vegetables, dairy, protein foods, and oils.²
- ☛ The DGA recommend consuming 5 ounces of soy protein products per week for those consuming a 2,000 calorie/day diet, but more than half of Americans do not meet this recommendation.²
- ☛ In the dairy group, fortified soy beverages and soy yogurt alternatives are the only plant-based milk alternatives considered to be equivalent to dairy and therefore, can contribute to meeting the dairy recommendation.²



OUR MISSION: To bring health through food to as many people as possible.

1. Messina M. Soy and Health Update: Evaluation of the Clinical and Epidemiologic Literature. *Nutrients*. 2016; 8(12):754. 2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov. 3. Messina M et al. No Difference Between the Effects of Supplementing With Soy Protein Versus Animal Protein on Gains in Muscle Mass and Strength in Response to Resistance Exercise. *Int J Sport Nutr Exerc Metab*. 2018;28(6):674-685. 4. Messina M et al. The health effects of soy: A reference guide for health professionals. *Front Nutr*. 2022;9:970364. Published 2022 Aug 11. 5. US Food and Drug Administration. Food labeling: health claims; Soy protein and coronary heart disease. Fed Reg. 2017;82(50324-46. 6. Neacsu M et al. Appetite control and biomarkers of satiety with vegetarian (soy) and meat-based high-protein diets for weight loss in obese men: a randomized crossover trial. *Am J Clin Nutr*. 2014;100:548-58. 7. Speaker KJ et al. Effects of consuming a high-protein diet with or without soy protein during weight loss and maintenance: a non-inferiority, randomized clinical efficacy trial. *Obes Sci Pract*. 2018; 4(4):357-366. 8. Taku K, et al. Extracted or synthesized soybean isoflavones reduce menopausal hot flash frequency and severity: systematic review and meta-analysis of randomized controlled trials. *Menopause*. 2012;19(7):776-790. 9. Williamson-Hughes PS et al. Isoflavone supplements containing predominantly genistein reduce hot flash symptoms: a critical review of published studies. *Menopause*. 2006;13:831-9.

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