



WELLNESS AT WORK

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SOY & HEALTH CLAIMS

TOP SOY PICKS :

- > **Soy milk:** nondairy beverage made from crushed, cooked soybeans.
- > **Edamame:** soybeans cooked in the pod.
- > **Tofu:** a cheese-like curd made from soybean milk and pressed into soft cakes.
- > **Miso:** fermented soybean paste.
- > **Soy flour:** much higher in proteins but lower in carbohydrates than wheat flour and contains less gluten.

Need a healthy holiday side to bring to the turkey table? Try this delicious Edamame Salad:

- 4 cups cooked shelled edamame
- 1 cup minced red pepper
- 1/2 cup diced red onion
- 1/4 cup cilantro
- 1 T. olive oil
- 1 tsp. apple cider vinegar
- 1 tsp. red pepper flakes
- salt and pepper to taste

Mix all ingredients in a bowl and enjoy!

In the past 15 years, soy foods have attracted the attention of research scientists around the world for health properties beyond basic nutrition. The same hunt for health benefits brought on much controversy as results were a bit surprising and indicated need for concern.

Soy foods are recommended in the diet to aid in lowering cholesterol, help with a reduction in risk for breast cancer, prostate cancer and osteoporosis, and help woman with menopausal hot flashes.

Controversy developed due to various reasons. Several research results discovered the demographic of people being studied might be of more interest than the total effect of soy foods in

the diet. The soy food has been a part of the Asian diet for over 5,000 years. Most original studies were completed within the Asian population. In addition to a diet high in soy, the Asian diet is low in saturated fats and cholesterol and high in fruits and vegetables. Research scientists debate whether it is the soy itself or the general healthy diet that is the reason for lowered heart disease and reduced risk for cancers.

Scientists also consider the smaller Asian bone structure to be a factor in the overall bone health and possible benefits associated with soy and osteoporosis.

When looking deeper into studies for menopausal relief, research was split and open to doubt.

The extraordinary health claims of soy have caused much debate.

So, what can be concluded? More research is needed to fully understand the exact role soy has in heart health and prevention of cancers. Many highly investigated foods or food components have been associated with negative effects in at least some studies. But the overwhelming evidence to support health benefits establishes a high desire to include soy as part of an overall healthy diet.

The soybean contains many B vitamins, essential fatty acids and is a rich plant-based source of protein. Substituting some soy foods for protein-rich foods higher in saturated fat such as steak or cheese, can lead to great health benefits.

WANT TO SNEAK IN MORE SOY?

Most, if not all, foods can be harmful in super high amounts. As always, moderation is key! Here are six ways to add **some** soy to your diet with ease:

1. Add soft tofu to your smoothie. Try 1 cup tofu, 1 cup yogurt, 1/2 cup

orange juice, 1 cup berries, and 1 banana for a protein packed start to your day.

2. Add tofu to your lasagna or spaghetti sauce instead of meat. Or try to substitute 1/2 your ricotta cheese with semi-firm tofu.

3. Use soymilk in your coffee or pour over your cereal instead of milk.

4. Toss edamame in your rice, on a salad, in a taco, or blend them with a little olive oil to use as a dip.

5. Add tofu to your stir-fry instead of meat or chicken.

6. Enjoy steamed soybeans in the pod as a snack.