

# 4 **Revealing** Facts about Soy

Soy has people talking.

You may think you've heard it all, but the real soybean story is too good to miss.





## Fact #1: Soy is Naturally Nutritious

*Soy and health go hand-in-hand*

- ▶ Soyfoods are naturally low in the “bad” fats (saturated & trans fats)
- ▶ Soyfoods are naturally high in protein
- ▶ Soybean oil is high in the “good” heart-healthy fats (poly- and monounsaturated fats) and low in the bad fats (low in saturated fat and no trans fat per serving)

3 servings daily of soy can fortify health



## Fact #2: Soy Treats Your Breasts & Heart with Love

*Improve the health of your breasts and heart by consuming soy*

- ▶ Soyfoods are safe for breast cancer patients and may even improve the prognosis<sup>1</sup>
- ▶ Soybeans contain isoflavones, a phytoestrogen that may offer breast and heart health benefits for women
- ▶ Soy protein may reduce blood pressure compared with carbohydrate among people with high blood pressure<sup>2</sup>

A small decrease in blood pressure may lead to 6% fewer deaths from stroke

Sources:

<sup>1</sup> Shu XO, Zheng Y, Cai H et al. 2009. *Soy food intake and breast cancer survival*. JAMA.

<sup>2</sup> He, J., M. Wofford, K. Reynolds, J. Chen, CS Chen, L. Myers, D. Minor, P. Elmer, D. Jones, P. Whelton. 2011. *Effect of Dietary Protein Supplementation on Blood Pressure: A Randomized, Controlled Trial*. Circulation: Journal of the American Heart Association.

25 grams of soy protein may lower cholesterol.

How much is 25 grams?

 ¼ Cup Soybeans

 ½ Cup Edamame

 1 Cup Soymilk



## Fact #3: Soybean Oil is in Your Kitchen

*But, Can You Find It?*

Check the pantry for vegetable oil and read the label – chances are it is soybean oil

- ▶ Soybean oil, aka vegetable oil, is the #1 used cooking oil
- ▶ Soybean oil is heart-healthy yet costs up to 75% less than similar oils – that’s quite a sale!
- ▶ Soybean oil is versatile in the kitchen: stir-fry, sauté, fry and bake



## Fact #4:

# Soybeans are Improving the Environment

*Soybean farmers are committed to being stewards of the environment*

Soybean farmers are growing healthier, more abundant food with less environmental impact. How? Biotechnology. New biotech soybean crops allow for conservation tillage (the practice of eliminating or reducing plowing, which disrupts the soil) and, globally, biotech crops reduce the need for pesticides.

Conservation tillage provides significant benefits:

- ▶ 93% decrease in soil erosion<sup>1</sup>
- ▶ 70% reduction in herbicide run-off
- ▶ 50% reduction in fuel use

Source:

<sup>1</sup> Fawcett, R., D. Towery. 2003. *Conservation Tillage and Plant Biotechnology: How Technologies Can Improve the Environment By Reducing the Need to Plow*. CTIC.

**Conservation tillage reduces carbon dioxide (CO<sub>2</sub>) by the same amount as taking 6.3 million cars off the road for a year**

