

SOY

HEART HEALTH



The U.S. Food and Drug Administration (FDA) approved a health claim for soy protein and coronary heart disease (CHD) based on its **cholesterol-lowering effects.**^[1]

To lower CHD risk, saturated fat should be replaced with polyunsaturated fatty acids (PUFA).^[2, 3]

Research suggests that **soy protein decreases postprandial triglyceride levels**, which is increasingly viewed as important for reducing CHD risk.^[4]

25g
a day

FDA HEART HEALTH CLAIM

Twenty-five grams per day of soy protein may reduce the risk of coronary heart disease. ^[5]

Approximately 84% of the lipids in soybeans are unsaturated.

The predominant fatty acid in conventional soybeans is the essential omega-6 PUFA linoleic acid, which comprises about 55% of the total fat in soybeans and which reduces blood cholesterol levels when replacing saturated fat.^[6]



The soybean is one of the few foods that provide **omega-6** and **omega-3** polyunsaturated fatty acids.

6%

Approximate amount of fat in soybeans that is comprised of the essential omega-3 fatty acid alpha-linolenic acid (ALA).^[7]

REFERENCES:

1. Food Labeling: Health Claims; Soy Protein and Coronary Heart Disease, in Federal Register: (Volume 64, Number 206)]1999. p. 57699-57733.
2. Santo, A.S., et al., Postprandial lipemia detects the effect of soy protein on cardiovascular disease risk compared with the fasting lipid profile. *Lipids*, 2010. 45(12): p. 1127-38.
3. Mozaffarian, D., R. Micha, and S. Wallace, Effects on coronary heart disease of increasing polyunsaturated fat in place of saturated fat: a systematic review and meta-analysis of randomized controlled trials. *PLoS Med*, 2010. 7(3): p. e1000252.
4. Jakobsen, M.U., et al., Major types of dietary fat and risk of coronary heart disease: a pooled analysis of 11 cohort studies. *Am J Clin Nutr*, 2009. 89(5): p. 1425-32.
5. Food Labeling: Health Claims; Soy Protein and Coronary Heart Disease, in Federal Register: (Volume 64, Number 206)]1999. p. 57699-57733.
6. Hayes, K.C., Dietary fatty acids, cholesterol, and the lipoprotein profile. *Br J Nutr*, 2000. 84(4): p. 397-9.
7. Slavin, M., W. Kenworthy, and L.L. Yu, Antioxidant properties, phytochemical composition, and antiproliferative activity of Maryland-grown soybeans with colored seed coats. *J Agric Food Chem*, 2009. 57(23): p. 11174-85.

Find full-length fact sheets on soy health at SoyConnection.com