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.\textsuperscript{[1]}

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

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

**FDA HEART HEALTH CLAIM**

Twenty-five grams per day of soy protein may reduce the risk of coronary heart disease. \textsuperscript{[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.

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.
5. Food Labeling: Health Claims; Soy Protein and Coronary Heart Disease, in Federal Register: (Volume 64, Number 206)]1999. p. 57699-57733.

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