Epidemiologic data suggest soy intake reduces prostate cancer risk by as much as one-half. [15, 16]

A large amount of evidence suggests soyfoods can reduce prostate cancer risk, the most common cancer among U.S. men. [1]

In one such study, researchers concluded that the soybean isoflavone genistein has the potential to prevent prostate cancer. [2]

There is also evidence suggesting soy may be useful for stopping the spread of prostate cancer. For men undergoing radiation treatment for prostate cancer, preliminary evidence suggests isoflavones reduce the associated side effects. [3]

Some men are reluctant to eat soyfoods because of concerns of feminizing effects. However, a meta-analysis published in 2010 found there were no significant effects of soy protein or isoflavone intake on levels of total testosterone, sex hormone binding globulin, free testosterone or the free androgen index. [4] Studies published subsequent to this analysis are supportive of this conclusion. [5, 6]
In older men, dietary protein intakes above the recommended dietary allowance (RDA) may help to prevent sarcopenia or age-related loss in skeletal muscle.[7, 8] Researchers recommend the consumption of at least **30g of protein at each of the three primary meals.**[9]

Soyfoods can play important roles in helping men meet protein needs.[10-14]

**REFERENCES:**


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