Soyfoods may reduce the risk of coronary heart disease\cite{1-3}, osteoporosis\cite{4-6} and some forms of cancer.\cite{7} However, unsubstantiated myths exist.

**MYTHS & FACTS**

**FACT:** The vast majority of studies have shown no effects on circulating reproductive hormone levels in men in response to intakes of soy protein and isoflavones.\cite{8,9} In addition, a comprehensive review of the clinical research found no evidence that isoflavone exposure affects circulating estrogen levels in men.\cite{10}

**MYTH:** MEN EXPERIENCE FEMINIZING EFFECTS FROM SOY

**FACT:** Human data indicate that isoflavones, regardless of the source, do not exert harmful effects on breast tissue. The estrogen-like effects of isoflavones form the theoretical basis for concern that soyfoods are contraindicated for women who are at increased risk of breast cancer and women with estrogen-sensitive breast cancer; however the evidence indicates this concern is unfounded.\cite{11-15}

**MYTH:** SOY INCREASES BREAST CANCER RISK

**FACT:** Post-diagnosis soy intake improves the prognosis of breast cancer patients.

Consumers report eating more soyfoods in part because of research suggesting they offer health benefits and increased interest in plant-based diets.\cite{1-7}

Possible soy benefits include reduced risk of osteoporosis & some cancers.\cite{4-7}
Soymilk intake is significantly inversely related to osteoporosis. [25]

REFERENCES: