



Superfood Update:

Soyfoods pack phytonutrients tight, bite for bite.

Super Soy!

Soy is among an elite class of “superfoods.” More than basic vitamins and minerals, superfoods may help maintain weight, prevent disease and contribute to a long and more vibrant life.

Soy is a complete protein and soyfoods are the only significant natural source of isoflavones, which may help prevent a number of diseases.

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Evidence indicates dietary protein is more satiating than fat and carbohydrate, potentially beneficial for weight management.

Diets low in saturated fat and cholesterol that include 25 grams of soy protein per day may reduce risk of heart disease.

Soy isoflavones may help prevent certain cancers and osteoporosis as well as relieve symptoms of menopause.

This superfood is super easy to find too—just look in your neighborhood grocery store for soyfoods such as tofu, soymilk or soynuts. Try whipping up a yummy edamame hummus or spread some soy nut butter on toast. An intake of two to three servings of soyfoods a day is a great way to boost your health today!

For more information about soy’s health benefits, nutritious soy recipes, or high-resolution photography, please contact Stephanie Ries at stephanie.ries@publicis-pr.com.

www.SoyConnection.com