

SNACK SMARTER WITH SOY



Recent Studies Show Health Benefits of Soy Snacking

Snacking is a normal part of any woman's hectic day, so snack smarter with foods such as soy. Naturally full of both soy isoflavones and soy protein, many soyfoods offer a great way to manage munchies with added health benefits. In fact, three recent studies give women even more reasons to consume soyfoods for heart and bone health.

Blood Pressure

A *Journal of the American Medical Association* publication issued a Boston-based study in May showing that soy nuts appear to lower blood pressure in post-menopausal women within the context of a healthy diet.

Cholesterol Management

A Japanese meta-analysis published in the *American Journal of Clinical Health* in May reveals that soy isoflavones decreased serum total cholesterol and LDL ("bad") cholesterol.

Bone Health

Researchers recently found that consuming 54 milligrams of isoflavones daily boosted bone formation among post-menopausal Italian women in a two-year study published in June in the *Annals of Internal Medicine*.

424 2ND AVE W • SEATTLE, WA 98119

Healthy soy snacks are easy to find and include yummy items such as soy nuts, which contain 200 milligrams of isoflavones per 100 grams. Other tasty options include soy crisps, soy chips, soymilk (in flavors like vanilla and chocolate), soy crackers and soy trail mix. For more soy snacking ideas, healthy recipes or more information about soy's health benefits, contact Stephanie Ries at stephanie.ries@publicis-pr.com.



For more information,
soy recipes and
photography, please visit:
www.soyconnection.com