

# WOMEN, SOY AND BREAST CANCER

## HERE ARE 5 REASONS TO EAT SOY:

1. Population studies suggest a link between soy intake and lower risk of breast cancer.<sup>1-2</sup>



2. Independent health organizations around the world have concluded that women diagnosed with breast cancer can safely consume soyfoods.



3. Intriguing research suggests supplementing the diet with soybean oil significantly reduces fatigue in breast cancer survivors.<sup>10</sup>



4. Soybeans are a source of: 11-12

- ✓ Protein
- ✓ Folate
- ✓ Potassium
- ✓ Essential fatty acids
- ✓ Fiber



5. Did you know soybean oil is a source of Vitamin E? Vitamin E acts as an antioxidant protecting cells from the damage of free radicals.<sup>13</sup>



### A MODERATE AMOUNT:

One to two servings a day of whole soyfoods, such as tofu, soymilk and edamame.\*

\*Based on average intake in Japan among older adults.<sup>14</sup>

Visit [SoyConnection.com](https://www.soyconnection.com) for more information on soy and breast cancer and delicious recipes like this [Super Soy and Ancient Grain Salad](#).

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