3 Ways to Boost Your Gut Health with Soy

The gut plays a pivotal role in your overall health. Not only can a healthy gut support digestive health, but it has also been shown to bolster your immune system[1], brain health[2] and more. Bacteria found in soy foods, especially fermented soy products, may help promote a healthier gut.[3,4] Check out three easy ways to incorporate more soy foods into your daily routines.

1 Eat Enough Fiber

Most people don't get enough fiber in their diet. Daily recommendations include 25 grams for adult females and 38 grams for adult males.[5] Dietary fiber has been shown to improve digestive function and increase the "good" bacteria in our gut.[6] Fiber can also help reduce the risk of chronic diseases such as heart disease, type 2 diabetes and obesity.[7]

To increase your fiber intake, add these common soy foods to your diet:[8]

Edamame
Serving Size: 80g Fiber: 4g

Soy-Based Burgers
Serving Size: 4oz Fiber: 3.5g

Soy Nuts
Serving Size: 30g Fiber: 2.4g

2 Add Probiotics

Probiotics are live microorganisms that promote the growth of bacteria in your gut. They are commonly found in fermented foods. Probiotics may help restore the composition of the gut microbiome[9], improve digestion[10] and have been shown to benefit brain and mental health.[11]

For soy foods with probiotics, consider:[8]

Miso
Serving Size: 17g

Soy Yogurt
Serving Size: 170g

Natto
Serving Size: 1 cup or 176g

3 Don't Forget Prebiotics

Prebiotics serve as food for bacteria and other beneficial organisms in the gut.[12] They may also support overall digestive health,[13] regulate gut inflammation[14] and support immune health.[15] Soy has several components, such as oligosaccharides and phytoestrogens, that may act as prebiotics.[16]

For a prebiotic boost, consider these soy foods:[8]

Soy Milk
Serving Size: 1 cup

Tempeh
Serving Size: 85g

Need inspiration for some gut-friendly soy recipes that incorporate the above foods? Check out SoyConnection.com/recipes to learn more.

SoyConnection By U.S. Soy

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