You are a champion on the road to breast cancer recovery...SOY what comes next?

HERE ARE 5 REASONS TO EAT SOY

1. **SOY DOES NOT INCREASE BREAST CANCER RISK.**
   
2. **Women diagnosed with breast cancer CAN SAFELY CONSUME SOY FOODS.**

3. **Supplementing the diet with soybean oil SIGNIFICANTLY REDUCES FATIGUE IN BREAST CANCER SURVIVORS.**

4. **Soy protein is rich in:***
   - Fiber
   - Folate
   - Potassium

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.**

A MEDIUM AMOUNT:
One to two servings a day of whole soyfoods, such as tofu, soymilk and edamame.

Visit 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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