



SOY FOODS IN HUMAN HEALTH

MEN'S HEALTH

Research has shown that soy is safe for men and may also provide health benefits.

Clinical studies show that soy consumption does not affect male fertility.

Eating soy foods may help reduce the risk of developing prostate cancer.



Scan the QR code for the facts on soy and men's health

Did You Know?

Soy protein promotes **gains in muscle mass and strength** equal to animal proteins.

WOMEN'S HEALTH

Soy's high-quality protein promotes satiety and may aid in weight management.

Women who ate soy after a breast cancer diagnosis had a reduced risk of breast cancer recurrence and breast cancer-specific mortality.

Soy isoflavones may reduce the frequency and severity of hot flashes in perimenopausal women.

Soy intake has been associated with a reduced fracture risk in women.

Soy isoflavones may help to reduce wrinkles and improve other skin parameters.



Scan the QR code for the facts on soy and women's health

Did You Know?

Numerous global health agencies have concluded that breast cancer patients can safely consume soy foods.

CHILDREN'S HEALTH

Fortified soy milk is a recommended dairy alternative for children who are lactose intolerant or allergic to dairy.

Soy foods may play an important part in the healthful and varied diets of children.

Soy allergies are less common than the other major food allergens (except sesame), and about 70% of children outgrow their soy allergy by age 10 years.

For girls, the introduction of soy foods at an early age may decrease the chance of breast cancer later in life.



Scan the QR code for the facts on soy and children's health

Did You Know?

Soy foods support the healthy growth and development of children.

U.S. soybeans play an important role in global food and nutrition security by providing a reliable supply of high-quality protein.

Soy is a high-quality complete protein that provides all nine essential amino acids in amounts the body needs.

Soy protein is one of the only complete plant-based proteins.

Soy protein supports overall health and wellness, supports weight management, skin and bone health, and may lower the risk of certain cancers.

Did You Know?

U.S. soybeans have the **lowest carbon footprint** of any soybean and of any plant protein source.

HEART HEALTH BENEFITS

Soy protein is the only plant protein that carries the FDA's heart health claim, confirming it may reduce the risk of coronary heart disease by lowering blood cholesterol levels.

Soy foods contain lower levels of saturated fat than other common protein sources.

Soy has been shown to modestly lower blood pressure.

Scan the QR code for the facts on soy and heart health



SKIN HEALTH



Soy contains compounds like isoflavones and vitamin E, which research suggests may help improve skin hydration, elasticity, and even reduce the appearance of fine lines.

Recent research found that postmenopausal women who consumed 30g of soy protein with 50mg of isoflavones—the amount in two cups of soymilk or one cup of edamame—had reduced wrinkle depth, improved skin tone, and increased hydration.



Scan the QR code
for the facts on soy
isoflavones

SOY FOODS FAQs

Are soy's health benefits recognized globally?

Yes, 12 countries currently have a health claim recognizing soy protein's role in heart health.

Are soy foods and ingredients only for vegetarians and vegans?

No, while soy foods are popular among vegan and vegetarians, they offer high-quality protein and can support the nutrition needs of most people.

Can eating soy help with weight loss?

Yes, dietary protein is the most effective macronutrient for promoting satiety, and soy supports weight loss as effectively as other protein sources.

Why should I source U.S. soybeans and ingredients?

U.S. Soy supplies the highest quality and most sustainably grown soybeans globally.

Are soy ingredients suitable for food product development?

Yes, soy ingredients are highly functional and suitable for many food applications such as meat and dairy alternatives, protein fortification and more.