

# DO IT & DIET

## Lose Weight, Reduce Cholesterol With Soy Protein

(NAPSA)—Now losing weight doesn't have to be a losing battle. That's because there's a new soy protein diet that leaves you feeling deliciously satisfied. Forget about bland food and think Bavarian chocolate shakes. Mel Thomas of Randallstown, Maryland lost 35 pounds this way.

"I drink a shake in the morning and I'm not hungry until lunchtime. It helps keep me from snacking," says Thomas, who credits soy protein shakes as the main staple in his weight loss program.

Scientific research supports what dieters like Thomas have found. In a recent study published by the *Journal of the American Medical Association*, people who drink meal replacement shakes lose more weight and keep more weight off.

Researchers attribute this to the low glycemic content of soy protein which promotes satiety. That means it takes away your hunger. Equally exciting, soy protein also gives you more energy, protects against oxidant stress during exercise and helps increase muscle mass.

For the 97 million adults who are overweight, there is even better news. Soy protein can lower



your cholesterol. The FDA states that adding 25 grams of soy protein to a diet low in saturated fat and cholesterol may help reduce the risk of heart disease. Leading researchers concur, with over 40 clinical studies linking soy protein to cholesterol reduction. "Human clinical studies show that soy protein can help lower bad cholesterol, lower blood pressure and reduce plaque build-up in arteries," said Mary Anthony, Ph.D., of Wake Forest University.

Richard Potter of Kansas City was among the one-in-three U.S. men who was actively trying to lose weight. He turned to Naturade Total Soy shakes when his cholesterol hit 296, drinking two shakes a

day as meal replacements. In less than 6 months, his cholesterol dropped 120 points to a normal range reading of 176. "This is unbelievable. I give a lot of credit to the consistent intake of soy protein. (It) could potentially add years to my life," Potter states.

Meal replacements are often more effective for dieters because they eliminate the food choices people have to make. "Look for products with the Solae ingredient," recommends Belinda Jenks, Ph.D., a sports nutrition and research expert. Solae is found in many of the best-tasting soy protein brands.

The range of meal replacement options includes ready-to-drink beverages, powdered shake mixes and bars. Each offers about half the FDA daily recommendation for soy protein. For weight loss, your goal should be to cut 500-1,000 calories by replacing two meals per day with a soy protein shake or bar. The third meal should be low in sodium, cholesterol and saturated fat. Just 30 minutes of light exercise, three times a week, should accompany this regimen. Always consult your doctor before beginning any diet program. For more diet tips, visit [www.naturade.com](http://www.naturade.com) or call 800-367-2880.