

Healthy Eating

Summing Up The Joy Of Soy

(NAPSA)—A recent report published in *The Journal of Nutrition* shows soy supports a healthy heart and bones. The new research detailed in the report was presented at the eighth International Soy Symposium on the role of soy in promoting good health, which was held in Tokyo in November 2008.

“The research presented on soy and heart and bone health showed strong rationale for people to include soy in their diets,” said Mark Messina, Ph.D., author of the report and professor of nutrition at Loma Linda University.

The new research showed that when people ate soy, they were able to maintain normal levels of LDL (bad) cholesterol.

A good approach to heart health is integrating a variety of heart-healthy foods—like soy, other beans, nuts and certain vegetables—together into a healthy lifestyle.

In addition to maintaining a healthy heart, full-fat soy foods are also good sources of an essential omega-3 fatty acid, which independently supports a healthy heart.

Plus, because many soy foods are low in saturated fat and cholesterol free, they can support healthy cholesterol levels when used in place of many of the more traditional sources of protein in the U.S. diet that tend to be high in saturated fat and cholesterol.

Soy foods may also help maintain a healthy heart independent of their effects on cholesterol, such as sustaining a healthy blood pressure. The new research also found that higher soy intake was associated with supporting strong bones.



A new report shows soy supports a healthy heart and bones. To easily add soy to your diet, look for edamame, tofu or soy milk.

Including soy as part of a healthy diet can play an important role in promoting heart and bone health. All soy comes from soybeans, which are naturally grown beans similar in size to a pea. Soy is a nutrient-rich food delivering high-quality protein, carbohydrates, fiber, healthy fats and a number of vitamins and minerals important to good health.

Adding soy to your diet can be simple. Try soybeans, soy milk or tofu. For soy on the go, look for SOYJOY, an all-natural, nutrient-rich food baked with whole soy and real fruit. The whole soybeans are ground to keep the naturally occurring fiber, protein, vitamins, minerals and other nutrients intact. Although not part of the research published in *The Journal of Nutrition* report, SOYJOY offers a convenient way to get more soy into one's diet.

For more information on whole soy foods, visit soyjoy.com.