

Soy Foods in Human Health

Protein Quality

- U.S. soybeans play an important role in global food and nutrition security by providing a reliable supply of high-quality protein. U.S. Soy feeds our body's need for protein and essential fats. Soy also contains all nine essential amino acids in amounts that meet our needs, making it a high quality protein comparable to animal protein. Soy protein is a staple for vegetarians and vegans and an excellent choice for those aiming to increase plant protein intake.
- Soy protein supplementation has been shown to lead to similar gains in strength and muscle mass among individuals engaged in resistance exercise training as supplementation with whey protein, the latter of which is typically viewed as the gold standard protein for building muscle.
- For more information on protein quality visit <https://sniglobal.org/soy-protein/>

Heart Health

- Soy protein is the only plant protein that carries the FDA's heart health claim confirming it may be able to reduce the risk of coronary heart disease.
- Soy protein directly lowers blood cholesterol levels.
- Some studies have shown that soy modestly lowers blood pressure.
- For more information on Heart Health: https://sniglobal.org/wp-content/uploads/2022/07/FactSheet_heart-health.pdf

Men's Health

- Clinical studies show that neither soy nor soy isoflavones affects estrogen or testosterone levels in males. Soy consumption has no effect on male fertility.
- Soy may reduce the risk of developing prostate cancer. The initial focus on prostate cancer was attributed to the historically lower prostate cancer mortality rates in Asian soy food-consuming countries. In addition, several clinical studies have found that soy and isoflavone intake decreased prostate specific antigen (PSA) levels—a marker of prostate tumor growth—in men with prostate cancer.
- For more information on Men's Health: https://sniglobal.org/wp-content/uploads/2022/07/FactSheet_mens-health.pdf

Women's Health

- Numerous global health agencies including the American Cancer Society and the American Institute for Cancer Research concluded that soy foods can be safely consumed by breast cancer patients.
- For more information on Women's Health: https://sniglobal.org/wp-content/uploads/2022/07/FactSheet_womens-health.pdf

Skin Health

- Isoflavones, naturally occurring phytoestrogens found in uniquely rich amounts in soybeans and soy foods, have been studied for a wide range of health benefits. There is intriguing evidence that soybean isoflavones favorably affect several skin parameters, including a reduction in wrinkle depth.
- Newly published research adds to this database. Post-menopausal women who consumed 30g of soy protein with 50mg of isoflavones, the amount provided by just 2 cups of soymilk or 1 cup of edamame, experienced a decrease in wrinkle depth, improved facial pigmentation, and increased hydration.
- For more information on Skin Health: https://sniglobal.org/wp-content/uploads/2023/10/2023_IDS_ProteinIsoflavone_Handout_Final.pdf

Allergies

- Only about 3 out of every 1,000 adults are allergic to soy protein, making it less common than many other major food allergens (e.g., peanut, shellfish, egg).
- About 70% of children outgrow their soy allergy by age 10 years.
- For more information on allergies visit <https://sniglobal.org/soy-protein/>

Soybean Oil in Human Health

With a neutral flavor, potential heart-health benefits, and a favorable fatty acid profile, soybean oil is a great choice for a wide array of cooking and baking applications.

Soybean oil is the most widely consumed oil globally and in the United States, as it accounts for approximately 30% and 57% of total edible oil consumption, respectively. It is also a source of vitamin E, which has antioxidant properties.

Heart Healthy

- The U.S. Food and Drug Administration has recognized soybean oil for its cardiovascular health benefits with a qualified health claim. The soybean oil health claim states: Supportive but not conclusive scientific evidence suggests that eating about 1½ tablespoons (20.5 grams) daily of soybean oil, which contains unsaturated fat, may reduce the risk of coronary heart disease.
- Replacement of saturated fat with unsaturated fat, like that found in soybean oil, improves circulating lipids and lipoprotein levels, the main targets for cardiovascular disease prevention and management.

Allergies

- Highly refined soybean oil does not cause allergic reactions in soy-allergic individuals. The U.S. Food Allergen Labeling & Consumer Protection Act, which mandates labeling of all ingredients derived from commonly allergenic foods, exempts highly refined oils.

Reduce Inflammation

- Seed oils, including soybean oil, contain omega-6 fatty acids which are a type of polyunsaturated fat. Leading health organizations have concluded that omega-6 polyunsaturated fat does not increase inflammation. In fact, evidence suggests that diets high in omega-6 fatty acids reduced inflammation markers or left them unchanged.
- Soybean oil, one of the most commonly used seed oils, contains both essential fatty acids -- omega-6 fatty acids (linoleic acid) and omega-3 fatty acid (alpha-linolenic acid). Upping your intake of omega-3 fatty acids may help reduce inflammation, which is thought to be involved in the development of chronic conditions like heart disease, cancer and diabetes.

Soybean Oil Can Provide Good Fats

- The predominant fatty acid in soybean oil, omega-6 or linoleic acid, is associated with a decreased risk of coronary heart disease, diabetes, cancer, and all-cause mortality.
- For more information on Soybean Oil: <https://sniglobal.org/soybean-oil/>

