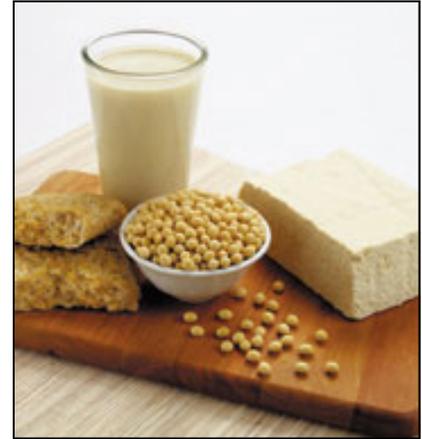


Soy Isoflavones

Overview

- Soy is a low-cost source of protein that has been consumed in Asian nations for many centuries.
- Regular intake of soy is thought to be partially responsible for the lower rates of **heart disease** and **cancer** observed in Eastern populations.
- Isoflavones are members of a large family of plant compounds called flavonoids, which in turn, are members of the larger group of plant constituents known as polyphenols.
- The principle isoflavones in soy are **genistein**, **daidzein**, and their metabolites.
- Isoflavone compounds are found in a number of plant sources; however, soybeans and soy products like tofu and texturized vegetable protein (TVP) are the **primary food sources**.



Isoflavone Content of Soy

Isoflavones can be found in soy products such as tofu, milk, nuts, flour, and beans. They can also be found in texturized vegetable protein and tempeh.

Proposed Health Effects

- Research shows the consumption of soy products to be associated with lower risks for **breast cancer** in premenopausal women and **prostate cancer** in men.
- In addition, the isoflavones found in soy are believed to play a role in **bone health**.
- Two human studies examining the effects of soy consumption on bone mineral loss in postmenopausal women found favorable effects on bone density/content.
- Lastly, soy has been shown to have several beneficial effects on **cardiovascular health**, with the best-documented effects seen on plasma lipid and lipoprotein concentrations. Soy intake can result in about 5% reduction of in low-density lipoprotein (LDL) cholesterol and triglycerides, and about 2% increase in high density lipoprotein (HDL) cholesterol.

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