

The Power Of Soy

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The amount of protein needed per day varies from person to person, depending on the individual's size, weight and exercise program. However, it's safe to say that the average person needs somewhere between 40 to 60 grams of protein per day.

Soy protein has been gaining popularity in the west as a healthy alternative to high-fat animal protein. On October 26, 1999, the Food and Drug Administration authorized health claims about the role of soy protein in reducing the risk of coronary heart disease (CHD). The final ruling was based on the FDA's conclusion that foods containing soy protein included in a diet low in saturated fat and cholesterol may reduce the risk of CHD by lowering blood cholesterol levels. For centuries, soybeans and soybean products have been the

chief source of protein for millions of people in Asia. Studies sponsored by the National Cancer Institute showed that as little as one serving of soyfood per day (1/2 cup of tofu or 1 cup of soymilk) cuts the risk of colon and rectal cancer in half.

Poor eating habits have been linked not only to heart disease and cancer but also to osteoporosis and diabetes. So how do soybeans fit into the picture? In addition to being high in protein, soybeans are low in saturated fat, cholesterol-free, an excellent source of dietary fiber, and a good source of iron, B vitamins, calcium and zinc. And you don't have to give up animal protein (such as meat, fish and dairy). Scientific studies reported by the FDA show that 25 grams of soy protein in a daily diet is all that is needed to show a significant cholesterol-lowering effect. The FDA reports: "In order to qualify for this health claim, a food must contain at least 6.25 grams of soy protein per serving, the amount that is one-fourth of the effective level of 25 grams per day. Because soy protein can be added to a variety of foods, it's possible for consumers to eat foods containing soy protein at all three meals and for snacks."

For example, you can substitute your breakfast milk with one cup of soymilk, which has 3 grams of protein; 100 grams of raw tofu has 15.8 grams of protein; 100 grams of soy isolate has 80.7 grams of protein; and 100 grams of soybean has 16.6 grams of protein. Smoothies are excellent sources of soy protein because many of the drinks are non-dairy or can be substituted with soymilk or a protein supplement. One serving can supply 7 grams of soy protein!

Protein is just as important as water, oxygen and light. Without it we can't go on living. So why not fuel yourself with the healthiest possibility: soy. Start substituting today and you'll be on the road to a long and healthy life.