



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE
October 20, 2009

Contact: Gail R. Frahm, Executive Director
989.652.3294 or
[Gretchen L. Hofing](#), M.P.H., R.D., 517-264-5300

A Serving of Soy a Day Helps Keep Breast Cancer Away

The second most deadly cancer for women is breast cancer. It is estimated that 40,170 women will die from this disease in 2009, and while much less common, men are not immune to it, with an estimate of 1,910 diagnoses of invasive breast cancer in men this year.

The good news is there are 2.5 million breast cancer survivors living in the United States today. The number of women age 50 and over receiving mammograms has more than doubled since 1985, and cancer deaths are declining. October is National Breast Cancer Awareness Month and a time to think about early breast cancer detection and prevention.

Routine mammograms and clinical breast exams are two of the early detection methods that are credited with the decline in breast cancer deaths. Maintaining a healthy lifestyle, including watching your weight and what you eat, is another way to help decrease the risk of developing breast cancer.

The American Institute for Cancer Research recommends that at least two-thirds of your plate be filled with vegetables, fruits, whole grains and beans. These plant-based foods provide vitamins, minerals and phytochemicals that evidence shows may have anti-cancer effects. Increased body fat has been associated with development of some cancers, including breast cancer, and a predominantly plant-based diet can help in weight management.

"Soy is one of the foods that science shows may reduce a woman's risk of developing breast cancer," says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County.

Research indicates that consuming soyfoods during childhood and adolescence could make the biggest difference, with results showing one to two servings of soyfoods a day during childhood could cut in half a woman's risk of developing breast cancer later in life.

"Soyfoods are family-friendly foods with a wide variety of products available in mainstream grocery stores," adds Hofing.

Look for them where you'd find other similar products in the produce, dairy, frozen foods and snack aisles. If soyfoods are new to you, check out some easy soyfood snacks, like a soy protein bar or soynuts. Or look for soy versions of foods you or your family already enjoy such as chicken or hamburger patties, chocolate milk, cheese or yogurt.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee represents the soybean producers in the state and funds soybean research and educational efforts. For more information on the Michigan Soybean Promotion Committee, visit www.michigansoybean.org. For information on MSU Extension nutrition programs, visit www.msue.msu.edu/fcs and click on "Nutrition."

###

Here is a tasty treat made with soy. Look for more soyfoods recipes at www.soyconnection.com.

Pumpkin Bread

¾ cup sugar
¼ cup soy vegetable oil
2 eggs
1 cup pumpkin
1 cup flour
½ cup soy flour
2 teaspoons baking powder
1 ½ teaspoons cinnamon
½ teaspoon nutmeg
¼ teaspoon cloves
½ cup raisins

Preheat oven to 325° F. In a mixing bowl, beat sugar and oil until well mixed. Beat in eggs and pumpkin. Mix in flours, baking powder and spices. Add raisins and stir. Pour into greased loaf pan and bake for about one hour or until done.

Yield: 1 loaf (16 slices). Serving size: 1 slice. Nutrition information per serving: 133 calories, 4 g fat (1 g sat fat), 3 g protein (1.9 g soy protein), 21 g carbohydrate, 96 mg sodium, 27 mg cholesterol, 2 g dietary fiber.

(Recipe from "Favorites from the Heartland," 2nd Edition)

##