



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



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SOYFOODS MAY BE PROTECTIVE AGAINST BREAST CANCER

October is National Breast Cancer Awareness Month. Since the program began in 1985, mammography rates have more than doubled for women age 50 and older, and breast cancer deaths have declined.

Mammography, clinical breast exams and monthly breast self-exams are screening tools that help to ensure that breast cancer, if present, is detected early. Choices that you make every day can lessen controllable breast cancer risk factors and boost protective factors.

The American Institute for Cancer Research's second annual expert report, "Food, Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective," found the following changeable risk factors most significant:

- **Physical activity:** Activity of all types probably protects against postmenopausal breast cancer. Be physically active for at least 30 minutes each day. As your fitness level improves, aim for 60 minutes daily.
- **Body fat:** There is convincing evidence that body fat is a cause of postmenopausal breast cancer. Maintain a healthy weight throughout adulthood by choosing a healthy, mostly plant-based diet and enjoying daily physical activity.
- **Alcoholic drinks:** There is convincing scientific evidence that alcohol is a cause of breast cancer.
- **Lactation:** There is convincing evidence that breastfeeding protects against breast cancer.

Research on breast cancer prevention includes investigation of dietary factors such as soyfood consumption. Research on the relationship between soyfoods and breast cancer goes back many years, and though there has been no clear consensus on the preventive properties of soyfoods, recent evidence suggests that soy consumption during childhood and adolescence is particularly important.

Two studies have demonstrated that consumption of as little as one serving a day by 5- to 13-year-olds was associated with about a 50 percent reduction in risk for developing breast cancer.

“Soyfoods are widely available and include a great variety of products, so it’s easy to eat one serving a day,” says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County. “Use soy milk on your cereal or in a smoothie; try soybeans as an alternative to other beans in favorite recipes; snack on a handful of soynuts or edamame; substitute soy flour for one quarter of the white flour in baked goods; or puree silken tofu with a packet of ranch dressing mix for a veggie dip,” she suggests.

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’s 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.soyfoods.com.

Apple Cinnamon Bread (for a bread machine)

3 cups bread flour
1/3 cup soy flour
3 Tbsp sugar
1 1/2 tsp cinnamon
1 1/2 tsp salt
1 1/2 Tbsp margarine
2/3 cup oatmeal
1 cup chopped apple, skin left on
3/4 cup vanilla soy milk
1/2 cup apple juice
2 tsp yeast

Add ingredients to bread machine according to manufacturer's directions.

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