



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE
August 27, 2009

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

Soyfoods Support Good Health for All

New research supports soyfoods as safe for everyone, including men. The American Society for Reproductive Medicine's May 2009 study finds that soyfoods and soy isoflavone (plant chemical thought to be responsible for many of the health benefits of soy) supplements have no negative effects on male reproductive health or testosterone levels. The meta-analysis was a literature review of studies on men's consumption of soyfoods and reproductive health from research published before July 1, 2008.

"Soyfoods' role in helping to reduce bone loss and alleviate hot flashes for women, and more recently the protective effects of adolescent soyfood consumption and breast cancer, are some of the health issues that more often come to mind," says Gretchen Hofing, Michigan State University Extension (MSUE) soyfoods health educator and a registered dietitian based in Lenawee County. "This newest study brings to the forefront what research has been saying for years, that soyfoods can also play a positive role in men's diets," says Hofing.

Soyfoods are a source of high-quality protein, relatively low in saturated fat that can be an important part of a heart-healthy diet, possibly leading to a reduced risk of heart disease. Some research suggests that soyfoods can also play a preventative role in prostate cancer development.

Easy to find and quick to prepare, a wide variety of soyfoods is available in mainstream grocery stores. Look for them in the produce and frozen vegetable aisle, as well as with the traditional counterparts, such as soymilk with dairy milk and soy flour with wheat flour. Soyfoods are also quick to prepare or incorporate into favorite foods. Use frozen "burger" crumbles which needs no browning to save time or use a container of silken tofu as an alternative to cream cheese or sour cream in your favorite dip recipe.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee represents 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." To learn more about soy and health visit the Soyfoods Association of North America at www.soyfoods.org.

Here is a hearty dish made with soy that's appealing to all. Look for more soyfoods recipes at www.soyconnection.com.

Golden Baked Beans

1 can (15 oz) yellow soybeans
2 cans (15 oz each) black soybeans
½ cup chopped onion
¼ cup light molasses
1 teaspoon dry mustard

¼ cup brown sugar
1 cup frozen soy crumbles
½ teaspoon chopped garlic
2 tablespoons vinegar
½ teaspoon salt

Combine all ingredients, including liquid from canned beans. Bake uncovered in a 325 degree oven for one hour, stirring occasionally, if desired.

Yield: 10 servings. Per serving: 165 calories, 3 g fat (0 g saturated fat), 15 g protein (14.8 g soy protein), 51 g carbohydrate, 202 mg sodium, 0 mg cholesterol, 5 g dietary fiber.

Source: *Favorites from the Heartland*, 2nd Edition