



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE

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Heart Disease Costs on the Rise

The cost of medical care for heart disease in the United States will triple by 2030, according to new projections recently published in *Circulation: Journal of the American Heart Association*. These costs were estimated based on current rates of disease and anticipated population shifts in age and race.

According to the Centers for Disease Control (CDC), heart disease was the leading cause of death in men and women in 2006, causing more than one in every four or 26 percent of deaths in the United States.

“Take heart. There are things people can easily do to help prevent heart disease and live a longer, more productive life,” says Gretchen Hofing with Michigan State University (MSU) Extension. “February is American Heart Month and a great time to review the healthy lifestyle and disease management tips from the CDC,” adds Hofing.

Live a healthy lifestyle.

- Eat a healthy diet. Include plenty of fruits and vegetables; eat foods low in saturated fat and cholesterol and high in fiber. Limit sodium intake.
- Maintain a healthy weight. Know your body mass index (BMI).
- Exercise regularly. Recommendations for adults include at least 30 minutes of moderate intensity exercise on most days of the week.
- Don’t smoke.
- Limit alcohol use.

Manage your health.

- Have your cholesterol checked.
- Monitor your blood pressure.
- If you have diabetes, learn to manage it.
- Take your medicine.
- Talk with your health care provider.

Hofing points out that soyfoods are good sources of quality protein that are generally lower in fat and calories, are cholesterol free, and can be higher in fiber. Regular inclusion of them in your diet may help address several of the CDC’s tips.

Look for soyfoods at your local supermarket. Find them in the produce, deli, frozen foods, and dairy sections. To identify foods high in soy protein, check out the label. The United States Department of Agriculture (USDA) approved a health claim stating diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of developing heart disease. In order to have this claim on the label, a product must have 6.25 grams of soy protein per serving and meet other fat and sodium guidelines.

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 programs, visit www.msue.msu.edu. For more information on heart disease, visit <http://www.cdc.gov/heartdisease/index.htm>.

Here is a sample of a healthy and tasty soy recipe. Look for more soyfoods recipes at www.soyconnection.com.

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BANANA-OAT PANCAKES

Servings: 12 pancakes.

½ cup rolled oats

½ cup unbleached flour

¼ cup soy flour

1 tablespoon baking powder

1 ½ cups plain soymilk

2 bananas, thinly sliced

In a large bowl, combine the rolled oats, unbleached flour, soy flour, and baking powder. Add the soymilk, and blend with a few swift strokes. Fold in the banana slices.

Pour ¼ cup of the batter on to a hot nonstick griddle or pan. Cook for about 2 minutes or until bubbles appear on the surface. Flip the pancake, and cook for another minute or until heated through.

Serve the pancakes with maple syrup, fruit spread, or applesauce.

Nutrition information per pancake: 103 calories, 1 g fat, 3 g protein, 20 g carbohydrate.

(Recipe from <http://soyfoods.com/recipes/BananaOatPancakes.html>)