

SOY AND BREAST CANCER

Should I be concerned?

Things to know:

Research has shown us that consuming moderate amounts of soy foods DOES NOT increase the risk for developing breast cancer. *Eating whole soy foods is good for you!*

Soy is a great plant based source for protein and contains *phytochemicals*, which can help our bodies function at their best.

It is important to remember that the source of soy makes the difference. Stick to soy from food sources, not pills or powders.

- Soy supplements and powders contain very *concentrated* amounts of soy.
- You lose some of the other *beneficial nutrients* of soy when consuming processed versions.
- *Soy lecithin, soybean oil and soy sauce* do not contain concentrated soy. You do not need to avoid them.



Eating Habits

Your *habits* (things you do 3 times a week or more) are the most important things to focus on.

Eat these **more** often:

Whole soy foods

- Soy beans, soy milk, soy nuts, tofu

Plant proteins:

- Beans, nuts, and seeds

Fruits and vegetables

- 4-5 cups per day (combined)

Fluids

- Drink 64 oz of water, coffee, and/ or unsweetened tea per day

Eat these **less** often:

Concentrated soy

- Avoid soy supplements
- Limit processed foods made with soy protein isolate

Red and Processed Meat

- Less than 18 oz per week of red meat
- Avoid processed meats

Refined grains and added sugar

- Limit enriched "white" flours and sugar sweetened beverages