

# *Soy and Breast Cancer*

1. Rates of breast cancer are substantially lower among women in Asian countries where soy is a staple in the diet compared to Western countries (39 versus 133 per 100,000 respectively).<sup>1</sup>
2. Some epidemiological studies suggest that a daily intake of 5 grams of soy protein is associated with a modest breast cancer risk reduction in both Asian and Western women.<sup>1</sup>
3. For breast cancer survivors, soy remains a healthy food to add protein, fibre and variety. One to two servings of soy foods a day can be taken.<sup>2</sup>
4. Soy and phytoestrogen consumption during adolescence is linked to a reduced risk of breast cancer in adulthood.<sup>1</sup>
5. One cup (250 mL) of So Good fortified soy beverage contains 7 to 9 grams of soy protein.

<sup>1</sup> Dietitians of Canada – Practice-based Evidence Nutrition, June 2008. “What is the effect of dietary soy on breast cancer prevention in humans?”

<sup>2</sup> Dietitians of Canada, Sept 2006. Current Issues: The Health Benefits of Soy.

- Eating Well with Canada's Food Guide recognizes fortified soy beverages as a nutritious alternative to milk.
- All So Good soy beverages are fortified with 15 essential vitamins and minerals, and are free of lactose, cholesterol and preservatives.
- Whether you prefer flavoured, fat free, or original, So Good delivers just the right taste for you and everyone in your family in a variety of convenient formats and sizes.



[www.so-good.ca](http://www.so-good.ca)

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