

Soy and Heart Health

1. A meta-analysis of over 20 randomized clinical trials showed that soy protein reduces total lipids by 3.7% and LDL cholesterol by 5.25%¹.
2. From a public health perspective, each 1% decrease in LDL cholesterol reduces coronary heart disease risk and/or mortality by 2 to 5%.^{2,3}
3. 25 grams of soy protein/day is generally considered to be the threshold intake required for cholesterol reduction.⁴
4. When animal products are replaced by soy foods in the diet, levels of oxidized LDL, homocysteine and blood pressure are reduced.^{5,6,7}
5. Soy provides a complete high quality plant protein and is low in saturated fat. So Good fortified soy beverage contains 7 to 9 grams of soy protein per cup (250 mL).

1 Dietitians of Canada, Sept 2006. Current Issues: The Health Benefits of Soy.

2 BMJ 1994;308:367-372.

3 BMJ 1994;308:363-366.

4 US Food and Drug Administration. Food Labeling, health claims, soy protein and coronary heart disease. Fed Reg 1999;57:699-733.

5 AJCN 2002;76:365-372.

6 J Nutr 2004;134:574-579.

7 AJCN 2005;81:1012-1017.

- 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

Nothing else tastes So Good.