

Soy and Menopause

1. A drop in estrogen levels is associated with the commonly reported side effects of menopause.
2. Soy foods are the only natural dietary source of isoflavone phytoestrogens.
3. A daily soy intake providing 75-100 mg of isoflavones can help alleviate perimenopausal symptoms.¹ This amount is equivalent to about 3 servings of soy foods daily.
4. Examples of 1 serving of soy foods are:
 - 1 cup (250 mL) So Good fortified soy beverage
 - 1/2 cup (125 mL) cooked soybeans
 - 100 g tofu
 - 1/4 cup (60 mL) edamame
5. Women experiencing at least 4 to 5 hot flashes per day seem to benefit most from soy intake.^{2,3}

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

² J Med Food, 2003;6:1-11.

³ Maturitas 2006;55:203-211.

- 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.



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