

Soy and Men's Health

1. A recent meta-analysis of 24 studies on soy and prostate cancer risk concluded that the regular consumption of soy foods is associated with a 26% reduction in prostate risk cancer risk.¹
2. This risk reduction in prostate cancer was observed with non-fermented soy foods (fortified soy beverages, tofu, and soybeans), but not with fermented soy products (miso soup and natto).¹
3. A cross-over study by scientists at the University of Guelph concluded that soy protein and isoflavone intake has no significant effect on semen volume, sperm concentration, sperm count, or sperm motility in healthy young men.^{2,3}
4. Soy provides a complete high quality plant protein and is low in saturated fat. Soy-based foods and beverages are nutritious and may have protective effects on men's overall prostate and heart health.

1 AJCN 2009;89:1155-1163.

2 Personal communication with Dr. Alison Duncan, University of Guelph, May 12 2009.

3 Journal of Nutrition 2009;139:796S-802S.

- 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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