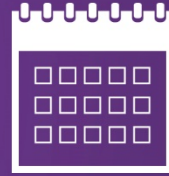




Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Lawley



SOY PRODUCTS AND YOUR HEALTH

Eating soy food is not just a way to lose weight; it is also a great way to obtain quality protein and other important nutrients. Here are some of the benefits of eating soy foods:

- **Benefits children's health.** Soy provides crucial vitamins, minerals, protein and fiber for growing children. There are many kid-friendly soy foods available, such as soymilk, frozen pizzas, taco-style meat, chicken-style nuggets and meatless hot dogs.
- **Diet assistance.** Soy is fiber-rich, so eating it can make you feel fuller for longer. Fibrous foods also help stave off cravings between meals.
- **Good breakfast option.** Soy foods are perfect for breakfast, as they are filled with protein but have less fat and calories per serving. For instance, a pork sausage contains 160 calories and 14 grams of fat, whereas a soy breakfast sausage contains only 70 calories and three grams of fat.
- **Benefits the heart.** There is a positive correlation between eating soy and lowering cholesterol levels. In fact, the Food and Drug Administration (FDA) recommends eating 25 grams of soy protein each day as part of a low-fat diet to reduce your risk of heart disease.
- **Provides omega-3s.** Much like certain fish, soybeans contain omega-3 fatty acids, which reduce the risk of coronary heart disease.
- **Lowers blood pressure.** Eating soy protein has been shown to lower systolic and diastolic blood pressure.
- **Promotes bone health.** Soy protein prevents bones from becoming weak and brittle, especially in post-menopausal women, because it is rich in minerals like calcium, magnesium and boron.
- **Stomps breast cancer.** Eating soy protein as a teen has been linked with a breast cancer risk reduction by almost 50 percent. Mothers who eat soy while breast-feeding can also lower their daughters' risk of developing breast cancer as adults.
- **Reduces cancer risks.** Foods rich in fiber, low in fat and high in phytochemicals (like soy foods) may reduce your risk of developing colon and prostate cancer.
- **Benefits diabetics.** Many soy foods have a low glycemic index, which assists in stabilizing blood sugar levels.

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