

Great News!

Both the American Heart Association (AHA) and U.S. Food and Drug Administration (FDA) agree that soyfoods contribute to a heart-healthy diet. According to the AHA, "soy products such as tofu, soy butter, soy nuts, or some soy burgers should be beneficial to cardiovascular and overall health."

LDL Cholesterol

Adding soy protein to the diet lowers LDL ("bad") cholesterol by more than five percent, according to a major recent study.

Heart Disease

This translates into 10 percent reduced risk of coronary heart disease at the U.S. population level.

Zero Trans Fat

Traditional soyfoods are low in saturated fat and cholesterol-free. Soy protein contains zero trans fats.

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With new data on the health benefits of soy emerging regularly, perhaps it's time to share the news about this lean protein with your readers. Contact Craig Handzlik at Craig.Handzlik@publicis-usa.com.

Want to learn more about soy and health?

Please visit:
www.talksoy.com

