



Soy Protein and Men's Health

Sources:

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Li, D., Yee, J.A., McGuire, M.H., Murphy, P.A. and Yan, L. (1999). *Soybean isoflavones reduce experimental metastasis in mice. J Nutr. 129: 1075-1078.*

2. Dragan 1992, 1993, 1998; Husaini 1994; Stroescu 1994, 1998.

Research suggests that a diet rich in soy protein may have health benefits for men.

Prostate Health

Approximately 230,110 new cases of prostate cancer are diagnosed in the United States each year, and incidence rates are on the rise for men under 65 according to the American Cancer Society.

Recent epidemiological research links regular consumption of soy protein to a reduction in the risk of prostate cancer. Asian men consume high amounts of soy foods containing isoflavones which may reduce or inhibit the development of prostate cancer. By comparison, most men in the United States consume few soy foods. Preliminary research suggests that the consumption of soy foods is associated with a lower risk of prostate cancer in Asian countries and in certain Asian populations residing in Western countries.

In addition, studies have shown that dietary supplementation of isoflavones at concentrations similar to that provided in soy or soy protein diets inhibits experimentally-induced tumors. The inhibitory effect on tumor development was observed when isoflavones were added to animal diets.¹

Weight Management and Athletic Performance

Approximately 64.7 million men in the United States are overweight or obese, and consuming soy protein may be one way for men to tackle this significant and growing problem. Recent studies have suggested that regular consumption of soy protein may help promote healthy weight loss.

Preliminary data indicate that consumption of soy-based meal replacements, as part of a reduced-calorie weight loss diet, may result in successful weight loss. Soy-based meal replacements also may be successful in weight reduction for people with type 2 diabetes. Further, consuming soy-based meal replacements supply the added benefit of cholesterol reduction.

Protein quality:

Protein plays a major roll in building and maintaining muscle tissue, and those who exercise may need additional protein – up to 2.0 grams per kilogram body weight. Solae® brand soy protein is equal in protein quality to meat, milk and eggs, and consuming products containing Solae® soy protein is an easy and convenient way for athletes to ensure they are getting adequate protein..

Myths about Men and Soy

No body of research exists linking the consumption of isoflavones (compounds in soy protein that often are labeled as phytoestrogens) to an altered testosterone level in men – a common misconception. A series of studies of Olympic athletes who consumed soy protein showed blood biochemistries, blood hormone levels (including serum testosterone), estrogen and thyroid hormones to remain within normal limits.²

