

FOOD MATTERS

WITH SUE RADD



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THE BEST WAYS TO GET SOY

Not all soy products are created equal, according to new research presented at an international conference on the role of soy in preventing and treating chronic diseases. There's a difference between how foods and supplements provide you with isoflavones—the natural phytoestrogens in soy are thought to be a key to why it is so beneficial.

What the research shows

Isoflavones from soy drinks are more rapidly absorbed into the blood and cleared from the body than those obtained from solid foods, like tempeh or soya nuts. Isoflavones from soya foods have a saturable uptake into the body, whereas those from supplements do not. This means it is difficult to overdose on isoflavones obtained from foods, but a potential risk exists with high-dose supplements. Analysis of the isoflavone content of 18 supplements marketed to post-menopausal women indicated that many did not contain the levels claimed on the pack.

How you should get your soy benefits

Choose soy foods over supplements, and include these regularly in your diet. Use soy drinks such as So Good at least twice during a day; this will help maintain blood levels of isoflavones. If using supplements, buy those from reputable pharmaceutical companies rather than the Internet; don't consume doses beyond that for which we have a history of safe use through traditional diets, eg 50-100 milligrams of isoflavones per day.

The Sanitarium Nutrition Education Service has a wealth of information on soy foods and recipes and how they can benefit your health. Contact Sanitarium to receive your free soy information pack!

For some healthy, soy-based recipes, turn to *page 52*.

