

The Power of Soy Protein



HEART HEALTH | MUSCLE MASS | WEIGHT MANAGEMENT

Soy is a star in the plant-based protein world. It is a high quality plant protein and comparable in quality to that of animal protein. It provides all the essential amino acids in amounts needed by the body. Soy protein found in tofu, edamame, tempeh, and soymilk are also deemed heart healthy by the U.S. Food and Drug Administration (FDA). The FDA-authorized health claim states that, "25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."



Cholesterol Reduction

More than 50 years of research has shown that soy protein intake leads to a modest yet clinically relevant reduction in cholesterol.



Muscle Mass

Studies have shown soy protein promotes muscle mass and strength gains to the same extent as animal protein.



Weight Management

Though research has shown there is little evidence suggesting one source of protein is more effective than another, the dietary protein found in soy promotes weight loss similar to other sources of protein.

What about soy allergies?

Studies show that soy allergies are less common than the other eight major food allergens (except sesame).

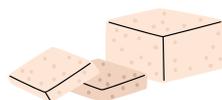
In fact, the Food and Agriculture Organization and World Health Organization recommended in 2022 removing soybeans from the global list of priority food allergens because of the:

- Generally low prevalence of soy protein allergy
- Relatively low potency of soy protein for triggering an allergic response
- Low proportions of anaphylaxis, and especially severe anaphylactic reactions.

Protein Amounts in Popular Soy Foods



Soy milk (1 cup)
7-8 grams



Tofu (3 oz.)
6-13 grams



Edamame (1/2 cup)
9-11 grams



Tempeh (3 oz.)
6-13 grams



Roasted Soy nuts
(1/4 cup)
9-11 grams



Soy Crumbles
(1/3 cup)
10-11 grams