

TRADITIONAL VERSUS MODERN SOY FOODS

TRADITIONALLY PREPARED



MISO

SOY SAUCE

TEMPEH

NATTO

TOFU

SOYMILK

CONSUMED IN SMALL AMOUNTS

INDUSTRIALLY PREPARED



SOYMILK

SOY YOGURT

SOY BURGERS

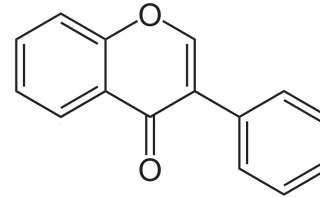
SOY HOT DOGS

SOY CHEESE

SOY ICE CREAM

PROTEIN DRINKS

DIET DRINKS



BAC O BITS

HAMBURGERS

HAMBURGER HELPER

BREAD

ISOFLAVONES SUPPLEMENTS

TOFU IN CHEESECAKE, DIPS, ETC.

"HEALTH" BARS -

ZONE, BALANCE, ATKINS



SOY MEAT PRODUCTS: IMITATION FOODS



SOY MILK AND COWS MILK

SOLD SIDE BY SIDE



SOY AND DAIRY PRODUCTS **SOLD SIDE BY SIDE**



SOY FOODS IN ASIAN DIETS



Although reported levels of soy consumption vary somewhat from study to study, it is abundantly clear that **Asians to do not eat abundantly from soy foods***.

* A 1975 book on nutrition published by the California Department of Health, **Nutrition during Pregnancy and Lactation**, lists soy foods as minor sources of protein in Japanese and Chinese diets. Major sources of protein listed were meat including organ meats, poultry, fish and eggs.

SOY FOODS IN THE JAPANESE DIET



- 65% of calories in the Japanese diet come from fish¹.
- Even Mark Messina, Ph.D., a spokesperson for the soy industry and the organizer of 5 symposia on the role of soy in the prevention and treatment of chronic diseases, states that the **Japanese average only 8.6 grams of soy protein per day²**.
- That is well under the U.S. governments recommended dose of 25 grams for protection against cardiovascular disease.³

1 Lam, Michael, MD, MPH. **Soy and Estrogen Dominance**. <http://www.drlam.com/opinion/soyandestrogen.asp>

2 Messina, Mark. Letter to Peggy O'Mara, Editor. **Mothering Magazine**, May 5, 2004.

3 Kayla, Daniel. **The Whole Soy Story**. (New Trends Publishing, 2005). 28

SOY FOODS IN CHINESE DIETS



Average soy consumption is about 10 grams per day (2 teaspoons)¹.

65% of calories in the Chinese diet come from pork (meat and fat)².

1 Kayla, Daniel. **The Whole Soy Story**. (New Trends Publishing, 2005). 28

2 Lam, Michael, MD, MPH. **Soy and Estrogen Dominance**. <http://www.drlam.com/opinion/soyandestrogen.asp>