

SCIENTIFIC STUDIES FOR SOYA:

(recommended by Dr Nitu Bajekal)

Consuming soya in childhood and early adult life has been shown to reduce risks of breast and prostate cancer.(Soy and health update Messina 2016).

Systematic reviews and meta analysis have consistently shown a 26% -30% reduction in prostate cancer in men who consume soya regularly. (American Journal of Clinical Nutrition 2009, Nutrients 2018)

Breast cancer survivors on Tamoxifen who ate the most amount of isoflavones found in soya had a 21% lower risk of dying compared to those who didn't. (Zhang et al 2017)

Soya can help prevent osteoporosis in post menopausal women and is likely to be helpful in improving bone and blood sugar profile in diabetic men.(Sathyapalan 2015, 2017).

Over the years, several studies have confirmed the role of soya isoflavones in reducing menopausal symptoms without serious side effects (Chen et al 2015 meta analysis).

Consuming soya regularly, especially fermented soya like miso, tempeh is cardio protective, helps reduce insulin resistance (BMJ 2020 and Yamori et al 2018)

Much of the controversy arises as a result of GMO soya produced for animal agriculture (~70%) and biofuel. Only 6% of the soya produced (non GMO) is used for human consumption (mostly Asia) (Global Forest Atlas, Yale education 2020)