

oh soy!

Can eating soy prevent breast cancer?

by Angela Johnson

Headlines have been both promising and alarming about soy and breast cancer over the past two decades, contributing to confusion about whether or not to eat soy.

Eating soy early in life may have a more protective effect. In fact, studies showing the benefits of soy in reducing risk and recurrence looked at Asian or Asian American women, who have a higher intake of soy than typical American women, and who likely have eaten soy throughout their lives. Eating soy foods later in life may still be helpful in preventing breast cancer development or recurrence. In addition, soy foods offer health benefits for other types of cancer, osteoporosis and heart disease.

Yes, eating soy is safe.

Researchers feel that eating soy is safe for

women who are at risk of breast cancer, have breast cancer, or are in remission from breast cancer—even when taking medications like tamoxifen and anastrozole.

What kind of soy foods should I eat?

More traditional forms like tofu and miso are preferred over highly processed soy foods like snack bars. Highly processed soy foods may not provide the same benefits as more whole soy foods. Three servings of soy foods per day appears to be safe for women who are at risk or who have had breast cancer. Avoid soy supplements until more is known about their safety.

How much?

Soy food and serving sizes:

Tofu: ½ cup

Soybeans (edamame): ½ cup

Miso: 1 Tbsp

Soybeans (roasted): ¼ cup

Soy milk: 1 cup

Soy yogurt: 1 cup

Soy cheese: 1 ounce

Soy burger: 1 patty (3 ounces)

Soy flour: ¼ cup

Tempe: ½ cup

For the complete story, visit the MOM Blog at www.mommag.com. For more information on soy and breast cancer contact Joann Stutzman, Project H.E.R. Nurse Navigator, at 541-768-2376 or Carol Walsh, dietitian at The Corvallis Clinic, at 541-754-1370.

The information was prepared by Angela Johnson, dietitian intern at The Corvallis Clinic, and was approved by Dr. Herschel Wallen, Oncologist at The Corvallis Clinic. For the full findings and references, please visit www.corvallisclinic.com/projecther.

7 reasons why soy is so good for you

- 1.** A nutrient-dense food. Ounce for ounce, calorie for calorie, the soybean gets top-billing as a rich source of protein, unsaturated fats, fiber, B-vitamins, folic acid, potassium, calcium, zinc and iron.
- 2.** Soy contains powerful proteins, healthier fats. Soy fat is mostly unsaturated and cholesterol-free.
- 3.** Soy has intestines-friendly carbs. Since soy is a plant food, it contains no lactose, which makes soy milk, soy cheese, and soy “yogurt” ideal alternatives to dairy products.
- 4.** Soy contains mood-friendly carbs. With the lowest glycemic index of any food, they are slow to trigger an insulin response, providing fewer mood swings from high and low blood sugars. This makes soy an ideal before-school breakfast food for preventing the mid-morning low blood sugar crash.
- 5.** Soy is a terrific source of bone—and blood-building calcium and iron.
- 6.** Soy is the original health food—heart-healthy, cancer-fighting and immune-boosting. Comparing the overall health of high soy-consuming cultures, such as the Japanese, and low soy-eating folk, like Americans, provides the first clue that soy has health-building properties. Soy contains cancer-fighting phytochemicals. The phytonutrient most prominent in soy products is genestein, which has been shown to have anti-cancer properties. Soy also contains phytoestrogen, which has been shown to reduce the risk and spread of prostate cancer. The phytonutrient isoflavones are like phytoestrogens that may reduce the risk of breast cancer. The anti-cancer properties of soy seem to be associated primarily with the non-fermented soy products, such as tofu and soy milk, but not with fermented soy products, such as miso and tempeh.
- 7.** Soy is a very versatile food.

Tofu peanut stir-fry

- 1 package of Udon noodles
- 1 package of extra firm tofu
- 1 package of frozen stir-fry vegetables or mixed chopped fresh vegetables

Peanut Sauce:

- ¼ cup soy sauce
- ¼ cup smooth peanut butter
- 2 tablespoons cider vinegar or 2 tablespoons rice wine vinegar
- 1 tablespoon dark sesame oil (adjust to taste)
- 2 tablespoons hot sauce (adjust to taste)

Directions:

In a small bowl, combine soy sauce, peanut butter, vinegar, sesame oil and hot sauce. Set aside.

Cut tofu into cubes. We like them small so they soak up more peanutty goodness. Heat a wok over high heat, add tofu to wok and stir-fry until browned. If your wok isn't as non-stick as it used to be, add a little sesame oil; otherwise, extra firm tofu may not need any oil at all. Add a dash of soy sauce at the end to lend an extra splash of flavor (or leave out for less sodium).

Add frozen veggies (still frozen), and cook, stirring frequently until thoroughly heated.

Microwave noodles with a handful of water for 60 seconds (udon noodles can be stuck together in the pack, this loosens them up). Add noodles to veggies and tofu along with peanut sauce. Toss until well coated and heated throughout.

Tip: Peanut butter too sticky? Try microwaving it for 10 seconds to make it easier to mix.



Edamame pasta salad with tahini dressing

from www.food.com

Pasta salad:

- 8 ounces shell pasta, cooked tender
- 1 ½ cups shelled edamame
- ½ cup frozen corn
- 1 can black beans

Dressing:

- 1 cup olive oil
- 2 tablespoons sugar
- 2 tablespoons tahini
- ⅓ cup apple cider vinegar
- ¾ teaspoon sea salt
- ¾ teaspoon mustard powder
- 1 tablespoon toasted sesame seeds

Directions:

Cook the pasta according to package directions. When it's done cooking, rinse with cold water and pour in a large serving bowl or container. Rinse and drain the black beans and edamame. Thaw the corn (and edamame). Mix the corn, edamame, and black beans together with the pasta. Make the dressing by putting all the dressing ingredients in a blender (except the sesame seeds) and pulse until fully mixed. Stir in the sesame seeds. Pour the completed dressing over the pasta, and let chill for about 45 minutes to 1 hour then serve.