

Soy Science Perspectives

Author : Dr. Mark Messina

Date : June 5, 2018

[vc_row type="in_container" full_screen_row_position="middle" scene_position="center" text_color="dark" text_align="left" overlay_strength="0.3"] [vc_column column_padding="no-extra-padding" column_padding_position="all" background_color_opacity="1" background_hover_color_opacity="1" column_shadow="none" width="1/1" tablet_text_alignment="default" phone_text_alignment="default" column_border_width="none" column_border_style="solid"] [vc_column_text]

2020

[Gut Bugs and Health: Implications for Soyfoods](#)
[Understanding How Soy Affects Breast Cancer Risk](#)
[Don't Eliminate Beans to Reduce Sulfur Amino Acid Intake](#)
[Live Longer with Fermented Soy...Or Not](#)
[Prevalence of Soy Allergy Lowest Among the Big 8](#)
["Soy Breast" News Without Merit](#)
[Peanut-Allergic Individuals Unlikely to React to Soy](#)

2019

[Endocrine Disruptors and Why Soy Isn't One](#)
[Cervical Cancer](#)
[Soyfoods Do Not Increase Risk of Developing Gout](#)
[Isoflavone Fears in Article Unfounded](#)
[Consumption of Plant Protein and Soyfoods On the Rise](#)
[Soy Protein Makes a Comeback](#)
[When It Comes to Clean Labels, Quality Is What Counts](#)
[Challenges to Dietary Fat Dogma Still Supportive of Soyfoods](#)
[Decades of Research Show Soy Protein Lowers LDL-Cholesterol](#)
[Skeletal Benefits of Soy](#)
[Growth Potential for Soy in Hybrid Meats](#)
[Clean Bill of Health for the Impossible Burger](#)
[New Study Confirms Soy Protein Lowers Cholesterol](#)
[Interpreting Epidemiologic Studies](#)
[Pilot Study: Soybean Oil Alleviates Cancer-Related Fatigue](#)
[New Insights about Soy and Prostate](#)

[Soy, High-Phytate Foods May Help Prevent Cancer](#)
[Soy Noted as Healthy, Sustainable in Report](#)
[Soy Improves Cognition, Recent Studies Indicate](#)
[FDA Approves Health Claim for High Oleic Oils](#)
[Soy Formula and Menstrual Pain: A Look at the Evidence](#)
[Soy Formula Doesn't Inform about Soyfoods](#)

2018

[Perspective on Breast Cancer and Soy Controversy](#)
[Building Muscle? Protein Blends That Include Soy May Be Advantageous Over Single Proteins](#)
[A Closer Look: Impact of Soy Infant Formula on Growth and Development](#)
[A New Take on Phytate](#)
[Weight Loss: Soy vs. Non-Soy Protein](#)
[Is Soybean Lectin an Issue?](#)
[Lifestyle Factors that Lead to a Longer Life](#)
[Soybean Components Make Soyfoods Enticing When It Comes to Good Health](#)
[Does Soy Belong in the Big Eight?](#)
[Soyfoods Misinformation Spread By Surprising Source](#)
[Diet, Weight Management: Where Do Soyfoods Fit?](#)
[Men's Health Does An "About Face" On Soy...And Rightly So!](#)
[Can Soy Improve Cognitive Function?](#)
[Better Skin Possible with Soy, Research Shows](#)

2017

[Soyfoods: Part of a Comprehensive Approach to Lowering Chronic Disease Risk](#)
[Isoflavones, Compounded Bioidentical Hormones, and the Alleviation of Menopausal Symptoms](#)
[Adventurous? Stinky Tofu Worth a Try](#)
[Speaking of Soy: Media and Internet Do a Disservice to the Science](#)
[The Scientific Data Are Clear: Soy Protein Provides Heart Health Benefits](#)
[Clinical Trials Highlight the Benefits of Soybean Oil and Contrast with Results in Mice](#)
[Soymilk: Should It Be Fortified With Iodine?](#)
[Growing Recognition for the Benefits of Soybean Oil](#)
[Legume Analysis Highlights Superior Quality of Soy](#)
[Soy and Puberty: No Adverse Effect](#)
[Sports Nutrition Paper Falls Short In Analysis of Soy Protein and Strength](#)
[Heart Association Confirms: Soy Oil and Polyunsaturated Fats are Healthful](#)
[Soymilk and Growth in Children](#)
[Choline and CVD Risk: A Relationship Worth Watching](#)
[Soyfoods Make It Easy to Eat More Legumes](#)

[Soyfoods Highlighted in Position Paper By Academy of Nutrition and Dietetics](#)

[Soy, Pregnancy and Pubertal Development](#)

[More Polyunsaturated Fat to Shrink Waistlines](#)

[Soy Consumption and Breast Cancer Patients: New Study Changes Nothing](#)

[Replace Dairy Fat with PUFA to Reduce CVD Risk](#)

[Soy and Sperm Production: Sensational Story Lacks Science](#)

[Research Sheds Light on Fat and Inflammation](#)

[Even Distribution of Daily Protein Intake a Key to Good Health](#)

[Linoleic acid not to blame for the obesity epidemic](#)

2016

[Primary Prevention of Heart Disease: Diet or Drugs?](#)

[Evaluating Nutrition in Plant Milks](#)

[Isoflavones Deserve More Attention for Their Effects on Hot Flashes](#)

[Assertion by Actress Blake Lively Incorrect Regarding Soy and Weight Loss](#)

[Soy Isoflavones and Hot Flashes: Getting to the Bottom of Conflicting Findings](#)

[Fermented Soyfoods and Health: Are They Really Better for You Than Tofu and Soymilk?](#)

[Cholesterol-lowering effects of soy protein: Historical and clinical perspective](#)

[Soy Plays Important Role in Asian Diets, But Consumption Varies Among Countries](#)

[How Much "Hidden" Soy is in the American Food Supply?](#)

[Phytate and Mineral Absorption: An Updated Perspective](#)

[Science Supports Safety of Genetically Modified Soybeans](#)

[Isoflavone Supplements Are Safe According to the European Food Safety Authority](#)

[Soybeans and the U.S. Food Supply](#)

[Lessons about Soy from Observational Studies](#)`[/vc_column_text][/vc_column][[/vc_row]`