



STATEMENT CONCERNING SOY PROTEIN AND CHOLESTEROL

A recent report of the Nutrition Committee of the American Heart Association on Soy, Isoflavones and Cardiovascular Health has caused some confusion about the heart health benefits of soy protein.

We agree with the American Heart Association (AHA) that soy protein plays an important role in a heart healthy diet. Rich in polyunsaturated fats and low in saturated fats, soyfoods also contain dietary fiber, deliver high-quality lean protein and contribute key vitamins and minerals, such as calcium and potassium. Soyfoods are a delicious and nutritious part of a healthy, balanced diet.

- Soy foods can replace less healthy foods that are high in saturated fat and cholesterol. Overall, they should be considered beneficial because of their high content of polyunsaturated fats, fiber, vitamins, minerals and low content of saturated fat.
- A strong body of research into soy protein and heart disease prevention has prompted many health experts to endorse the value of soy protein within a low fat, low cholesterol diet. In 1999, The Food and Drug Administration (FDA) approved an unqualified health claim in support of soy's heart health benefits, which came in response to a body of scientific evidence compiled, reviewed and presented by The Solae Company. The approved health claim is based on scientific evidence from more than 50 independent studies.
- Since that time, other six health authorities around the world including, Korea, Japan, Brazil, Philippines, Indonesia, and UK have approved claims in support of FDA's conclusion that soy protein consumption benefits heart health.
- The Solae Company will continue to invest in nutrition research that helps consumers make more informed decisions about what they eat. As a leader in the research and application of soy protein, we have a responsibility to ensure sound scientific evidence is readily available to consumers.