

Potential

HEALTH BENEFITS

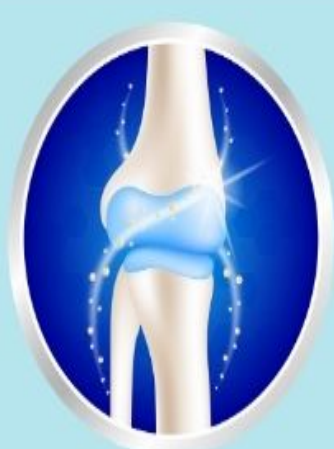
Of Soy Foods



Reduce the risk of heart disease



Reduce menopausal symptoms



Promote good bone health



Positively influence cognitive abilities



Certain soy products may reduce the risk of cancer



Soy products can be a good source of calcium



References:

1.Soybeans and soy foods; Better Health Channel

