

SoyConnection

Health & Nutrition News About Soy

Brought to you by the United Soybean board and the Soy Nutrition Institute

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RESEARCH IN THE SPOTLIGHT: COMPREHENSIVE TECHNICAL REVIEW EVALUATES IMPACT OF SOY ON ENDOCRINE FUNCTION

By Mark Messina, PhD, MS

An Endocrine Society statement defined endocrine disruptor (ED) as "an exogenous chemical, or mixture of chemicals, that can interfere with

any aspect of hormone action." Research into the effects of EDs is relevant to soyfoods because, in the scientific literature, both soy and the isoflavones in soybeans are routinely referred to as EDs (based on the results of animal studies). However, unlike other chemicals classified as EDs, there is a wealth of human data that can be used to assess whether isoflavones and/or soy warrant this classification.

A team of experts recently completed a technical review of the human data to determine whether soy or isoflavones are EDs. Read more about specific conclusions from the review related to these endpoints:

- [Thyroid Function](#)
- [Male Fertility and Hormone Levels](#)
- [Female Reproductive Hormones and Menstrual Cycle Length](#)
- [Breast Cancer](#)
- [Endometriosis](#)
- [Endometrial Cancer](#)
- And more

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[Easy Skillet Tempeh with Caramelized Onions and Grapes](#)

Enjoy this soy recipe submitted by one of our readers, who says:

"Now that summer is unofficially over, we're jumping into fall recipes head first! I love foods of the fall more than any other season and [Easy Skillet Tempeh](#) is just the thing to get us started!"

[VIEW RECIPE](#)

SHARE YOUR RECIPE WITH SOY CONNECTION

Do you have a soy recipe you'd like to have featured in the Soy Connection enewsletter? Send it (and a photo) our way. We will select one reader-submitted recipe to include in each issue (providing credit to the submitter). Let's see what delicious and nutritious soy recipes you have! [Click here to submit your recipe.](#)

* Soy Connection is a Continuing Professional Education (CPE) provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.0 Continuing Professional Education unit (CPEU) for reading the articles and taking and passing a test.

* This program has been reviewed and is approved for a maximum of 1.0 hours of AAPA Category 1 CME credit by the Physician Assistant Review Panel and was planned in accordance with AAPA's CME Standards for Enduring Material Programs and for Commercial Support of enduring Materials Programs.



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