

[View this email in your browser](#)

SoyConnection

CELEBRATING 30 YEARS OF Health & Nutrition News About Soy

Brought to you by U.S. Soy & Soy Nutrition Institute Global

Fall 2022 | VOLUME 30, NUMBER 4



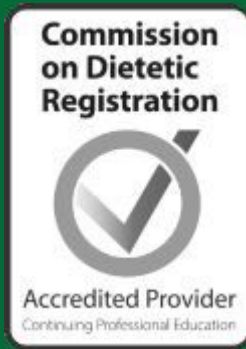
EXAMINING THE EVIDENCE: SOY AND GOUT

By Mark Messina, PhD, MS

Globally, in 2017, there were ~41.2 million prevalent cases of gout, with 7.4 million incident cases per year adding up to almost 1.3 million years lived with disability. Traditionally, dietary recommendations related to gout have focused on limiting purine intake, however the importance of patients with gout maintaining a low-purine diet has been deemphasized in recent years.

Explore the relationship between gout and soyfoods, and gain insight on current intake recommendations.

[READ FULL ARTICLE](#)



RDNs: EARN FREE CONTINUING EDUCATION CREDITS. VISIT OUR TESTING CENTER ONLINE AT SOYCONNECTION.COM

PAs: READ THIS ISSUE TO EARN FREE CATEGORY 2 CMEs, OR [VISIT OUR TESTING CENTER](#) TO READ SELECT PAST ISSUES, TAKE A TEST, AND EARN FREE CATEGORY 1 CMEs.

NUTRITION INTERVENTIONS FOR PEOPLE WITH GOUT

By Melanie Betz, MS, RD, CSR, CSG, LDN

People with gout often have a wide variety of co-morbid conditions, including hypertension, chronic kidney disease, and heart failure. Many of these conditions incorporate nutrition recommendations as part of treatment. Given the high prevalence of co-morbid conditions, it is imperative that nutrition recommendations address the patient's entire medical history, not just gout.

Read more about current nutrition interventions for patients with gout and other conditions.

[READ FULL ARTICLE](#)

LIFE'S ESSENTIAL 8 PROVIDES RECOMMENDATIONS TO LOWER RISK OF CVD

By Kaci Vohland, MS, RDN, LD, CPhT

People who have gout may not think of heart disease, but studies have shown that there is a strong link between the buildup of uric acid and the risk of gout and cardiovascular disease. The new "Life's Essential 8" from the American Heart Association provides guidelines to help reduce the risk of CVD.

Check out this practical advice you can share with your clients.

[READ FULL ARTICLE](#)



THROWBACK

The first issue of the Soy Connection newsletter – published 30 years ago – featured this tofu enchilada recipe!

Tofu Enchiladas

Ingredients:

- 8 – 8" whole wheat tortillas
- 1/2 cup chopped onion
- 3/4 cup chopped sweet green pepper
- 1 – 4 ounce can chopped green, mild chilies
- 1 clove garlic, minced
- 1/2 teaspoon cumin seed
- 1 teaspoon dried cilantro
- 12 ounces silken tofu, drained
- 2 cups diced tomatoes
- 2 cups thick tomato salsa
- 1/2 cup low fat cheddar cheese, shredded

Directions:

Preheat oven to 350 degrees. Lightly spray a 9" X 13" baking pan with no-stick vegetable spray.

In bowl, combine all ingredients except tortillas, tomato salsa, and cheese. Place 1/2 cup of mixture in center of each tortilla and roll. Place in baking dish, seam side down. Pour salsa over enchiladas. Sprinkle with shredded cheese. Cover pan with aluminum foil, and bake for 25-30 minutes. Serves 8.

[VIEW VIDEO OF RECIPE](#)

SOY CONNECTION

30TH ANNIVERSARY GIVEAWAY
APPLE AIRPODS



2022 marks 30 years of the Soy Connection newsletter, and we want to celebrate this milestone with you!

We are giving away Apple AirPods (2nd Generation) with each issue of the newsletter this year. One winner will be drawn in conjunction with each newsletter issue in 2022. **You must submit a new entry for each newsletter to be eligible to win.**

Congratulations to our third giveaway winner! Charlotte Peterson, RD, CSR, from California won the third pair of Apple AirPods. Will you be next?

ENTER TO WIN

* 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.

SoyConnection
Health & Nutrition News About Soy



The Soy Connection, funded by farmer checkoff dollars, is produced by U.S. Soy and Soy Nutrition Institute (SNI) Global. Content reviewed and approved by the United States Department of Agriculture.

Editorial Board

Mark Messina, PhD, MS, Chairman
Guy Johnson, PhD
Leah McGrath, RD, LDN

Editorial Staff

Sarah Alsager, Managing Editor
Lori Pendleton, Editorial Assistant

The Soy Connection

P.O. Box 237
Jefferson City, MO 65102
info@soyconnection.com

Connect With Us



Copyright (C) **|CURRENT_YEAR|* *|LIST:COMPANY|**. All rights reserved.
|IFNOT:ARCHIVE_PAGE||LIST:DESCRIPTION|**|END:IF|**

Our mailing address is:
|IFNOT:ARCHIVE_PAGE||HTML:LIST_ADDRESS_HTML|**|END:IF|**

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)