

SoyConnection

CELEBRATING 30 YEARS OF Health & Nutrition News About Soy

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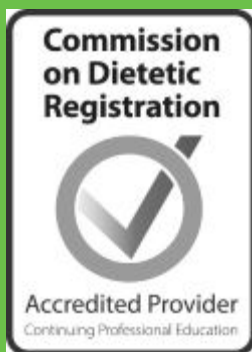


SOY AND BREAST CANCER: THEN AND NOW

By [Mark Messina, PhD, MS](#)

The relationship between soy and breast cancer has been rigorously investigated for 30 years. This relationship, more than any other, is responsible for the research attention soyfoods have received. It is also responsible for much of the confusion among health professionals and consumers about the healthfulness of soyfoods. Take a look at how this research has advanced through the years.

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[30 YEARS OF RESEARCHING THE HEALTH BENEFITS OF SOY: THEN AND NOW](#)

[By Mark Messina, PhD, MS](#)

From 368 in 1992 to 3,000 in 2021, the number of soy-related articles indexed in PubMed has grown substantially. Looking back at how soy research on several health outcomes has evolved from then until now provides interesting perspective.

Covering topics from cognitive function to osteoporosis, this article examines the last thirty years of soy research.

[READ FULL ARTICLE](#)

[SOY PRODUCTS ON THE MARKET: THEN AND NOW](#)

[By Kim Kirchherr, MS, RDN, LDN \(IL\), FAND](#)

For decades there have been numerous soyfood options available around the world –fermented, nonfermented, and ingredients. Today, many of these legacy soyfoods are landing on people’s plates for the first time, as “new-to-them” options. Over the past 30 years, soyfood choices have evolved and expanded through food innovation. Learn more about the options available in the supermarket today.

[READ FULL ARTICLE](#)



Soy Connection 30th Anniversary Giveaway Apple AirPods

Let’s celebrate! To express our gratitude for your support of the Soy Connection newsletter over the past 30 issues, we will be giving away Apple AirPods (2nd generation) to four lucky readers. Click below and enter for the chance to win.

One winner will be drawn in conjunction with each newsletter issue in 2022.

Will it be you?

[ENTER TO WIN](#)

SHARE YOUR RECIPE WITH SOY CONNECTION

Do you have a soy-starring recipe you'd like to see featured in the Soy Connection newsletter? Send the recipe and a photo to us! We will highlight one reader and their submitted recipe in each issue. 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.

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