



Soy and bone health

Clinical data indicate that it is justified to encourage the incorporation of soyfood into the diet in women concerned about their bone health.

Soy protein may protect against bone loss. Diets high in soy compared to animal protein may reduce urinary calcium loss. Animal protein is more hypercalciuric than soy protein based on human studies probably due to its lower sulfur-containing amino acid content.

Recent human studies found that isoflavone-rich soy intake may attenuate bone loss from the lumbar spine in post-menopausal women, who may otherwise be expected to lose 2 to 3% yearly. This attenuation of loss, particularly if continued throughout the postmenopausal period, could translate into reduced lifetime risk of osteoporosis.

Studies have shown that soy and/or its isoflavones can as well inhibit bone resorption or stimulate bone formation.

Clinical data suggest that 60–90 mg/d of isoflavones may be effective. This translates into ~2–3 servings of traditional soyfoods.

Several soyfood products are also enriched in calcium which provide an additional beneficial effect on bone health.

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