

Soy products good for health

Soy products, such as soy beans and soy sauce are a healthy, nutritious food. Foreign studies show that intake of soy products can reduce the risk of cancer and cardiovascular diseases. But there is no scientific data to show it benefits Chinese people who consume a lot of soy beans and soya sauce.

A recent study by the Department of Community Medicine and School of Public Health of HKU Li Ka Shing Faculty of Medicine, carried out with the Department of Health, showed the mortality rate among people who consumed a lot of soy products to be low. The report showed the mortality rate among people who consumed soy products four or more times a week was 30 per cent lower than that of people who took soy less than once a month. The study also revealed that eating fish, vegetables, fruit and soy products, described by the report as healthy foods, can lower the risk of death, while a high intake of meat and dairy products could increase the mortality rate. But the bad effects of high meat and dairy products consumption can be offset by regular intake of healthy foods such as vegetables, fish and soy products, the report said.

Soy contains proteins and vitamins. It also contains isoflavones, which can lower cholesterol and prevent cardiovascular diseases. A recent study even found that a high intake of soy can reduce osteoporosis among postmenopausal women.