

SOY FOR CHILDHOOD GROWTH

SOY CAN SUPPORT YOUR FAMILY'S HEALTH AND LIFESTYLE



An excellent source of plant based/vegan nutrition

- Soy protein contains all essential amino acids, making it a higher quality protein when compared to other plant-based protein ⁽¹⁾
- Provides a good source of Potassium, Magnesium, Iron, Zinc and B-Vitamins ⁽²⁾
- Is rich in isoflavones* (found in certain beans, fruits and nuts), which have been shown to reduce inflammation in the body ^(2,3)

*Isoflavones occur naturally in plants. They are categorized as plant estrogens because their chemical structure is similar to the hormone estrogen found in both males and females. Their function, however, is very different. Clinical studies have shown no hormonal effect from isoflavone consumption. ⁽⁴⁻⁷⁾



A healthy option for those with dairy allergies and intolerances

- Soy products do not contain lactose, a sugar found in dairy that can be difficult to digest and absorb, which may cause an upset stomach
- Soy allergy in children is far less common than allergies to dairy ⁽⁸⁾

THE BENEFITS OF SOY FOR CHILDHOOD GROWTH AND NUTRITION



Supports growth and development

Soy has been studied for over 40 years in children and provides high quality nutrition that results in positive growth patterns ⁽¹⁵⁻¹⁸⁾



Promotes healthy weight gain

Children with severe malnutrition who received soy-based formula had similar patterns of weight gain compared to those using a milk-based formula ⁽¹⁹⁾



Heart healthy protein source

Supports overall heart health by lowering cholesterol in children, demonstrated through clinical research ⁽²⁰⁻²²⁾

PERCENT OF AMERICAN CHILDREN ALLERGIC TO:



MILK
2.5% ^(9,11)



PEANUTS
2% ^(9,11,12)



TREE NUTS
1% ^(9,11,12)



EGGS
0.8% ^(9,11,12)



SOY
0.4% ^(9,13)

All food proteins have the potential to cause allergic reactions. Children tend to be more sensitive to dietary proteins than adults. ⁽¹⁴⁾

Many children outgrow allergies as they age. Regular follow-ups with your child's healthcare provider are recommended to reassess tolerance.

SOURCES OF SOY



EDAMAME & SOY NUTS



TOFU & TEMPEH



SOY BASED MILK, CHEESE & YOGURTS



ORAL NUTRITIONAL SUPPLEMENTS

There are many common foods, convenience items, and snacks that may also contain soy or soy products.

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