

# SOY & BREAST CANCER

THE TRUTH ABOUT PHYTOESTROGENS IN SOY AND BREAST CANCER

## Phytoestrogens

### Are NOT the same as estrogen

Phytoestrogens come from plants and have a chemical structure similar to the human hormone, estrogen. However, phytoestrogens do not act like estrogen in the human body.

### Do not cause cancer

In fact, phytoestrogens may reduce the risk and recurrence of breast, prostate, and gastric cancers.

Soy foods may be beneficial for those recovering from breast cancer.

### Are safe to eat

Eating 1-2 servings of soy foods a day can be a part of a healthy diet even for those undergoing cancer treatment.

1 serving includes:  
1 cup soy milk  
1/2 cup edamame  
1/4 cup tofu  
1/4 cup tempeh

### May have additional health benefits

Phytoestrogens from soy foods may have additional health benefits including:  
Relief from hot flashes  
Alleviate perimenopausal symptoms  
Prevent bone loss  
Decreased risk for Type II diabetes and certain cardiovascular diseases

### In processed foods should be reduced

Processed foods contain other compounds that may be harmful to health such as increased amounts of salt and unhealthy vegetable oils. Reduce your consumption of processed soy protein bars, frozen soy burgers, or other highly processed soy products.

Whole, healthy soy foods are best.

### In powder form should be avoided

Soy protein supplements and those found in isoflavone-enriched protein powders are a concentrated source of soy phytoestrogens. The effects of these powders on cancer growth is not well understood and consumption should be reduced or avoided.

ASK YOUR DOCTOR OR DIETICIAN FOR MORE INFORMATION