

## Soy Science Perspectives

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### 2018

[Is Soybean Lectin an Issue?](#)

[Lifestyle Factors that Lead to a Longer Life](#)

[Soybean Components Make Soyfoods Enticing When It Comes to Good Health](#)

[Does Soy Belong in the Big Eight?](#)

[Soyfoods Misinformation Spread By Surprising Source](#)

[Diet, Weight Management: Where Do Soyfoods Fit?](#)

[Men's Health Does An "About Face" On Soy...And Rightly So!](#)

[Can Soy Improve Cognitive Function?](#)

[Better Skin Possible with Soy, Research Shows](#)

### 2017

[Soyfoods: Part of a Comprehensive Approach to Lowering Chronic Disease Risk](#)

[Isoflavones, Compounded Bioidentical Hormones, and the Alleviation of Menopausal Symptoms](#)

[Adventurous? Stinky Tofu Worth a Try](#)

[Speaking of Soy: Media and Internet Do a Disservice to the Science](#)

[The Scientific Data Are Clear: Soy Protein Provides Heart Health Benefits](#)

[Clinical Trials Highlight the Benefits of Soybean Oil and Contrast with Results in Mice](#)

[Soymilk: Should It Be Fortified With Iodine?](#)

[Growing Recognition for the Benefits of Soybean Oil](#)

[Legume Analysis Highlights Superior Quality of Soy](#)

[Soy and Puberty: No Adverse Effect](#)

[Sports Nutrition Paper Falls Short In Analysis of Soy Protein and Strength](#)

[Heart Association Confirms: Soy Oil and Polyunsaturated Fats are Healthful](#)

[Soymilk and Growth in Children](#)

[Choline and CVD Risk: A Relationship Worth Watching](#)

[Soyfoods Make It Easy to Eat More Legumes](#)

[Soyfoods Highlighted in Position Paper By Academy of Nutrition and Dietetics](#)

[Soy, Pregnancy and Pubertal Development](#)

[More Polyunsaturated Fat to Shrink Waistlines](#)

[Soy Consumption and Breast Cancer Patients: New Study Changes Nothing](#)

[Replace Dairy Fat with PUFA to Reduce CVD Risk](#)

[Soy and Sperm Production: Sensational Story Lacks Science](#)

[Research Sheds Light on Fat and Inflammation](#)

[Even Distribution of Daily Protein Intake a Key to Good Health](#)

[Linoleic acid not to blame for the obesity epidemic](#)

## **2016**

[Primary Prevention of Heart Disease: Diet or Drugs?](#)

[Evaluating Nutrition in Plant Milks](#)

[Isoflavones Deserve More Attention for Their Effects on Hot Flashes](#)

[Assertion by Actress Blake Lively Incorrect Regarding Soy and Weight Loss](#)

[Soy Isoflavones and Hot Flashes: Getting to the Bottom of Conflicting Findings](#)

[Fermented Soyfoods and Health: Are They Really Better for You Than Tofu and Soymilk?](#)

[Cholesterol-lowering effects of soy protein: Historical and clinical perspective](#)

[Soy Plays Important Role in Asian Diets, But Consumption Varies Among Countries](#)

[How Much “Hidden” Soy is in the American Food Supply?](#)

[Phytate and Mineral Absorption: An Updated Perspective](#)

[Science Supports Safety of Genetically Modified Soybeans](#)

[Isoflavone Supplements Are Safe According to the European Food Safety Authority](#)

[Soybeans and the U.S. Food Supply](#)

[Lessons about Soy from Observational Studies](#)[/vc\_column\_text][/vc\_column][/vc\_row]