

# Health is a treasure

**Let's Get Acquainted!**

*by Norene Sofranac, R.D.*

May I introduce to you, the soybean. A blast from the past, you say? Yeah, except now we're beyond tasteless tofu and tough veggie burgers. Judging from the research coming out on soy, it could easily be coined this millennium's star wonder food. Just another fad phase? I don't think so!

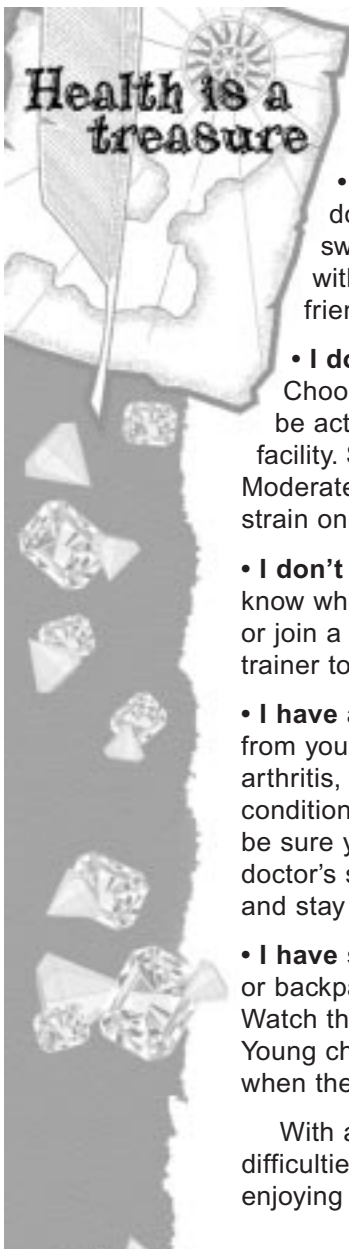
This humble bean called, "soy" is multi-gifted and offers protection from heart disease, possesses some of the highest anti-cancer activity, reduces menopausal symptoms, and is rich in anti-aging properties. Last year soy took center stage in

Washington D.C. as scientists and health professionals from around the world came together to discuss the research and uncover the mystique behind soy's ability to improve so many common health problems. Food companies and pharmaceutical firms are cranking out soy based products to meet the growing demand. One French chef has joined the ranks and developed a line of delicious soy fast foods and a cookbook. His line is carried in major grocery stores across the nation and is selling like hot cakes (or should I say hot dogs!). Health food stores carry numerous varieties of soy based foods that fit very conveniently into any diet. "I can take it or leave it," you say. Well, "taking it" could be one of the wisest health decisions you will ever make.

If you are a first time user think about buying a soy powder and blending it with fruit and ice for a delicious morning drink, use it to make pudding,



Of all temporal possessions health is the most precious. Wealth, learning, and honor are dearly purchased at the loss of health. None of these can secure happiness if health is lacking. CDF 20



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white sauce, cream pudding and the like, or add it to hot cereal. Pour soy milk over a whole grain cereal. You'll like its sweet aftertaste. Keep a bag of soy flour in the freezer and add to pancake batter. Try the soy "crumbles" and mix into spaghetti sauce and casseroles or season up some tofu for stir-fry. Start kids on soy early in life so they get used to the flavor. The frozen soy burgers are great with typical hamburger fixins' (flavors and textures vary between brands). The best part about soy and its products is that it can nutritionally replace meat and dairy foods in the diet. Contrary to popular belief, the protein and calcium absorption of soy is comparable if not superior to animal proteins and milk products and contains much less fat.

For you boomers and seniors try "falling in love again" and discovering how far soy has come. Your body will love you for it. With all those phytoestrogens it contains you just might live longer and "that's a good thing."



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