



# Active Nutrition

## Newsletter August 2012



### The Great Soy Debate – Should we eat it, Should we not?

Soy and soy products have attracted a lot of attention – some research extolling the virtues of the wonder bean, others warning of the dangers of eating soy. Who is correct, and what should we believe? Not easy questions to answer.

Soy has been a food staple in China for approximately 5000 years, the use of soy spread to Europe about 1000 years ago and is now consumed the world over. To keep up with demand, producers have modified the humble soy bean and controversy now abounds to the use of this food and the ethics of production.



#### The Positives:

Soy foods are rich in:-



Vitamins E, Thiamine (B1), Riboflavin (B2), Niacin (B3), A and C

Minerals – iron, zinc, selenium, potassium, calcium, phosphorus and folate

Fibre, important for cleaning out our systems with both soluble fibre (important in the clearing of fat from our blood, lowering serum cholesterol and triglycerides); and insoluble fibre (important in the fight against cancer of the digestive system, especially bowel cancer)



Protein

Omega-3 fatty acids (the good fat)



Isoflavones, which research has linked to the reduced risk of cancer, in particular breast cancer

Some soy Isoflavones have oestrogen (female hormone) called phytoestrogen, and it has been suggested women should consume soy products to relieve menopausal and PMS symptoms.



#### The Not-so-good:

Much of the world's soy production comes from genetically modified crops. It is important that the soy products you consume have been certified as coming from non-GM modified crops.

Concern has been raised about the amounts of plant-based oestrogen contained in soy and soy foods and questions have been raised as to the suitability of feeding infants formula made from soy as it could result in raised hormonal levels.

Numerous studies have looked into the role oestrogen plays in the treatment of breast cancer. It was previously suggested that soy products could inflame the reoccurrence of breast cancers. However, studies have also shown that women consuming soy have reduced mortality rates, showing that there is no conclusive evidence showing women should stop consumption, only that we need more research to come to a definite recommendation.

It has also been suggested that consuming high levels of phytoestrogens, such as that found in soy can interfere with thyroid function.

With every new research project there appears to be more confusion rather than clarity as to the consumption of soy. Those on the side of the positive effects of soy consumption continue to extol its virtues, whilst those on the other side of the fence enforce caution. The general consensus is to eat soy in moderation, be aware of the source of the soy products and eat a balanced diet.



### **Would you like further information?**

Book an appointment for a full nutrition consultation.

I am based in Tauranga. However, if you do not live in the Tauranga area this is not a problem with nutrition consultations as I am able to consult via Skype, internet or by telephone. There are no barriers to good information.

Book an appointment or just drop me a line from my web site [www.activenutrition.co.nz](http://www.activenutrition.co.nz)



### **Woman's Outdoor Fitness Classes**

Spring is just around the corner and it is time to shake off the winter blues, come out from hibernation and enjoy the beauty of Tauranga/Mount Maunganui whilst improving your fitness, flexibility and strength. My Women's Outdoor Fitness Classes will provide you with all these things whilst exercising in the great outdoors. Venues have been selected for their relative privacy and maximum enjoyment.

For more details either contact me directly at [info@activenutrition.co.nz](mailto:info@activenutrition.co.nz) or log onto my web site [www.activenutrition.co.nz](http://www.activenutrition.co.nz) I would love to see you at the next class.



## Recipe of the Month



### Tofu Mayonnaise

1 cup tofu, drained

2 tbsp. olive oil

4 tbsp. vinegar

1 clove garlic

Blend the tofu and garlic in a blender until smooth. Add the vinegar, continue to blend. Pour in the oil whilst blending until mixture is thick. Chill until ready for use.

### Sesame-Maple Roasted Tofu – serves 4

400g block extra-firm water-packed tofu, rinsed, patted dry and cut into 1-inch cubes

1 medium red onion, sliced

2 teaspoons canola oil

2 teaspoons toasted sesame oil

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

1 tablespoon tahini

1 tablespoon reduced-sodium soy sauce

2 teaspoons pure maple syrup (or honey)

1 teaspoon cider vinegar

3 cups sugar snap peas, trimmed\*\*

1 tablespoon sesame seeds

Preheat oven to 200°C

Toss tofu, onion, canola oil, sesame oil, salt and pepper in a large bowl. Spread on a large baking sheet and roast until the tofu is lightly golden on top and the onions are browning in spots, 15 to 20 minutes.

Whisk tahini, soy sauce, maple syrup/honey and vinegar in a small dish until combined. Remove the tofu from the oven, add snap peas and drizzle with the sauce; mix to combine. Sprinkle with sesame seeds. Return to the oven and continue roasting until the peas are crisp-tender, 8 to 12 minutes more

\*\*If sugar snap peas are unavailable you can use green beans