

Soy Saves the Day

Harvard Says we Need to Look at our Milk

Washington, D.C., Sept. 29, 2016/PRNewswire/--- If you were that kid that drank a glass of milk every day and still broke their arm, justice has finally come my friend. Countless studies throughout the years have been saying what we feared all along. Milk isn't really making you a super hero with unbreakable bones complete with a milk mustache disguise.

A [recent Harvard study](#) asked how good milk really is for us. The study stated that humans have no nutritional need for milk. In fact, the study focused on reduced-fat milk which is said to be recommended by the US Department of Agriculture, along with other organizations. Their findings were that even reduced-fat milk "did not facilitate weight loss control."

Even though humans don't really need creamy fresh milk to live a healthy life, who's to say we can survive without our lattes, eggnog, or ice cream?

Luckily, soy milk has been making a splash lately in coffee shops and kitchens around the world. Soyfoods Association of North America (SANA) reports that soymilk is lactose free, has no cholesterol, and little to no saturated fat. It can even have 50 % more calcium than cow's milk!

Scientists already know it reduces the risk of heart disease. However, that's just the start. The power of soy milk is currently being researched by scientists to study its health effects in preventing several forms of cancer.

Mom of two, Linda Flower of Little Kit, IL says, "if you're looking to pack a punch with your health choices, go for the sugar free soy milk! Your mind, body, and planet will thank you."

Sometimes, it's hard to admit that you need saving, but this could be the most delicious mission yet! Here are some alternatives to try right away:

- Get a bottle of cultured soy smoothie or soy coffee latte
- Use 1 ½ cup regular soymilk for instant pudding
- Pour it over your cereal and add some sliced fruit

Soyfoods Association of North America

Soyfoods has been around since 1985. The Soyfoods Association of North America represents a diverse group united to increase consumption of soy-based foods and beverages.

For more information about the benefits of soy, contact us at soyfoods.org or send us a letter!

Soyfoods Association of North America

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*Practice Sample. The writer has no affiliation to Soyfoods.

Soy milk facts

1. Lactose free, no cholesterol, little to no saturated fat
2. Can have 50% more calcium than a cow's milk
3. Research on the positive health effects of Soy: prevents cancer (colorectal, breast, prostate), and builds healthy bones
4. Science finds soy reduces risk of heart disease
5. 98 calories per cup
6. "Soy milk works in any recipe. For sauces, gravies, soups and other savory dishes, plain, less sweetened works best. Light colored desserts and sauces will have more eye appeal by using a lighter colored soy milk. Soy milk varies considerably in color, from tan-colored to white."