

# Soy Good for Your Skin

## Soy Protein & Isoflavone Recommendations



Isoflavones, naturally occurring phytoestrogens found in uniquely rich amounts in soybeans and soy foods, have been studied for a wide range of health benefits. Most of the clinical research has focused on heart disease, breast cancer, osteoporosis, cognitive function and menopause symptom relief. Additionally, there is intriguing evidence that soybean isoflavones favorably affect several skin parameters, including a reduction in wrinkle depth. Newly published research adds to this database. Post-menopausal women who consumed **30g of soy protein with 50mg of isoflavones**, the amount provided by just 2 cups of soymilk or 1 cup of edamame, experienced a decrease in wrinkle depth, improved facial pigmentation, and increased hydration.

Scan here for the full study:



Isoflavone amounts can vary based on variety and preparation. Generally, each gram of soy protein in traditional soy foods delivers approximately 3.5mg of isoflavones while some modern soy foods have 1-3mg isoflavones per gram of protein.

### Soy milk



1 cup (244g)

29.1mg Isoflavones

8.32g Protein

### Edamame



1/2 cup (75g)

34.6mg Isoflavones

9.9g Protein

### Tempeh



3 oz (85g)

63mg Isoflavones

18g Protein

### Tofu



3 oz (85g)

28mg Isoflavones

8g Protein

### Soy Protein Bar



1 bar (45g)

11mg Isoflavones

11g Protein

### Soy Protein Powder



1 scoop (23g)

20mg Isoflavones

20g Protein