

Mayo Clinic Minute

Does Soy Increase Breast Cancer Risk?

Video	Audio
Vivien Williams	Soybeans, soy milk, edamame and tofu... does eating soy increase the risk of breast cancer?
Katherine Zeratsky Dietitian Mayo Clinic	“No. In fact, eating soy is thought to be preventative in breast cancer, especially in young women.”
Vivien Williams	Mayo Clinic dietitian Katherine Zeratsky says soy contains isoflavones, which are plant estrogens. Unlike human estrogens, which, in high levels, can increase the risk of breast cancer, plant estrogens do not.
Katherine Zeratsky, R.D., L.D.	“Soy is part of a healthy diet, and, so, women should not be fearful of having edamame or tofu, or other soy products in their diet.”
Vivien Williams	The American Institute for Cancer Research recommends people consume one to two servings of soy a day.
Katherine Zeratsky, R.D., L.D.	“And, this is considered safe and healthy.”
Vivien Williams	So, go ahead. Reach for some edamame, or enjoy that cup of soy-rich soup. In moderation, soy is part of a balanced and nutritious diet. For the Mayo Clinic News Network, I'm Vivien Williams.