

Ekspertvurdering af soya

”Because soy contains estrogen-like compounds, there was fear that soy may raise risk of hormone-related cancers. Evidence shows this is not true.”

- American Institute for Cancer Research

”While isoflavones may act like estrogen, they also have anti-estrogen properties. They can block the more potent natural estrogens from binding to the estrogen receptor. In addition, they stop the formation of estrogens in fat tissue and stimulate production of a protein that binds estrogen in the blood (to make it less able to bind to the receptor). They also have antioxidant and anti-inflammatory properties and work in other ways to reduce cancer growth.”

- American Cancer Society

” In some studies, eating phytoestrogens regularly over several weeks reduced oestrogen levels.”

- Cancer Research UK

”Soy and its phytochemicals appear to prevent cancer development by reducing inflammation, and inhibiting activation of proteins that promote cell growth.”

- American Institute for Cancer Research

”Overall, the seven recent epidemiologic studies examining soy consumption among breast cancer survivors show that consuming moderate amounts of soy foods does not increase a woman’s risk for poorer outcomes.

Some of the studies point to a potential benefit among women receiving certain treatments or with certain tumor characteristics.”

- American Institute for Cancer Research

”Asian women who eat the highest amounts of soy foods had a lower risk of breast cancer. In other parts of the world, most women do not eat enough soy to reduce their risk of breast cancer.”

- Cancer Research UK