



## Super Soya

The increasing popularity of soya foods is mainly attributed to the health benefits which are associated with the use of soya beans. The role of soya in the prevention of chronic diseases continues to be a top priority for scientist around the world. The FDA has confirmed that foods containing soy protein may reduce the risk of coronary heart disease. Only people with a soy allergy should avoid eating food containing soy protein. Over the past years, there has been an increasing interest in the antioxidant effects of soya and in particular the health benefits of isoflavones. Soya is very important for vegetarians and vegans as a source of protein which they may otherwise lack. It has a high protein content and is rich in vitamins, minerals and fibres. The easiest way to consume soya is by drinking soya milk.