

SOY & WOMEN'S HEALTH

Separating Myths From Facts



WHAT ARE SOY ISOFLAVONES?

- They are natural compounds found in soybeans.
- They are known as “phytoestrogens” because they resemble the structure of the hormone estrogen.
- They may help reduce menopausal symptoms like hot flashes.

IS SOY SAFE FOR POSTMENOPAUSAL WOMEN?

Many people worry they may also cause harmful estrogen-like effects, like a higher risk of cancer.

However, findings from a recent study indicate that consuming soy isoflavones has no harmful effects on these 4 estrogen-related measures:

1

Endometrial Thickness

No impact on the cells lining the uterus

2

Follicle-Stimulating Hormone Levels

No change in hormone levels

3

Estradiol Levels

No change in this main estrogen type

4

Vaginal Maturation Index

No changes in estrogen-sensitive vaginal cells



WHAT DOES THIS MEAN?



Soy isoflavones do not have harmful estrogenic effects in postmenopausal women.



Soy is safe to include in your diet and aligns with recommendations for a heart-healthy lifestyle.

WHY INCLUDE SOY IN YOUR DIET?



Heart Health

Lowers cholesterol and supports heart health



Plant-Based Protein

A sustainable alternative to animal-based protein



Menopause Relief

Can alleviate hot flashes and other menopausal symptoms



Sustainability

Low environmental impact, promoting a healthier planet



Want to learn more? Check our recent study on soy isoflavones and estrogen-related markers in postmenopausal women.

Reference: Viscardi, G., et al., Effect of Soy Isoflavones on Measures of Estrogenicity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Adv Nutr, 2025, 16(1): p. 100327.

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