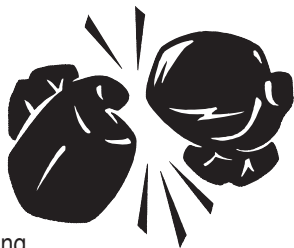


**APRIL IS NATIONAL SOYFOODS MONTH**

**Soybeans**  
Nebraska Soybean Board

# *Soyfoods fight cancer*

Studies show people who consume soyfoods on a regular basis are less likely to get cancer than those who rarely consume these foods. Animal studies indicate adding soybeans to the normal laboratory diet inhibits tumor development. Scientists are especially excited about a component of soybeans called genistein. Genistein is a powerful anticarcinogen--or anti-cancer factor. In test tubes, it directly inhibits the growth of a wide range of cancer cells. To derive the potential benefits of genistein it is necessary to eat soyfoods; no other commonly consumed food contains it. Soyfoods that are rich in genistein include whole soybeans, tofu, soy milk and tempeh.



*For more information call* **800-852-BEAN**

[nebraskasoybeans.org](http://nebraskasoybeans.org)