

# So...health & beauty

Tranquil Relaxing Serene Calm

## So...what's the story on soymilk?

Soy milk is becoming increasingly popular as an alternative to cow's milk among health-conscious North Americans. Made from soybeans - a complete protein source - it is a cholesterol- and lactose-free beverage with many health benefits.

### What's in soymilk?

Soybeans are soaked, cooked, ground and filtered to obtain a pulp that is then mixed with water. Manufacturers often add sweeteners, calcium, Vitamin D (to help calcium absorption) and flavours like vanilla and chocolate.

### Do soy beverages taste like regular milk?

While no soy beverage tastes exactly like milk, many consumers have been converted to its pleasant, nutty flavour. Some soy beverages, like low-fat, low-carbohydrate Vitasoy Complete (recently introduced in Canada) have buttery notes or creamy notes added to appeal to people who are accustomed to the taste of dairy milk.

### What are some of the health benefits of soymilk?

There are many. In the United States, the Food and Drug Administration has determined that soy is heart-healthy and that consuming 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Soy products, including soymilk, are rich in isoflavones. There is evidence that these phytoestrogens, which mimic the human estrogen hormone, can ease the symptoms of menopause,

such as hot flashes. Soymilk is also good for your bones. Enriched with calcium, it helps to prevent osteoporosis. Soy beverages are recommended for people who are allergic to cow's milk or can't tolerate lactose.

### What is the shelf life of soymilk?

Soy milk in aseptic packages can last up to six months if unopened. Once opened, it should be refrigerated and used within a week to 10 days. Pasteurized soymilk sold in the refrigerated section usually lasts up to 10 days.

As well as being fortified with calcium, Vitasoy Complete is an all-natural, low-carb product made with organic soybeans and sweetened with organic, unrefined cane sugar. This makes it an ideal product for diabetics. It is also low in carbohydrates and contains soluble fibre. Look for Original or Vanilla in the shelf stable section where you shop.

- News Canada

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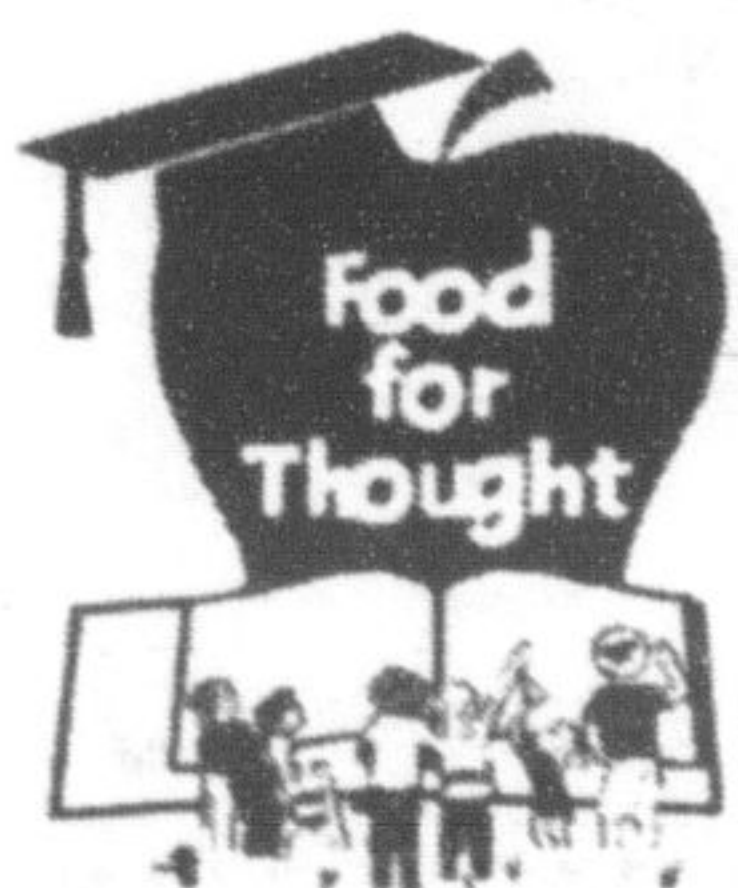
## Nutrition Notes

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### Did you know...

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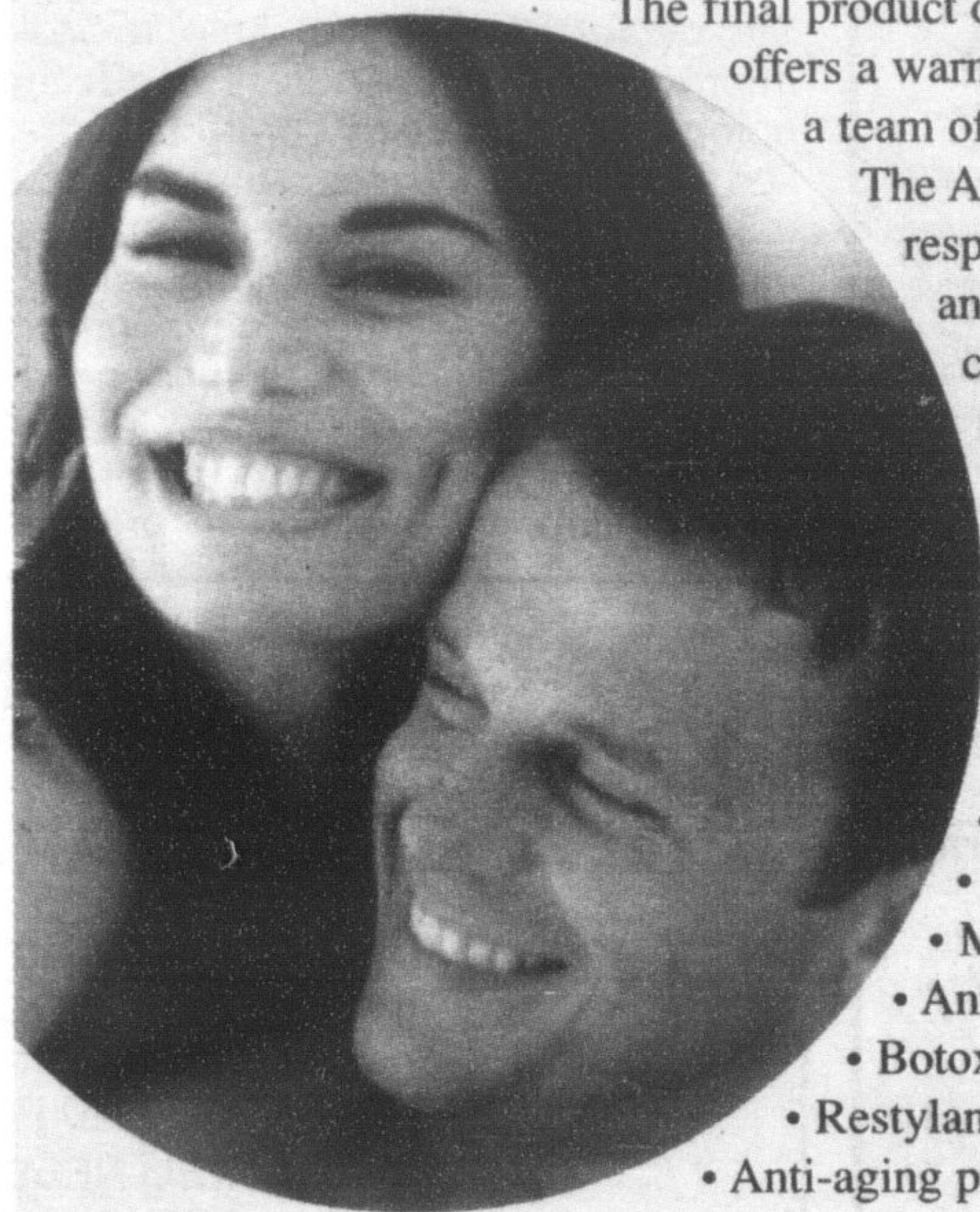
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