



WOMEN'S HEALTH

Even More Reasons To Have Soy Every Day

(NAPSA)—In 1999, the Food and Drug Administration stated that consuming 25 grams of soy protein daily, as part of a diet that's low in saturated fat and cholesterol, can help reduce the risk of heart disease. Soy has also been found to reduce some of the symptoms of menopause.

There is also evidence that soy protein may help stem the development of breast cancer in women who are in the early stages of the disease. A key piece of evidence in this regard is that Asian diets contain larger amounts of soyfoods than typical American diets—and rates of breast cancer are markedly lower in Asian women.

As a result, the makers of one popular soy product have once again partnered with The Susan G. Komen Breast Cancer Foundation—as part of an ongoing effort to raise both research funds and awareness of the disease.

During Breast Cancer Awareness Month, Sun Soy soymilk made a donation of \$115,000 to the Foundation. In addition, the company also supported 16 local Komen Race For The Cure events across the country.

Sun Soy contains 6.25 grams of soy protein and 33 milligrams of isoflavones per eight-ounce serving. Isoflavones are naturally occurring plant compounds found in soybeans that help reduce the risk of disease.

Sun Soy is a non-dairy, lactose-free, lowfat, cholesterol-free beverage. It comes in four flavors: Creamy Original, Vanilla, Chocolate and Coffee Latte. It carries the American Heart Association certification seal as a lowfat, low-cholesterol, "heart healthy" product.

In addition to being a delicious, healthful drink on its own, Sun Soy is a flavorful part of numerous recipes, such as this luscious Crème Brulee, which offers all the richness of the traditional dessert, but without the dairy.



Soy products, such as soymilk, offer a number of health benefits for women.

For additional recipes or more information, visit the Web site at www.sunsoy.com.

Chocolate Crème Brulee

- 3 cups Sun Soy soymilk**
- 8 egg yolks**
- 1 cup sugar**
- 8 oz. dark chocolate chips**
- 1 Tbsp. cornstarch**
- Additional sugar**
- 1 torch**

1. Heat Sun Soy soymilk mixture over medium heat (do not boil).

2. Beat egg yolks and sugar together.

3. Melt chocolate.

4. Add Sun Soy soymilk and melted chocolate to egg mixture, whisking constantly.

5. Transfer to double boiler and whisk to thicken (add 1 Tbsp. cornstarch to 1 Tbsp. hot water and add to mixture to speed thickening).

6. Refrigerate for approx. 1 hour to set.

7. Transfer to ramekins or cookie cups to serve.

8. Top with additional sugar and torch.