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# YOUR HEALTH & NUTRITION

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## Soy: A Smart Choice For Diabetes

(NAPSA)—The right food choices can do you good even if you're not as healthy as you think you are. Doctors estimate there are 18 million people in the United States who have diabetes, and millions are unaware they have the condition.

Diabetes is a condition characterized by high blood sugar levels, or hyperglycemia. Insulin, secreted by the pancreas, normally keeps sugar levels in check, but diabetics either don't make enough insulin—called type 1 diabetes—or have become resistant to insulin, usually due to being overweight—type 2 diabetes. High blood sugar levels can cause premature heart disease, kidney failure, blindness, nerve damage and poor-healing ulcers.

While soy will not cure diabetes, it can be a smart nutritional choice to support better diabetic health. Here are some tips for a diabetes-friendly lifestyle:

- Weight loss may help lower insulin resistance in type 2 diabetes. By and large, the best way to lose weight is gradually, one or two pounds a week. Strict diets should never be undertaken without the supervision of a doctor. Soy protein is said to be excellent for weight loss.

- Soy may support better kidney function—it is easier on the kidneys than animal protein. Diabetics are particularly susceptible to kidney problems due to damage from chronic high blood sugar levels.

- People with diabetes have twice the risk of developing heart disease as those without diabetes, and high blood cholesterol levels raise the risk of heart disease. Losing weight and reducing intake of saturated fats and cho-



### Research suggests soy can support diabetic health.

lesterol, in favor of unsaturated and monounsaturated fats, can help lower blood cholesterol. Soy may lower the risk of heart disease, a key concern for diabetics, by reducing cholesterol and oxidation of LDL cholesterol, a process that makes bad cholesterol even worse.

After years of carefully reviewing almost 40 clinical studies on soy and cholesterol, the FDA concluded that diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.

Revival Soy offers a range of products appropriate for diabetics. The shakes contain 20 grams of soy protein and are sweetened with Splenda or unsweetened. The company's low-sugar, low-carb protein bars contain 16-19 grams of soy protein and are available in three flavors. Diabetics can also benefit from baked pasta soy chips, soy pasta, soy coffee and soy nuts. For more information on soy's benefits or to order, go to [www.soy.com](http://www.soy.com).