

Soy Protein: What You Need to Know (Avery's Nutrition Discovery Series)

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Abstrak

An informative guide to the importance of soy protein in reducing the risk of coronary heart disease and other major disorders.

A recent announcement by the FDA regarding soy protein has led to overwhelming interest in its ability to reduce coronary heart disease. Now, a registered dietitian provides easy-to-understand insight into the numerous health benefits linked to soy protein.

In Soy Protein, readers will discover how soy's high-quality protein can reduce the risk of the most common and serious form of cardiovascular disease. Included also is important information concerning soy protein's potential for preventing certain types of cancer and osteoporosis. In addition, the book sets forth helpful guidelines for incorporating soy into your diet, including a detailed list of the various available soy products.