

SOY AND COGNITIVE FUNCTION

The role of soy protein and soy isoflavones in mediating brain (cognitive) function is an emerging area of research. More studies are needed, particularly in humans, before conclusions regarding the effect of soy on brain function can be made.

Researchers at the Australian National University recently analyzed 23 studies comparing the incidence of dementia and Alzheimer's disease in different countries. They found that people in East Asian countries, where soy is a diet staple, have a significantly lower incidence of dementia and also tend towards a lower incidence of Alzheimer's disease compared to people from European countries.