

## SOY AND THYROID

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Research suggests consumption of soy foods may provide protective effects for the thyroid in relation to cancer. A recent study found an association between consumption of soy-based foods and phytoestrogens and reduced risk of thyroid cancer in women (*Horn-Ross et al, 2001*).

There is no scientific evidence or clinical human studies showing a correlation between soy consumption and thyroid disorders in healthy people consuming a balanced diet. A number of clinical studies show no clinically significant changes in thyroid hormones in either men or women consuming soy protein or isoflavones. (*Ham et al, 1993; Duncan and others, 1999a; Duncan and others, 1999b; Mackey and others, 2000*).

While some studies conducted in test tubes have shown that purified isoflavones can interfere with a certain thyroid enzyme (thyroid peroxidase), this has occurred at levels of isoflavones that would not be consumed as part of a normal balanced diet. It should be noted that many flavonoid compounds found in fruits and vegetables have the same effect.

If you are experiencing health problems related to thyroid function, you should consult with your health practitioner and/or dietitian for dietary recommendations.