



CHIP CHAT

FOR ALUMNI & FRIENDS - APRIL 5, 2004

The Joy of Soy

Imagine you have the ability to create the perfect food, a substance so incredible that it could solve many of the world's nutritional ills. What would it be like?

First of all, it would have to be delicious. It would have to be easy to work with and so versatile that it would never be boring. It would provide complete nutrition, free of cholesterol and saturated fat so it would cause no ill effects to the human body. Even better, it would actually help prevent –perhaps even reverse –some of today's most dreaded killer diseases. It would be easy and cheap to produce and it could be grown in a variety of soils and climates. Its cultivation wouldn't deplete the earth of nutrients and would even enhance the environment.

The fact is we don't need to imagine this "miracle food" because it already exists. It is called soy.

A recent study reported in the New England Journal of Medicine stated that participants who consumed 17 to 25 grams of soy products a day reduced their serum cholesterol 9.3 percent on average. Furthermore, their levels of LDL (bad cholesterol) declined 13 percent, while levels of HDL were unaffected.

Soy also contains an essential oil, linoleic acid, which is one of the Omega-3 fatty acids linked to the reduction of heart disease. Study participants with the highest levels of cholesterol showed the greatest improvement, as did those who consumed the greatest amounts of soy. The conclusion reached by the study was that regular intake of soy protein could reduce the risk of heart disease by 20- 30 percent.

In addition, soy lowers the risk of breast cancer, eases the symptoms of menopause, protects against prostate cancer, prevents digestive disorders, eliminates the problem of lactose intolerance, prevents the problems of milk allergy and soy is beneficial in diabetic diets. What a great list of positive results!

Yet, I have seen horror stories circulated saying soy ruined their health, causing thyroid cancer, osteoporosis and Alzheimer's Disease, etc. Websites claim to tell the "Real Truth" about soy. Is there really a problem with soy? The fact is that these horror stories are mostly anecdotal, without scientific basis. The problems may have occurred for other reasons or by excessive overeating too much of a good thing. Is it safe to eat soy? Check out <http://www.veganoutreach.org/health/soysafe.html>

Letters to the Editor

There is info on the web that says eating soy products is bad for your health... Yet you use soy and tofu in many of your recipes... Please HELP me. -SG

I sent this question to some of my scientific advisors. Here was their quick response.

“It is hard to find something scientific that says bad things about soy. Consider it good... unless you happen to get a lot of gas from tofu, like I do.” –George Guthrie, MD, MPH, Lifestyle Center of America

I asked our PhD in Nutrition about soy. Here’s the bottom line from her review:

1. Don't eat the powdered soy isolates or concentrates. They can be harmful.
2. Eat most of your soy as close to natural state as possible such as cooked soy beans or Edamame
3. Tofu is fine, but not every day. –Dena Guthrie

“Best resource person is Dr. Messina, Prof. at LLU, SPH. He is the soy expert in the country.” –Hans Diehl

Quotable Quotes

“Most of the change we think we see in life is due to truths being in and out of favor.” –Robert Frost

“I certainly think caution is reasonable. Soy is probably beneficial in moderate amounts, possibly harmful in larger amounts.” –Alan R. Gaby, M.D., a nutrition professor at Bastyr University in Kenmore, Wash., after reviewing a few of the studies on the adverse effects of soy

“The greatest challenge in medicine today is to be found in motivating people to assume more responsibility for a health-affirming lifestyle.” –C. Everett Koop, MD, former US Surgeon General

“There are clearly enough reasons now for health professionals to recommend soy to their patients.” –Mark Messina, PH.D, author [The Simple Soy Bean and Your Health](#).

“The trouble with jogging is, by the time you realize you're not in shape for it, it's too far to walk back.” –Sent in by Rose

“Every shot not taken is a goal not scored.” –Hockey great Wayne Gretzky

History of Soy



For the complete version of the Chronology of the Soybean go to:
<http://www.thesoydailyclub.com/MOSedamame/MOSedamame1.asp>

First a few basic definitions:

(1) "**Vegetable-type soybeans**" refers to certain large-seeded soybean varieties developed for use as a vegetable crop.

(2) "**Green vegetable soybeans**" refers to vegetable-type soybeans harvested at the green stage for use as a vegetable. The beans can be cooked and served in or out of the pods.

(3) "**Edamame**" is the Japanese term for green vegetable soybeans cooked and served in the pods, often as a snack - like peanuts in the shell. The green beans are popped out of the pods directly into the mouth of the person eating them.

1890 Dec. - The first large-seeded vegetable-type soybean variety arrives in America. Named Edamame, it was introduced from Japan by Charles C. Georgeson, who had been a professor of agriculture in Japan.

1917 - During World War I, USDA researchers conduct cooking tests on many soybean varieties in search of an inexpensive source of protein that lacks the typical unpleasant beany flavor and will cook quickly.

1923 March - *The Soybean*, by Charles V. Piper and William J. Morse, published by McGraw-Hill (329 p.), is the first major book written about this plant in the United States. Between 1915 and 1929 Morse mentioned green vegetable soybeans in more than 20 publications.

1929 - Henry Ford is mostly remembered for the Model T, mass production and the five-dollar day, which doubled his worker's pay. But he should equally be remembered for his extensive soybean experimentation and research into plastics – his last great achievement and the work that delighted him most. After extensive research, he decided in 1931 to focus attention on the soybean, rich in versatile oil, high in protein and with a residual fiber amenable to many uses.
<http://www.thesoydailyclub.com/MOShenryford/henryfordDL1.asp> *click for more great info*

1935 Dec. - Dr. John Harvey Kellogg of Battle Creek, Michigan, is the first person on record to can green vegetable soybeans, or to consider harvesting them mechanically.

1936 July - Green Shelled Soy Beans (canned) are first sold in the USA by Dr. John Harvey Kellogg's Battle Creek Food Co. in Battle Creek, Michigan. This is the earliest known commercial green vegetable soybean product in the USA.

1991 June - Yamato Flight Kitchen of Burlingame, California, starts serving edamame on Japan Airlines flights from San Francisco to Japan.

2001 - The U.S. company with the most innovative and extensive line of edamame products, the best and most colorful graphics (labels and ads), and the most extensive advertising, is Seapoint Farms of Huntington Beach, California, founded in 1997 by soyfoods pioneer Kevin Cross.

Cool Websites & Articles

The Soy Daily: Mark Messina, PhD., MS. Soy Author and Researcher

<http://www.thesoydailyclub.com/Books/MarkMessina.asp>

Inside this website you can find a wealth of information... over 400 soy recipes... not all CHIP approved... but full of great ideas which may be modified.

Abstract: Soybeans and the Prevention and Treatment of Chronic Disease

<http://www.ag.uiuc.edu/~stratsoy/expert/abs1.html> –by Mark Messina

In eating Soy... Less is More:

<http://www.haelan.co.uk/Wholefood-Soya.shtml#mod>

In the West when we are told something is good for us, we tend to think the more we eat, the healthier we will be. This is muddled thinking, healthy eating involves moderation and balance. Don't fall into the trap of eating large quantities of soy products to satisfy protein cravings, you may in the end do more harm than good.

The Latest and Best Scientific Article ever written on CHIP.

<http://www.chipusa.org/downloads/Rationale.pdf>

Research paper by Heike S. Englert, Ph. D., M.P.H.; Hans Diehl, Dr.H.Sc., M.P.H.; Roger Greenlaw, M.D. shows effectiveness of the CHIP lifestyle intervention program.

Disclaimer: Links to websites referred to in this newsletter do not necessarily constitute endorsement by the Adventist Chip Association for all of the content therein.

Questions & Answers

Is Soy not a highly allergic food?

Soy protein has been rated 11th among foods in terms of allergenicity, although milk and eggs are also considered very allergenic foods (Wraith & Young, 1979). In healthy, non-allergic children, soy is generally less allergenic than cow's milk. The incidence of cow's milk allergy ranges from 0.3 to 7.5% among infants. Allergy to soy is seen in 0.5% or less of this population (Eastham, 1989). Soy allergy is uncommon among adults.

Is there any truth to the claim that excess soy in an infant or child's life may be linked to early menstruation?

Soy-based infant formulas have been used in the U.S. for over 40 years. There's no indication that girls start menstruating early due to soy consumption.

Can soy protein reduce cholesterol in men and women?

It's been demonstrated in several clinical trials. In total, more than 40 clinical trials have demonstrated that soy protein can reduce cholesterol in men and women. The effective dose of soy protein per day appears to range between 25 and 50 grams.

CHIP Happenings

- Apr. 4 **Chatham, ON** starting first CHIP–Robert Toms, *Director*
Forest Grove, OR starting first CHIP–Carl Carmichael, *Director*
Fort Washington, MD starting 2nd CHIP–Anna Hicks, *Director*
Haines Junction, YT starting 15th CHIP–Butch & Laurie Johnson *Directors*
Kettle Falls, WA starting 3rd CHIP–Janice Enquist, *Director*
Palo Cedro, CA starting first CHIP–Carol Campbell, *Director*
Portland (Boring), OR starting 3rd CHIP–Don Schafer, *Director*
Red Deer, AB starting 2nd HIP–Randa Dahr, *Director*
West Lenexa, KS starting first CHIP–Vivian Neuharth, *Director*
Woodland Park, CO starting 3rd CHIP–Don Dunkin, *Director*
- 5 **Asheville/Fairview, NC** starting 2nd CHIP–David Rau, *Director*
Fort Worth/Joshua, TX starting 2nd CHIP–Theron Collins, *Director*
Johnson City TN starting first CHIP–Mary Butler, *Director*
London, ON starting 3rd CHIP–Gord & Kathy Rayner, *Directors*
Medicine Hat, AB starting 3rd CHIP–Doreen Cazes, *Director*
Mission, BC starting 4th CHIP–Inge Gray, *Director*
Overland Park, KS starting 3rd CHIP–Carol Blackwell, *Director*
Roseburg, OR starting 3rd CHIP–Andrea Collins, *Director*
Toronto/Willowdale, ON starting 3rd CHIP–Bev Miller, *Director*
- 11 **Beaverton, OR** starting 3rd CHIP–David Cheek, *Director*
- 12 **Sacramento/Rocklin** starting first CHIP–Maxine Blome, *Director*
- 18 **Rochester, MN** starting 2nd CHIP–Art Meyer, *Director*
Wetaskiwin, AB starting 6th CHIP–Harald Zinner, *Director*
- 19 **Bremerton, WA** starting 2nd CHIP–Randy Moseanko, *Director*
Calgary, AB starting 4th CHIP –Ron Blaney, *Director*
Cornerbrook, NL starting first CHIP–Diane Burns, *Director*
Edmonton, AB starting 6th CHIP–Christine Simpson, *Director*
Grand Junction, CO starting first CHIP–Cathy Kissner, *Director*
Midland, TX starting first CHIP–Kathy Hamel, *Director*
Napa, CA starting first CHIP–Chuck Williams, *Director*
- 26 **Danbury, CT** starting 3rd CHIP–Terry Littorio, *Director*
Winnipeg, MB starting first CHIP–Karen Dobbin, *Director*

What's happening in your area? Why not drop me a note so I can share it?

Let us know when your next CHIP program is scheduled so we can post it on our web site. –Sherwin Goerlitz: chipchat@sdachip.org

Looking for a CHIP Program?

Check out the CHIP Website to find the location and date of the next CHIP closest to you and share it with your friend or family member.

<http://sdachip.org/locations/>

Recipe of the Day

Edamame Curry Stir-Fry

It has been very exciting to learn about Edamame and to add it to our list of favorite foods. Although we had eaten whole soybeans before as a dried snack, it has not been until this past week that we have bought them in the frozen food section and included them in a recipe. So try it... I think you will be surprised!

Edamame can be served plain as a side dish just as you would peas or corn along with an entrée. Shirley included them in a stir-fry yesterday and served it on a bed of rice... it was absolutely delicious.

In **2 Tblsp. Olive oil** stir fry the following:

- 1 large onion, chopped coarsely**
- 1 cup sliced small white mushrooms**
- ½ cup julienne sliced carrots**
- ½ cup chopped red pepper**
- ½ cup chopped cauliflower**
- ½ cup coarsely chopped broccoli**
- 1 cup frozen Edamame**
- ½ cup roasted cashews**

As vegetables are cooking add 3 T. Vegan Stir Fry Sauce. This item had no nutritional fact information, so is not included in our nutritional Facts.

Then stir in Curry Sauce.

- 1 ½ cups of soy milk**
- 2 heaping Tblsp. Mild curry paste**

Serve over brown basmati rice.

NutritionFacts	
per serving makes 8 servings	
Amount per serving	
Calories	143
Calories from fat	77
% Daily Value *	
Total Fat 8.6g	13%
Saturated Fat 2.4g	12%
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 10.9g	4%
Dietary Fiber 3.4g	14%
Protein 5.7g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
53.7% of calories from Fat 30.4% from Carbohydrates 15.9% from Protein	

Did You Know?

- US is the number one producer of soybeans
- 400,000 US soybean farmers
- 74,000,000 acres are planted each year in soybeans
- 2.6 billion bushels of soybeans are grown in US/year worth
- 12 billion dollars
- the majority of the crop is pressed into soy oil
- remainder turned into animal feed
- At least 70% of the green vegetable soybeans consumed in the USA are imported, mainly from China or Taiwan
- The two main U.S. growers are SunRich in Minnesota and Cascadian Farms in Washington state.

- It is interesting to see how big business is getting into soy foods; Kellogg's purchased Worthington Foods; Kraft Purchased Boca Burgers.

Super Size Your Time

Rather than getting extra large food portions for a few extra pennies, focus on super-sizing your time instead.

One of the reasons why the French have had a history of lower obesity rates compared to Americans may be the time they typically spend eating a meal. Not only do the French eat smaller portions, but they also spend more time enjoying their meals compared to Americans. Eating slowly may help trigger feelings of fullness before you overeat. –February 5, 2004 Real Age Newsletter

Hans Diehl's Speaking Appointments

May 1 Breath of Life Church, Washington, DC Anna Hicks 301-248-2678
10:30 **From Cripple to Champion**

May 2 Washington DC Graduation exercises Anna Hicks 301-248-2678
3:00 PM **Transformations**

July 5 Kettle Falls, WA Janice Enquist ph.....
4:00 Regional meeting for CHIP leaders and church leaders interested in CHIP
7:00 Regional Health Rally for the Community.

July 6-9 CampMeeting Malo, WA Gale Hooper 509-779-4444 (10 hours)

Jul 10-16 CampMeeting Boden, Alberta (Canada) Darlene Blaney 403-288-9293 (20 hrs.)

Jul 25-30 CampMeeting Redwoods, CA Dr. Gordon Botting 916-715-1900 (14 hours)

In the News

In Pursuit of Veggie Dogs at Boston Red Sox Fenway Park

<http://www.thesoydailyclub.com/Food/SoyVeggieDogs03192004.asp>

March 18, 2004 - Soy Happy just followed up with the Aramark concession rep who was considering the addition of veggie dogs to the Fenway Park menu. He is open and receptive to the addition of veggie dogs. However, as opening day is on April 9th, he informed us that the workload in preparing for the already full menu is beyond the scope of considering one more new item. He said they would certainly consider veggie dogs for NEXT season.

To get our favorite foods requires letting our choices be heard. The squeaky wheel gets the grease.

Laugh a Little

What Can We Eat?



Can't eat beef... mad cow.

Can't eat chicken... bird flu

Can't eat eggs... again, bird flu

Can't eat pork...fears that bird flu will infect pig

Can't eat fish...heavy metals in the water has poisoned their meat

Can't eat fruits and veggies... insecticides and herbicides

Hmmmm! I believe that leaves chocolate!

Closing Thought

“Life is not just a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming: WOW.... WHAT A RIDE !!!”

—*Author Unknown*

“There must be more to life than having everything.”

—*Maurice Sendak*

What is CHIP? CHIP stands for **Coronary Health Improvement Project**. The Adventist CHIP Association is an international, non-profit, grassroots and volunteer-driven organization whose mission is: *To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.* To find out more about CHIP or the next CHIP program nearest you check out Adventist CHIP Online at <http://www.sdachip.org>

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