{enclose http://dev.ksco.got.net/podcasts/foodchain_mar022013.mp3 14427812 audio/mpeg}

Ubiquitous Soy & Precocious Puberty

Food Chain Radio Show #911 • March 2, 2013 • Sat 9AM Pacific

***********Michael Olson hosts: Nancy Chapman, Executive Director, Soyfoods Association of North *********America & Pharmacist Ben Fuchs, Host, Bright Side Radio Show**

••••

Could ubiquitous soy cause precocious puberty?

A challenge: Go out into the world and find a loaf of bread that does not contain some form of soy. Good luck!

•••

Soy is in the hamburger, in the hamburger bun, and in the milkshake. In fact, soy is in many, if not most, of the processed foods we eat, including:

****

- **Baked Goods: breads, cookies, crackers, etc.**
- **Breakfast cereals: hot cereal mixes and protein bars**
- **Pasta: including U.S. National School lunch pastas**
- **Beverages & Toppings: coffee whiteners, whipped toppings, protein drinks**
- **Meat, Poultry, Fish: products processed from whole parts**

- **Dairy: imitation milks, cheeses, frozen yogurts, milk blends**

•••

And of course, soy is in the baby formula.

•••

We now feed our children soy in many of their foods from the day they are born until the day they go out into the world on their own.

••••

Wait! There is another thing to consider about our children: They are becoming sexually mature at a much younger age. In the 19th century, girls began menstruating at the average age of 15. Today girls begin at the average age of 12. Boys also are maturing years earlier, with some groups developing at the age of nine!

••••

The ubiquity of soy in our children's foods, and the precocious puberty of our children, lead us to ask…

••••

Could ubiquitous soy cause precocious puberty ?