The Green-Eyed Momster

Worried about Soy?

Posted by Belinda Miller on January 22, 2008 - 11:16am.

My four year old daughter Georgia and I were at a play date when she was offered some milk. She accepted, and sniffed a big gulp. She made a face, glared at the offending Mommy, and asked accusingly, "Is this COW milk? I don't LIKE cow milk!" Now, when someone asks her if she wants milk, she politely — if warily — asks, "Is it cow milk or soy milk?" I have to explain that she isn't lactose intolerant — just generally intolerant!

Georgia has been drinking soy milk since she was weaned off breast milk at around two years old. I gave it to her because it's what we always had around the house, and she was old enough to make a choice. I trusted that she was getting the same amount of calcium, if more added (not naturally occurring); sugar, and didn't really think much else about it.

Until last week, when my pal "The Doctor-to-Be" told me she wasn't giving her one year old soy milk — not because of allergies, but because her pediatrician had concerns about soy. I gave it a second thought. Recently, my reliable source for evenhanded information (haughtily disparaged in the Dark Side article) did give me pause, several other dependable sites relieved my mind, including Dr. Wolff, my reliable source for overhauled information (happily disparaged in the Dark Side article). After absorbing their more trusted advice, I don't think soy is a ticking time bomb that will affect Georgia's fertility, and I trust her bones are growing fine. (If you read the anti-soy article, make sure you go to the responses section, where many of the author's facts are disputed.) I know from past anxiety-driven Internet searches that the web is full of articles to support my worst fears. But I try to balance those fears with instinct, and the feedback of reputable sources, doing my best to feed my family a varied, healthful diet that fits in with my environmental concerns, without getting too nuts.

My verdict? I think we can continue to enjoy our soy hot chocolate (fair trade, yum!) and tofu (well, enjoy might be too strong a word for tofu) without worry.

Topics: Food healthy diet parenting soy The Green-Eyed Momster

Thank you for this

by Maywar on January 23, 2008 - 1:59pm

I've been a vegetarian for almost ten years now, and I recently started reading bad things about soy as well. I agree that a healthy, balanced diet is the best way to eat, and I can't wait to pass this along to my soy-skeptical roommate.

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Worried about Soy - LIME
The main thing I have learned about soy, and all other foods, actually, is that you have to know your own body and whether how it makes you feel is right for you. I cannot tolerate soy products in the least, but some of my children like them, and my mother-in-law couldn't live without her soy milk. Another main consideration is moderation. We tend to be an all-or-nothing society, when the reality is that most things are ok for us if we don't overindulge. I don't use or eat chemicals, preservatives, artificial anything or processed sugars, but if I am out, or someone offers me something, chances are I'm going to get some. Just living exposes all of us to underdordable elements, so we have to do what we can or feel we should, and continue to live full and active lives. I don't stress over every little element, but I am scrupulous where I can control my environment, and my children and I have benefitted greatly in our health and well being because of it. Educate yourself, make choices, and then follow through, but be willing to keep learning and refining!

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Cat killer!
by NewfGirl on January 23, 2008 - 4:20pm
Did you read the last response (click on responses in the article above) from the woman who thinks soy is dangerous because it killed her feral cats' kittens or made the cats ill? Umm...how about the fact that cats shouldn't eat soy! Or dog food for that matter.... No matter what the issue, you can always find "studies" that support or dispute pretty much anything. I think common sense is the most important issue when deciding what to feed your family and what not to. And also don't automatically believe everything you read on the internet! Thanks for the article!

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Moderation, yes!
by BelindaMom on January 23, 2008 - 6:47pm
I agree, moderation is key. There are a lot of processed soy junk foods out there, just because it's soy doesn't make it beneficial! And yeah, feeding the cats soy dog food and then blaming soy when the cats die?! That was quite a letter. Thanks for your comments.

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Organic soy
by cbsunshine on January 24, 2008 - 4:22pm
There is a dark side of soy - conventional soy is most likely a GMO and that is what our family uses. Just because it says soy does not make it so. Not all soy is created equal :) Check out the report on GMO's I did last month. www.SunshineOrganics.net

Namaste.

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