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Soybean products may help you live longer – 5th February, 2020

Level 0

Why do Japanese people live longer? A reason might be tofu and miso. Japanese scientists studied the health benefits of soybean products. People who ate tofu and miso were 10 per cent less likely to die from diseases. Soybean-based food cut the risk of death from heart attacks, stroke and other cardiovascular problems.

Soybeans are superfoods. They are rich in protein, fibre and unsaturated fats. They help to lower cholesterol and weight. Soy has been an important part of food in Asia for centuries. The most common types of soy products are tofu, natto, miso and soy sauce. Soybean products are becoming more popular worldwide.

Level 1

Why do Japanese people live longer? One reason might be food like tofu and miso. Japan's National Institute of Health and Nutrition did a study into the health benefits of soybean products. They said people who ate tofu and miso were 10 per cent less likely to die from diseases. Soybean-based food cut the risk of death from heart attacks, stroke and other cardiovascular problems. Eating fermented soy products cut the risk of death.

Soybeans are superfoods. They are rich in protein, fibre and unsaturated fats. Soy fibre helps to reduce cholesterol and weight. Soy has been an important part of food in Asia for centuries. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste) and soy sauce. Researchers say the salt in miso does not increase blood pressure. Soybean products are becoming more popular worldwide.

Level 2

Why do Japanese people live longer than the rest of us? One reason might be soybean products like tofu and miso. Scientists from Japan's National Institute of Health and Nutrition did a study into the health benefits of soybean products. They said people who regularly ate tofu and miso were 10 per cent less likely to die from diseases than people who ate no soybean products. Eating soybean-based food cut the risk of death from heart attacks, stroke and other cardiovascular problems. Eating fermented soy products lowered the risk of death.

Soybeans are superfoods. They are rich in protein, fibre, minerals and unsaturated fats. Soy fibre helps to lower cholesterol and reduce weight. Soy is an important part of the cuisine of Asia, especially Japan. People in Asia have eaten soy since ancient times. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste added to soups) and soy sauce. Miso is high in salt. Researchers said salt in miso does not put people at risk of high blood pressure. Soybean products are becoming popular around the world.

Level 3

There are many reasons why Japanese people live longer than the rest of us. One reason might be soybean products like tofu, natto and miso. Scientists from the National Institute of Health and Nutrition in Tokyo conducted a study into the health benefits of soybeans and their products. They found that people who regularly ate tofu, natto and miso were 10 per cent less likely to die from common killers than people who ate no soybean products. Researchers said eating soybean-based food lowered the risk of death from heart attacks, stroke and other cardiovascular problems. They said: "A higher intake of fermented soy products was associated with a lower risk of mortality."

Soybeans and fermented soybean products are superfoods. They are rich in protein, fibre and unsaturated fats. They are also a source of potassium and other minerals. Soy fibre can help to lower cholesterol and boost weight loss. Soy is an important part of the cuisine of East Asia, especially in Japan. People in Asia have eaten soy since ancient times. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste added to soups) and soy sauce. Some scientists say miso is high in salt. The researchers said salt in miso does not put people at risk of high blood pressure. Soybean products are becoming more popular around the world.