

Resources for Podcast Episode “Soy Foods: Navigating 4 Major Myths Using Research”

Ultra-Processed Foods

- SNI Global Fact sheet: Navigating the Nuances of Ultra-Processed Foods -- https://sniglobal.org/wp-content/uploads/2024/06/SNIGlobal_UPFHandout_Final.pdf
- CPE module from Karen Collins Nutrition: Ultra-Processed Foods: Research on Cardiovascular Health and Cancer – Nuances Matter for Sound Advice <https://karencollinsnutrition.com/course/cpe-ultra-processed-foods-research-on-cardiovascular-health-and-cancer/>
- Can Ultra-Processed Foods be Nutritious? (Julie Hess interview on The Nourished Child <https://thenourishedchild.com/ultra-processed-foods/>
- Sound Bites podcast: <https://soundbitesrd.com/podcast-episode-205-ultra-processed-foods-hyperpalatability-nutrition-dr-mark-messina/>
- Sound Bites podcast: <https://soundbitesrd.com/podcast-episode-261-ultra-processed-foods-dietary-guidance-where-is-the-research-to-date-dr-joanne-slavin/>

Seed Oils

- SNI Global Seed Oil Fact sheet -- https://sniglobal.org/wp-content/uploads/2023/05/Seed-Oils-Fact-Sheet_FINAL.pdf
- AHA infographic: 4 Ways to Get Good Fats -- <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/4-ways-to-get-good-fats-infographic>
- Scientists debunk claims of seed oil health risks – Harvard Health brief newsletter, June 2022 -- <https://www.hsph.harvard.edu/news/hsph-in-the-news/scientists-debunk-seed-oil-health-risks/>
- Healthful Oils: Myths and Facts about Seed Oils - Today’s Dietitian, June/July 2023, 25(6):18 <https://www.todaysdietitian.com/newarchives/0623p18.shtml>
- Sound Bites podcast: <https://soundbitesrd.com/podcast-episode-218-omega-6-pufas-inflammation-nafld-dr-martha-belury/>
- Sound Bites podcast: <https://soundbitesrd.com/podcast-episode-248-seed-oils-controversy-claims-culinary-uses-dr-wendy-bazilian/>

Breast Cancer

- Soy and Breast Cancer: Myths and Misconceptions – American Institute for Cancer Research (AICR) blog - <https://www.aicr.org/resources/blog/soy-and-cancer-myths-and-misconceptions/>
- Soy and Breast Cancer: How to Put Headlines in Context of Overall Research – a deeper look at the research behind the headlines on Karen Collins’ website - <https://karencollinsnutrition.com/soy-and-breast-cancer-where-are-we-now/>
- Webinar for dietitians: “Empowering Health: Exploring the Nexus of Diet and Soy in Breast Cancer Recurrence”, presented by Lawrence H. Kushi, ScD; Mark Messina, PhD, MS; and Karen Collins, MS, RDN, CDN, FAND. (Sponsored by SNI Global. Enter email address to watch on demand free of charge) <https://sniglobal.org/soy-and-breast-cancer/>

Male Feminization

- Pubertal Gynecomastia - Pediatric Endocrine Society: <https://pedsendo.org/patient-resource/pubertal-gynecomastia/> (PDF download available)
- The health effects of soy: A reference guide for health professionals. *Frontiers in Nutrition* 2022. (Partially funded by United Soybean Board)
<https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2022.970364/full>
- Soy and Child Nutrition Guide: https://sniglobal.org/wp-content/uploads/2022/07/Childrens_Soy-and-Nutrition-Guide.pdf
- Physical Development in Boys – American Academy of Pediatrics, Healthy Children site:
<https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/Physical-Development-Boys-What-to-Expect.aspx>
- Nourished Child Podcast: Body Image Issues in Boys: <https://thenourishedchild.com/body-image-issues-boys/>
- *Kids Thrive at Every Size: How to Nourish Your Big, Small, or In-Between Child for a Lifetime of Health and Happiness*
- *Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School*

General

Karen Collins, MS, RDN, CDN, FAND:

- Karen Collins Nutrition website, to access reviews of nutrition research:
<https://karencollinsnutrition.com/>
- Subscribe to receive nutrition research updates by email:
<https://info.karencollinsnutrition.com/subscribe-email-research-reviews>
- Continuing Professional Education (CPEUs) from Karen Collins Nutrition:
<https://karencollinsnutrition.com/dietitian-continuing-education-cpe/>
- Karen's dietitians-only membership, the Daunting to Doable Nutrition Pro Circle information and wait list: <https://info.karencollinsnutrition.com/membership-waitlist-info>

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Jill Castle, MS, RDN, LDN:

- Jill Castle Nutrition website, to access professional services: <https://jillcastle.com/>
- Subscribe to receive The Munch newsletter: <https://thenourishedchild.com/munch/>
- The Nourished Child parent education website and podcast: <https://thenourishedchild.com/>
- Jill's latest book: *Kids Thrive at Every Size*: <https://thenourishedchild.com/kids-thrive-at-every-size/>

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Melissa Joy Dobbins, MS, RDN, CDCES:

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