

# DID YOU KNOW...

**that school cafeterias can use as much soy, a common food allergen, as they choose to in their meal preparation?**



In response to an outcry over tainted meat being served with school lunches and the growing problem of obesity in children, directives have been issued in the U.S., Canada, the U.K. and Australia overturning previous guidelines limiting soy content to 30% in items such as tacos and burgers. These directives are removing the limits and school cafeterias can now offer meals with no meat in them at all.

Menu planners had reported having difficulty meeting guidelines regarding the reduction of fat content in meals and so new federal regulations eliminated restrictions on the use of soy or tofu.

The problem being that research is showing that consuming too much soy is actually not beneficial but detrimental. Sally Fallon & Mary G. Enig, Ph.D. wrote an extensive report entitled "Newest Research On Why You Should Avoid Soy" covering everything from the dangerous "antinutrients" in soy to the unrealistic expectations placed on this bean to help lower cholesterol and obesity.

For more information visit [www.mercola.com/article/soy/avoid\\_soy.htm](http://www.mercola.com/article/soy/avoid_soy.htm)  
and [www.highbeam.com/doc/1G1-61892250.html](http://www.highbeam.com/doc/1G1-61892250.html)