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## MISO SOUP - BREAST CANCER PROTECTION

There are many foods that contribute to reducing the onset or re-occurrence of breast cancer. Most all of them are plant based fruits, vegetables, beans, whole grains, nuts, seeds, and sea-vegetables.

One special food I would like to discuss is made from fermented soybean called MISO.

What is Miso?

It is a 3000 year old food used by Asian cultures to season soups, stews, and make sauces. Miso is salty so you do not need to use a lot. It has a savory flavor and is very rich with similar probiotic strains contained in yogurts with active cultures.

Japanese restaurants are a good place to sample Miso soup.

It is delicious, good for your digestion, and helps to improve bowel regularity. As reported in the Journal of the National Cancer Institute, Vol.95,#12, Miso soup consumption is linked with up to 50% reduced risk of breast cancer! That's an impressive finding.

Miso paste, as it is called, can be found at Whole Foods and Japanese markets. It comes in red miso, white miso, barley miso, rice miso, and non-soy

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chickpea miso varieties. They are all good. The white misos are sweeter without sugar being added.

A quick miso soup recipe follows. If you make it, let me know how it comes out. If you are not a cook, go buy some at the restaurant!

### **Miso Soup Recipe**

4 cups water or vegetable stock - bring to a boil.  
Add- 1/2 chopped onion, 1 chopped carrot,  
optional- (wakame seaweed flakes-1 Tablespoon)

1/4 cake of cubed tofu.

Cook on medium low for 20 minutes.

Measure out 1.5 Tablespoons of miso in a cup.  
Add some of the hot broth and mash and stir the miso until diluted.

Add this Miso dilution to the simmering soup.

Add a garnish of chopped parsley, scallions, and or spinach leaves- maximum 1/2 cup.

Serve with a meal or refrigerate.

Upon reheating, do not boil the soup- it will kill the probiotics in the soup.

Hope You are having a great summer!

Regards,

Alix B. Landman, MPH, RD

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