

Table 3. Phytoestrogen intake via diets by infants and adults

	Average isoflavone intake mg/per day	Isoflavones mg/kg body weight/day
Japan (1996 survey)	10	0.17
Japan (1996 survey)	28	0.47
In American women, preferentially eating vegetarian diet	45	0.75
FDA recommended amount for adults	25	0.42
Infants receiving soy formula	38	6.25
		*Assumed 60 kg for adults, 6 kg for infants