

Soy & Health

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Experts say genistein and soy formula of 'negligible' concern

As reported in the February 2006 issue of 'Soy & Health', The National Toxicology Program Center for the Evaluation of Risks to Human Reproduction (CERHR) convened an expert panel on March 15–17, 2006, in Alexandria, Virginia, USA to evaluate genistein and soy formula. The expert panel, composed of 14 independent scientists, reviewed and evaluated available scientific data on genistein and soy formula in 3 main areas: human exposure, reproductive toxicity and developmental toxicity. The panel considered the quality, quantity, and strength of the scientific evidence that exposure to genistein or soy formula might cause adverse effects on human reproduction and/or development of the fetus or infant. They also identified gaps in the available scientific data and suggested areas where additional research is needed.

On genistein, the panel concluded that even though there is a paucity of available human data on exposure to purified genistein, there is negligible concern for reproductive and developmental effects from exposure of adults in the general population. They also concluded that there are insufficient human or experimental animal data available to permit a determination of the developmental or reproductive toxicity of soy infant formula but expressed negligible concern for adverse effects in neonates and infants who may consume up to 0.01–0.08 mg/kg bw/day of genistein aglycone contained in soy formula. One member dissented from this conclusion feeling that a higher level of concern was warranted.

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The expert panel also concluded that animal studies using pure genistein should not be extrapolated to humans and that injecting or consuming genistein is very different from the way isoflavones are consumed in food.

Research

Latest research on all aspects of soy and health

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The final reports will be available in May 2006. Following a comment period, CERHR will prepare two NTP-CERHR monographs on genistein and soy formula, consisting of an NTP brief, the expert panel report, and all public comments. All documents will be available from the CERHR website <<http://cerhr.niehs.nih.gov>>.

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UK guidance on vegetarian and vegan labelling published

The Food Standards Agency in the UK has published guidance to improve food labelling for vegans and vegetarians. Produced after consultation with industry and consumer organisations, including the Vegetarian Society and the Vegan Society, the guidance provides criteria for the use of the terms 'vegetarian' and 'vegan' on food labels for the first time.

With over 3.5 million vegetarians and 0.25 million vegans in the UK, the guidance should make it easier for these consumers to identify the products that are suitable for them. It aims to improved consistency in the use of terms on food labels and to prevent some common mistakes by companies such as labelling food or drink that has been derived from animal products or fish as suitable for 'vegans' and 'vegetarians'. For more information visit the FSA website at <http://www.food.gov.uk/news/newsarchive/2006/apr/vegvegan>.

Solbar Industries launches new website

Solbar Industries, specialist in functional soy protein concentrates, isolated soy proteins, textured soy proteins and soy isoflavones, has launched a new, interactive website at <http://www.solbar.com>. The new site shows the wide range of Solbar soy products on offer and provides product descriptions and detailed technical and nutritional information. The site also provides an opportunity for visitors to contact the company with inquiries and sample requests.

FDA urged to define 'natural' for food labelling

The Sugar Association in the US has requested that the FDA "undertake rule making to establish specific rules and regulations governing the definition of 'natural' before a 'natural' claim can be labelled on foods and beverages regulated by the FDA". The petition highlights the importance of two criteria for making a natural claim: (1) a food that does not contain anything artificial or synthetic; and (2) a food or food ingredient is not more than minimally processed.

UK soy milk sales grew over 28% in 2005

According to a report in 'The Grocer' magazine, there was an overall increase in sales in the soy category in 2005 with the biggest sector, soy milk, at 28.9%.

Please note that information in 'Soy & Health' about companies, products or equipment does not imply endorsement.

Vegetarian diets and weight loss

According to a new scientific review people who follow a vegetarian diet are likely to have body weights as much as 20% less than non-vegetarians, and are at lower risk of serious diseases. The scientific review, published in the April issue of Nutrition Reviews, compiled data from 87 observational and clinical studies and showed that the weight loss did not appear to depend on exercise or calorie count, and could occur at the rate of 11b (0.5kg) a week. The review authors report that there is evidence that a vegetarian diet causes an increased calorie burn after meals, meaning plant-based foods are being used more efficiently as fuel for the body as opposed to being stored as fat. The reviewers also reported that insulin sensitivity increased for vegetarians, easing the absorption of nutrients into cells.

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EC approves Cargill acquisition of Degussa's ingredients operations

The European Commission has approved Cargill's acquisition of Degussa's food ingredient operations. The intended acquisition was first announced on 9 September 2005 and was given the green light by US authorities on 17 November. On 14 December the EC opened an in-depth investigation into the acquisition which has now been unconditionally approved.

Degussa's food ingredient operations consist of texturant and flavouring capabilities which will significantly strengthen Cargill's portfolio of texturant ingredients and systems, emulsifiers, flavouring and health promoting ingredients and is consistent with their strategy of becoming the recognised global leader in providing food and beverage companies with innovative solutions that help them succeed.

The EC approval was the final stage in the regulatory approval process allowing Cargill and Degussa to proceed with the necessary financial and legal transfers to complete the acquisition, reported to be worth €540m. For more information visit the Cargill website at <http://www.cargill.com>.



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New infant nutrition book

A new book on infant nutrition "Mieux Nourrir Mon Enfant" by Dr Jean-Michel Lecerf and Bernadette Ragot has been published (in French, price €21) in conjunction with the Institut Pasteur.

For more information visit the website <http://www.editionsatelier.com>.

Legume compounds may help cancer treatment

The Australian Research Council Centre of Excellence for Integrative Legume Research (CILR) (<http://www.cilr.uq.edu.au>) has lodged a complete patent application for compounds to treat cancer. CILR researchers screened legumes for biological activity and identified a number of compounds with potential angiogenic activity. Without an adequate blood supply tumours stop growing and ultimately may regress. The anti-cancer molecules are produced by legumes during the early symbiotic relationship with soil bacteria known as rhizobia which induce legumes to form root nodules. Rhizobia live in the nodules and provide the plant with usable nitrogen that it converts into proteins. The researchers have identified several compounds derived from the legume interaction with the rhizobium bacterium that show strong angiogenic activity.

The CILR formed a company 'Meristomics' in October 2005 to commercialise plant research discoveries, but core funding and major support from Queensland Government Smart State research funding has been crucial. The research has attracted international interest and resulted in formal collaboration with the French Centre National de la Recherche Scientifique. Co-investment discussions are also in progress with a New Zealand company.

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Heart health benefits of soy extend to healthy men

Researchers at the University of Guelph, Canada and the Fred Hutchinson Cancer Research Center, Seattle, USA suggest that soy protein, regardless of how much isoflavones it contains, helps to reduce blood lipids and the chances of developing cardiovascular disease in healthy men.

Thirty five healthy men (average age 28 years) consumed milk protein isolate, low isoflavone soy protein isolate (1.64 ± 0.19 mg aglycone isoflavones/day), and a high isoflavone soy protein isolate (61.7 ± 7.4 mg aglycone/day) for 57 days each, separated by 4 week washout periods, in a randomised cross-over design. Blood samples were collected at the start and end of each treatment period, and total, LDL, and HDL cholesterol; triacylglycerols; apolipoprotein B; apolipoprotein A-I, and C-reactive protein were measured in the serum. Twenty four hour urine samples were collected for 3 consecutive days at the end of each treatment period and analysed for isoflavones.

The researchers found urinary isoflavones were significantly greater with the consumption of the high isoflavone soy protein isolate than with the low isoflavone soy protein isolate or milk protein isolate. With respect to individual serum lipids the differences between the 3 treatments were not significant, but the ratios of total to HDL cholesterol, LDL to HDL cholesterol and apo B to apo A-I were significantly lower with both soy protein treatments than with milk protein. The authors conclude that soy protein regardless of isoflavone content, modulates serum lipid ratios in a direction beneficial for cardiovascular disease risk in healthy young men.

Duncan AM et al (2006), Am J Clin Nut Vol 83, No 2 pp244–251. <http://www.ajcn.org/cgi/content/abstract/83/2/244?etoc>.



Meta analysis provides no clear answer on soy and prevention of breast cancer link

A meta analysis of 18 studies conducted over 26 years concludes that currently the data are not adequate to provide a clear answer to recommend soy foods to prevent breast cancer. The epidemiological studies under review revealed that women who eat soy products may have a slightly lower risk of developing breast cancer but inconsistencies and limitations among the studies raise doubts over potential benefits. The limitations include a difficulty in measuring soy intake accurately, and the possibility that consuming soy may serve as a surrogate for other healthy behaviours.

The researchers also warn that taking high dose soy supplements may do more harm than good in relation to breast cancer as short term studies suggest that changes in breast cell growth might actually increase breast cancer risk.

The review also states that it may take decades before the real impact of soy is known. But for now, even though the evidence of a health link is inconclusive, there was a 'small association' between soy intake and a reduced risk of breast cancer. They also conclude that while the data is too inconsistent to recommend soy as a breast cancer preventive agent, there is no evidence to suggest that consumption of soy foods in amounts consistent with an Asian diet is detrimental to breast health. Indeed, other health benefits offered by the consumption of soy foods, however, small, are likely to outweigh any risks for the population as a whole.

Trock B et al, J Nat Cancer Inst April 2006, Vol 98 No 7 pp 461–471, <http://jncicancerspectrum.oxfordjournals.org/cgi/content/abstract/jnci;98/7/459>

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Type of food affects soy isoflavone bioavailability

According to a team of researchers from universities in the UK, Denmark, Spain, and Unilever UK and Agrotechnology and Food Innovations, The Netherlands, the body's ability to absorb and benefit from isoflavones is greater when taken from juice but not cookies. The study compared the urinary and blood plasma concentrations of daidzein, genistein and equol in 12 postmenopausal women following the consumption of three different foods, cookies, chocolate bars, and juice, each of which contained 50 mg of isoflavones. The women were not receiving HRT treatment nor did they consume soy products on a regular basis.

The researchers found that total excretion of isoflavones in the urine was lowest in the juice, suggesting that more isoflavones are bioavailable from this source. They also found that plasma levels of daidzein were not altered by the food matrix although urinary excretion of genistein was highest from the cookies and daidzein excretion was highest from the bars. The authors conclude that the levels of isoflavones attained, particularly the levels of genistein, may be altered depending on the food matrix consumed.

De Pascual-Teresa S et al, J Nutr Biochem April 2006 (17)(4) pp257-264 (doi:10.1016/ijnutbio.2005.04.008) <http://www.sciencedirect.com/science/journal/09552863>.

Soy supplements reduced bone loss in post-menopausal women

Research by scientists at Taipei Medical University in Taiwan suggests that a daily supplement of isoflavones reduces bone loss in post-menopausal women, but the effect is not dependent on dose. The study randomly assigned 42 volunteer women (aged between 45 and 67 years) who had been menopausal for less than 13 years into 3 groups - 15 were treated with 100mg isoflavones, 15 received 200mg of isoflavone, and 12 women acted as the control group.

After one year the researchers measured bone mineral density (BMD), and bone mineral content (BMC) using dual-energy X ray absorptiometry (DEXA). They found that the BMD of the L1-3 (lumbar vertebrae) and the BMC of the trochanter (thigh bone) significantly increased in the 100mg isoflavone group. However, there was no additional benefit in the 200mg group.

Huang S-Y, J Nutr Biochem Feb 2006 (doi:1016/ijnutbio.2006.01.003) <http://www.sciencedirect.com/science/journal/09552863>.

Isoflavones, genotype and equol production

A multi-centre study investigated the effects of soy isoflavones on metabolic biomarkers of cardiovascular disease risk in 117 healthy postmenopausal women. This randomised, double-blind, placebo-controlled, crossover dietary intervention investigated the effect of isoflavone-enriched (genistein to daidzein ratio of 2:1; 50mg/d) cereal bars consumed for 8 weeks. The researchers found that isoflavones did not have a significant beneficial effect on plasma concentrations of lipids, glucose or insulin, but a significant difference between the responses of HDL cholesterol to isoflavones and to placebo was found with estrogen receptor β (cx) Tsp5091 genotype AA, but not GG or GA. The authors conclude that isoflavone supplementation, at the dose provided in this study, had no effect on lipid or other metabolic markers of cardiovascular disease risk in postmenopausal women but may increase HDL cholesterol in an estrogen receptor β gene-polymorphic subgroup.

Hall et al, Am J Clin Nut 83 (3) pp592-600 March 2006. <http://www.ajcn.org/cgi/content/abstract/83/3/592?etoc>.

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Natto based supplements

Tokyo based, Honda Trading Corporation, is launching a dietary supplement business based on nattokinase, an enzyme synthesised by the bacteria used to make natto, a fermented soybean food. Studies have shown that nattokinase can dissolve blood clots that might otherwise lead to heart attacks. Working with a professor at the Kurashiki University of Science and Arts who discovered nattokinase, Honda Trading have developed a way to produce a highly refined form of nattokinase. They plan to sell the product in powdered form as well as a supplement to food manufacturers and the pharmaceutical industry starting this spring. Sold in pill form as a supplement, it is claimed that two pills a day will provide the same amount of nattokinase as eating a typical 50gm pack of natto.

Yves Veggie Cuisine launches chilled meatless products

North American based, Yves Veggie Cuisine has introduced some new products to its soy-based meatless range. Yves Veggie Ground Round Turkey® is high in protein and rich in omega 3 fatty acids and is pre-cooked to replace the higher fat traditional ground meat product. Similarly Veggie Roast without the Beef® and Veggie Cajun Chicken Slices® are vegetable based soy products containing 300mg of omega 3 fatty acids per serving. Veggie Skewers are an innovative product created with the company's proprietary technology to create a product with a meat-like texture and mouth feel. It is low in fat, cholesterol free and a good source of protein and fibre. For more information about Yves Veggie Cuisine products visit <http://www.yvesveggie.com/>.

Soy pectin based jams

Soy Spreads All-Natural Jams is a new soy product using soy hull pectin. Developed by a team of students at Purdue University the new product won first prize in the 2006 Soybean Utilisation Contest, sponsored by the Indiana Soybean Board and Purdue University. The soy pectin is an economically sound alternative to citrus or apple based pectin and can be produced for a price comparable to traditional pectin-based jams. An advantage of using soybean hulls for pectin production is that, unlike citrus peels and apple pomace, soybean hulls can be transported and stored without a drying process. In addition, they are inexpensive and contain 30% pectin. Soy Spreads All-Natural Jams come in three flavours: Triple Berry, Strawberry, and Peach Cobbler.

Natto based anti flu agent developed

Japanese researchers have developed a substance using natto slime which, they claim, could be used as a weapon against a flu pandemic. The substance can be used as a coating for face masks and air conditioner filters and other items to prevent the spread of, for example, H5N1 avian flu. Researchers from Shizuoka University's Faculty of Agriculture reported their findings at a recent annual meeting of the Japan Society for Bioscience, Biotechnology and Agrochemistry. In their study they focused on haemagglutinin (HA), a protein found on the surfaces of flu viruses which is responsible for viral infection caused by HA binding to a receptor protein on the surface of the host cells. Discovering that the HA subtypes only bind to a receptor with a similar sugar chain structure, they developed a fake receptor that specifically sticks to the H5 type before the virus reaches the cells. The decoy receptor was made by attaching sugar chains with polyglutamic acid taken from natto slime. A major soy sauce manufacturer, Yamasa Corporation, is to commercialise the anti-flu agent, which could also be made into anti flu drops and sprays in future if it is authorised as a drug.



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The 4th International Conference 'Soy & Health 2006 - Clinical Evidence and Dietetic Applications' is primarily aimed at those with nutrition, dietetic or clinical backgrounds, as well as government representatives and senior executives from food and supplement manufacturers and ingredient suppliers. Delegates from over 40 countries attended previous conferences held in Brussels (2000), London (2002) and Bruges (2004). This year's programme continues to provide the latest scientific information on the health effects of soyfoods and soybean constituents - and much more.

TENTATIVE SCIENTIFIC PROGRAMME

Cardiovascular disease risk reduction

- Soy and Cholesterol: yesterday, today and ... tomorrow? - Prof Cesare Sirtori, University of Milan, Italy
- When to use soy protein or drug in children with familial hypercholesterolemia? - Prof Kurt Widhalm, University of Vienna, Austria
- Phytoestrogens and their fatty acid esters: could they have a role in antioxidant protection of lipoproteins? - Prof Matti J Tikkanen, University of Helsinki, Finland

Cancer prevention. Role of soy & isoflavones & other constituents

- The effects of short-term oral high phytoestrogen supplementation in prostate cancer patients? - Prof Herman Adlercreutz, University of Helsinki, Finland
- Lunasin, a Novel Cancer Preventive Soy Peptide - Prof Ben O de Lumen, University of California, Berkeley, USA
- Status of current human trials utilising Bowman-Birk inhibitor concentrate - Prof Ann Kennedy, University of Pennsylvania, Philadelphia, USA

Menopause and postmenopausal issues

- Soyfoods for alleviating hot flashes and reducing post menopausal bone loss - Prof Mark Messina, Loma Linda University, USA

Role of soy in cognitive function

- Proteomic identification of protein oxidations in mammalian brain attenuated by grape seed and soy polyphenols: implications for cognitive health - Prof. Helen Kim, University of Alabama at Birmingham, USA

Soy & inflammation

- Genistein and inhibition of chronic inflammation: NF-kB - Prof Dr Dirk Haller, Technical University of Munchen, Germany

Eye function

- Potential role of isoflavones in the preservation of eye lens function in aging - Prof Stephen Barnes, University of Alabama at Birmingham, USA

Incorporation of soy in the diet

- Soyfoods warrant a larger role in western diets - Prof Mark Messina, Loma Linda University, USA
- Integration of soy protein in a sports/fitness diet - Prof Michael Hamm, University of Hamburg, Germany

Future of soy in the European diet & health market

- Interactive panel session with key scientific speakers and external speakers - Dominic Dyer, Soya Protein Association, UK
- Soy health claims in Europe. Where are we now and tomorrow? - Dr Janice Harland, Harland and Associates, UK
 - Soy position and perception in the European market
 - Novel soy products and health communication

Other confirmed speakers:

Prof Ken Setchell, Cincinnati Children's Hospital Medical Center, Cincinnati, USA
Dr. Velamur Krishnakumar, Giract, Switzerland

Other confirmed topics

Soy phytoestrogens: implications in neurovascular research
Soy phytosterols and health
Soy lecithin and lecithin components and health

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9–11 May 2006

Vitafoods International 2006/ Finished Products Expo, Geneva, Switzerland. <http://www.vitafoods.eu.com>.

18–19 May 2006

1st European Healthy & Nutritional Bars Conference, Amsterdam, The Netherlands. Contact: PROSOY Research & Strategy, tel: +31 30 225 2060, e-mail: info@prosoy.org, website: <http://www.prosoy.org>.

30 May 2006

Food Ingredients Central and Eastern Europe (FICEE) 2006, Prague. Visit: <http://www.fi-events.com/> or e-mail: Imeertens@cmpinformation.

4–5 June 2006

Short Course - Soyfoods: Ingredients, Preparation and Utilisation, Londrina, Parana, Brazil. Contact: membrane@membraneworld.com or visit <http://www.membraneworld.com/Soyfoods-Brazil.htm>.

8–9 June 2006

8th Nutrition Symposium, l'Institut Pasteur de Lille, France. Programme includes latest information on milk products (8 June) and what's new on bones and nutrition (9 June). Contact: Virginie Houche, tel: +33 3 20 87 78 25, e-mail: virginie.houche@pasteur-lille.fr or visit http://www.pasteur-lille.fr/fr/formation/form_nutrition/ennu.htm

23–24 June

WorldNutra: Functional & Speciality Beverage, Market, Regulations, Processing, Formulation and Health, Orlando, Florida, USA, e-mail nutra@worldnutra.com, website: <http://www.worldnutra.com>.

11 August 2006

Practical Short Course - Soy Drink Technology for the Dairy Alternatives and Soft Drinks Market, Hilton Hotel, Istanbul, Turkey. Contact: soyfoods06@scarlet.be. Website: <http://www.membraneworld.com/soyfoods06.htm>.

14–16 August 2006

World Conference and Exhibition on Oilseed and Vegetable Oil Utilisation: Processing, By-Products, Biodiesel, Specialty and Functional Oils, and New Applications & Technologies, Istanbul, Turkey. Contact AOCS, e-mail: meetings@aocs.org, website: <http://www.aocs.org/meetings/istanbul>.

27 August – 1 September 2006

8th Annual Short Course on Texturized Vegetable Protein and Other Soy Products, Texas A&M University, USA, e-mail: mnriaz@tamu.edu or visit: <http://foodprotein.tamu.edu/extrusion/scvegoil.htm>.

8–10 September 2006

9th ILPS International Phospholipid Congress: Phospholipids for Health, in cooperation with 49th ICBL Conference, Pecs, Hungary. For more information visit: <http://www.ilps.org> or e-mail: ilps@leci.pro.nl.

12–13 September 2006

First Asian Soya Drink & Desserts Conference, Bangkok, Thailand. Contact PROSOY Research & Strategy, tel: +31 30 225 2060, e-mail: info@prosoy.org, website: <http://www.prosoy.org>.

21–22 September 2006

Practical Short Course: Snack Foods Processing and Product Formulation, Het Pand, Ghent, Belgium. Contact: snackfoods@scarlet.be, website: <http://www.membraneworld.com/snackfoods.htm>.

12–13 October 2006

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