

# Soy & Health

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## AHA concludes omega-6 fatty acids in soybean oil are heart-healthy

A new science advisory from the American Heart Association (AHA) has concluded that omega-6 fatty acids, such as linoleic acid and its derivatives, may decrease the risk for heart disease when consumed as part of a healthy diet. Omega-6s are essential polyunsaturated fatty acids naturally-occurring in soybean oil, nuts and seeds and the new findings, dispel the myth that omega-6s may cause inflammation leading to heart disease.

After reviewing the results of more than two dozen controlled and observational studies, the researchers concluded that participants in the controlled trials consuming diets higher in omega-6s had less incidence of heart disease than those with a low omega-6 intake. A meta-analysis of several trials indicated that replacing saturated fats with omega-6 lowered heart disease risk by 24%.

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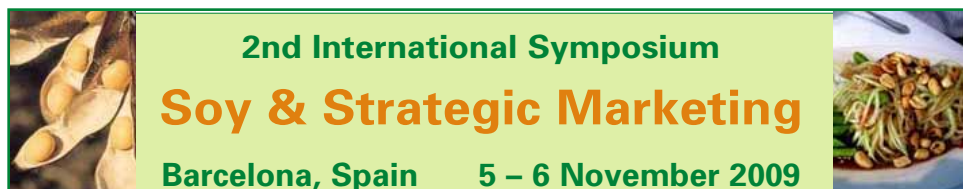
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Soybean oil is about 50% omega-6 fatty acids, one of the most concentrated sources, while olive oil and rapeseed oil are both low in omega-6s. The advisory recommends Americans should aim to consume 5 –10% of their daily calories from omega-6 fatty acids. The current US recommended daily intake (RDA) of omega-6s ranges from 12g to 22g depending on age, gender and physical activity. Most Americans get their daily requirement in the foods they consume, but do not need to reduce their intake; some Americans may actually need to increase their intake of omega-6s.

Visit: <http://circ.ahajournals.org/cgi/reprint/CIRCULATIONAHA.108.191627>.



### 2nd International Symposium

## Soy & Strategic Marketing

Barcelona, Spain 5 – 6 November 2009

The 2nd International Symposium on Soy & Strategic Marketing is designed for marketing & sales people active in the soyfood and soy ingredient industry or entering this market. The Symposium aims to show how to strengthen market position and bring new insights into further developing the market and offers excellent networking opportunities for people active in the soy ingredients, soy foods and supplement business. Leading speakers from industry and marketing communications will present a programme split into 4 main sessions:

- Soy Markets, Ingredients, Supplements and Soyfoods,
- Soy, Nutrition, Health and Health Claims,
- Creating Consumer Value with Soy Products,
- Labelling, Composition & Consumer Acceptance.

Participants will have networking opportunities during an evening Reception and Dinner the night before the Symposium. For more information, programme details and to register visit: <http://www.soyconference.com>.

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website: <http://www.soyconference.com>, e-mail: [info@soyconference.com](mailto:info@soyconference.com).



## The Alpro Company

Alpro is the European pioneer in soybean products. A healthy series of Alpro soya and Provamel drinks, desserts and yoghurt is available in department stores and organic food shops in Europe. Alpro has production sites in Wevelgem (Belgium), Issenheim (France) and Kettering (UK) with over 500 employees.

## The Alpro Products

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Our consumers are extremely conscious, particular about choosing products that improve their diet and vitality.

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- for daily investment in health
- with the best ingredients
- for long-life vitality
- with no compromises in taste or convenience

All products are 100% vegetable, free from cow's milk protein, free from lactose and contain no cholesterol.

## The Alpro Traceability System

Alpro soya uses a traceability system to ensure that our products and ingredients avoid contamination with genetically modified organisms (GMO's). The system is approved and monitored by independent auditors cert id.

## The Alpro Innovation and Expertise

Based on in-depth consumer understanding, our R&D department works on the development of new products and on continuously upgrading our existing products, in order to meet the demand by health conscious consumers for products that taste delicious.

Our Science & Nutrition Department plays a key-role in providing information to the customer concerning product composition, nutritional value etc. The department closely follows all research on soy and its components in order to communicate the facts to medical groups and consumers.

## Sustainable development

Alpro has a philosophy about food that travels deep into every aspect of our business. Not only do we take into account the impact of food on our health, we also consider our lifestyle and indeed our environment.

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## Vitamin D fortification of soyfoods approved by FDA

The US Food and Drug Administration (FDA) has amended its food additive regulations to allow for soy-based foods and drinks to be fortified with vitamin D. The final rule, published in the Federal Register, follows a petition filed in 2007 by US food group, Dean Foods. The amendment to the 'Food Additives Permitted for Direct Addition to Food for Human Consumption Regulations' allows for the addition of crystalline vitamin D2 to soy beverages, soy beverage products, soy-based butter substitute spreads, soy-based cheese substitutes, and soy-based cheese substitute products.

To see the FDA ruling visit: <http://www.fda.gov/OHRMS/DOCKETS/98fr/E9-5549.pdf>

## US health professionals recognise biotechnology as tool to make foods healthier

Recent US research reveals that 82% of healthcare professionals believe soy to be beneficial to the diet. In addition, a majority recognised agricultural biotechnology as a method to make food products, such as soy foods, even healthier. The findings come from the Healthcare Professional Biotechnology Awareness & Attitude Survey sponsored by the United Soybean Board (USB) and conducted by an independent research company in January 2009.

The study found that nearly 70% of healthcare professionals have an overall favourable view of agricultural biotechnology for use in food products (68%). One in ten have a negative view with the remainder neutral or unsure. When informed that biotechnology can be used to enhance soybeans in precise ways, the majority of respondents found these developments impressive enough to say that they would recommend increased soy food consumption to patients. ([http://www.soyconnection.com/pressroom/press\\_releases.php](http://www.soyconnection.com/pressroom/press_releases.php))

## World soy foods market report published

A new report "World Soy Foods Market" is available in the Reportlinker.com catalog. The report analyses the worldwide markets for soy products covering soy foods, soy ingredients, and soy oil and provides information on the US, Canada, Japan, Europe, Asia-Pacific, Latin America, and Rest of World. Annual forecasts are provided for each region for the period of 2000 through 2015.

The report profiles 138 companies including many key and niche players worldwide such as Alpro, ADM, Dean Foods Company, White Wave Foods Company, Eden Foods, Galaxy Nutritional Foods, Gardenburger, Hain Celestial Group, Imagine Foods, Kikkoman Group, Soyaworld, The Solae Company, Turtle Island Foods, and Vitasoy. Market data and analysis are derived from primary and secondary research. Company profiles are mostly extracted from website (URL) research and reported selected online sources.

<http://www.reportlinker.com/p098239/World-Soy-Foods--Market.html>

## New book on trans fatty acids in human nutrition

A new Oily Press book, 'Trans Fatty Acids in Human Nutrition', is to be published this month (April 2009). Edited by highly respected experts in the field, this Second Edition has been completely rewritten and addresses the major areas of trans fatty acids (TFA) research. Every chapter contains the latest references and major advances and breakthroughs in a specific area of TFA research and the book also includes a discussion of the health effects of the 'natural trans isomers', comparing their effects to those observed for TFA produced during hydrogenation.

Editors: F Destailats (Nestlé Research Centre, Switzerland), J-L Sébédio (INRA, France), F Dionisi (Nestlé Research Centre, Switzerland) and J-M Chardigny (INRA, France). Visit: <http://www.pjbarnes.co.uk/op/tfa.htm>. N.B. The Oily Press are also offering a free electronic download version of their book, "Lipids in Nutrition and Health: a Reappraisal", written by Michael Gurr and originally published in 1999. To download a copy of this book visit: <http://www.pjbarnes.co.uk/op/nutpdf.htm>.



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# 4

## Soy + probiotic or prebiotic food reduces cholesterol

According to a new study the dietary combination of soy with a probiotic or prebiotic food significantly reduces total and LDL cholesterol in mildly hypercholesterolaemic subjects. In this Australian study men and post-menopausal women older than 45 years were recruited via the local media. Of the 36 subjects who began the study 5 withdrew.

The study found that the combination of soy plus a probiotic significantly decreased total cholesterol and soy+prebiotic significantly decreased total and low-density lipoprotein cholesterol. The researchers also found that the bioavailabilities of daidzein, genistein or equol were not affected by probiotic or prebiotic consumption or associated with lipid changes and concluded that dietary combination of soy with either a probiotic or a prebiotic resulted in significant lipid lowering not related to isoflavone bioavailability.

T A Larkin et al, EJCN, 2009; 63(2):238-45 <http://www.nature.com/ejcn/journal/v63/n2/abs/1602910a.html>.



## Soy food intake and colorectal cancer risk in women

Research by US and Chinese researchers investigated whether soy food intake was associated with colorectal cancer risk. In this study 68,412 women aged 40–70 years who were free of cancer and diabetes at enrolment were studied. Usual soy food intake was assessed at baseline (1997–2000) and reassessed during the first follow-up (2000–2002) through in-person interviews with a validated food-frequency questionnaire. First year observations were excluded to minimise lifestyle changes related to preclinical disease. During a mean follow-up of 6.4 years, 321 incident colorectal cancer cases were identified. After adjustment for potential confounding factors, total soy food intake was found to be inversely associated with colorectal cancer risk. Each 5-gm/d increment in intake of soy foods (as assessed by dry weight - equivalent to 1 oz [28.35 g] tofu/d) was associated with an 8% reduction in risk. Women in the highest tertile of intake had a multi-variate relative risk of 0.67 compared with those in the lowest tertile. This inverse association was primarily confined to postmenopausal women. Similar results were also found for intakes of soy protein and isoflavones. The researchers concluded that consumption of soy foods may reduce the risk of colorectal cancer in post-menopausal women.

G Yang et al. Am J Clin Nutr 89: 577-583, 2009 <http://www.ajcn.org/cgi/content/abstract/89/2/577>.

## Soy foods better source of isoflavones than supplements

According to a new US study blood levels of the soy isoflavone, genistein, were higher after consuming soy food with an isoflavone content of 96 mg than for isoflavone-rich supplements suggesting that bioavailability may be higher from food sources of isoflavones than from supplements. The researchers recruited 12 generally healthy people to take part in the randomised, cross-over trial. All participants completed the three phases of the trial which included 6 days on each of the following interventions: daily supplements containing a low dose (144 mg/day) or a high dose (288 mg/day) of isoflavones, or consumption of soy foods providing a daily isoflavone dose of 96 mg. The results showed that both the soy food and the high dose isoflavone supplement produced blood levels of isoflavone over 4 micromoles per litre. Blood levels of genistein were higher overall in the soy food vs the lower and the higher dose supplement phases of the study and when comparing plasma concentrations for the two doses of supplements, saturation appeared more evident for genistein than for daidzein at the higher dose. Important differences in the pharmacokinetics of genistein and daidzein were noted in contrasting sources and doses of isoflavones when administered three times daily. The researchers concluded that bioavailability may be higher from food sources of isoflavones than from supplements and that spreading the intake over multiple doses during the course of the day may lead to more constant steady-state plasma concentrations.

C D Gardner et al, Journal of Nutritional Biochemistry Vol 20 p227-234 <http://www.sciencedirect.com/science/journal/09552863>.

To receive Soy & Health please e-mail your contact details (including name and company address) to [info@soyconference.com](mailto:info@soyconference.com)



# 5

## Childhood soy intake may reduce breast cancer risk

In this population-based case-control study of breast cancer among women of Chinese, Japanese, and Filipino descent, ages 20 to 55 years, and living in San Francisco-Oakland, Los Angeles, and Hawaii, the researchers interviewed 597 cases of women with breast cancer and 966 controls about their adolescent and adult diet and cultural practices. Researchers divided soy intake into thirds and compared the highest and lowest groups. High intake of soy in childhood was associated with a 58% reduction in breast cancer. A high level of soy intake in the adolescent and adult years was associated with a 20 - 25% reduction. The childhood relationship held in all three races and all three study sites, and in women with and without a family history of breast cancer. Adjustment for measures of westernisation attenuated the associations with adolescent and adult soy intake but did not affect the inverse relationship with childhood soy intake. The study concluded that soy intake during childhood, adolescence, and adult life was associated with decreased breast cancer risk, with the strongest, most consistent effect for childhood intake. The researchers caution against changes in diet as their findings need to be replicated through additional research.

L A Korde et al, Cancer Epidemiology Biomarkers & Prevention, published online first 24 March 2009 (10.1158/1055-9965.EPI-08-0405) <http://cebp.aacrjournals.org/cgi/content/abstract/1055-9965.EPI-08-0405v1>



## Soy protein may reduce risk of metabolic syndrome in men

In this study researchers investigated the association between soy protein intake and the risk of Metabolic Syndrome and its components among middle-aged and elderly Chinese. A cross-sectional study was conducted among 2811 Chinese men and women aged 50-70 years, who were free of diagnosed cardiovascular diseases and cancers. Dietary data, including soy protein intake, was collected using a 74 item food frequency questionnaire. The median level of soy protein intake was 7.82 gm/d (7.64 gm/d in men and 8.02 gm/d in women). Overall, the association of soy protein intake and the risk of Metabolic Syndrome differed between men and women and soy protein intake was positively associated with hyperglycemia in men, whereas it was inversely associated with elevated blood pressure. It was not associated with any component in women. The researchers concluded that habitual soy protein intake may have sex-dependent effects on the risk of Metabolic Syndrome in middle-aged and elderly Chinese.

A Pan, Journal of Nutrition, 2008;138(12): 2413-2421 <http://jn.nutrition.org/cgi/content/abstract/138/12/2413>

## New study supports beneficial role for soy in bone health

This 30-month study investigated bone change and its determinants in 438 perimenopausal Chinese women. The study revealed that the fastest bone loss occurred in women undergoing menopausal transition but maintenance of body weight and physical fitness were beneficial for bone health. Soy protein intake also seemed to exert a protective effect. The researchers determined bone mass, body composition and lifestyle measurements at baseline and at 9-, 18- and 30-month follow-ups. Univariate and stepwise multiple regression analyses were performed with the regression coefficients of BMD/C (derived from baseline and follow-up measurements) as the outcome variables. Menopausal status was classified as pre- or postmenopausal or transitional. The study found that menopausal status was the strongest determinant of bone changes. An annual bone loss of about 0.5% was observed among premenopausal, 2% to 2.5% among transitional, and about 1.5% in postmenopausal women. Multiple regression analyses, revealed that a positive regression slope of body weight was protective for follow-up bone loss at all sites. Number of pregnancies, soy protein intake and walking were protective for total body BMC. The researchers concluded that maintenance of body weight and physical fitness have a protective effect on bone loss in Chinese perimenopausal women.

S C Ho et al, Osteoporosis International, December 2008 Vol 19 No 12, p1785-1796 <http://commerce.metapress.com/content/a777111726x41240/?p=83ab61f0ffe14d28995863783819daf5&pi=11>



# 6

## International conference supports soy's positive role in health, Tokyo 2008

*The health benefits of soy are becoming well recognised due to the vast amount of research that has been undertaken over recent years. To provide an up-to-date account of this research, the 8th International Symposium on the Role of Soy in Health Promotion and Disease Prevention and Treatment was hosted in Tokyo, Japan in November 2008. Lynne Garton provides an overview of this conference with details of the most recent studies that continue to support soy's health benefits.*

### Soy and Health – the Japanese experience

Dr Yamori (Japan) explained that the traditional diet and lifestyle of the Japanese, including soy, was one of the reasons for the longest average life expectancies in the world. Their low risk of diseases such as heart disease, prostate and breast cancers has been linked with their intake of soy and the associated isoflavones (natural plant compounds found in soy that are being investigated for their potential health benefits). Dr Yamori stressed that if more soy foods were eaten by Western populations it could hopefully contribute to a healthy, long life.

### Soy and the menopause

The isoflavones found in soy show structural similarities to the hormone estrogen and for this reason it has been suggested that soy may help with menopausal symptoms. Studies looking at the impact of soy isoflavones on hot flushes have had mixed results, although it seems to be the more hot flushes a woman experiences (greater than 5 a day) the bigger the benefit. Another reason given for the mixed results could be due to the presence of different levels of isoflavones used in these studies. This was discussed by Dr Williamson-Hughes (USA) who presented the results from a recent review of 17 studies that investigated soy isoflavones on hot flushes. From this review, the studies that used genistein (one of the isoflavones in soy) at levels of 15mg a day appeared to have a greater benefit on hot flushes.

### Soy and obesity

With the growing incidence of obesity in the Western world, foods that have a role in keeping us full for longer may help to reduce food and calorie intake and so help with weight control. Dr Dye (UK) presented a study investigating this. From a study in twenty young healthy men, it became clear that eating soy at breakfast and lunch significantly reduced food eaten at dinner and evening snacks compared to non soy meals. This resulted in a reduction of 144kcal across the total day with the men reporting that eating a soy based breakfast and lunch was more filling than the meals that didn't contain soy. Reducing 144kcal a day could account for a weight loss of approximately 15lbs (6.8kg) over the course of a year.

### Soy and heart disease

Due to the lower incidence of heart disease in populations consuming soy it has been suggested that soy can reduce the risk of cardiovascular disease risk factors. Dr Kokubo (Japan) confirmed this with the results from a study of forty thousand Japanese who were followed up over the course of 12 years. Women who ate soy foods more than five times a week had a 45% lower risk of a heart attack, and a 69% lower risk of dying from a heart attack, compared to those women eating 0 to 2 servings of soy a week.

One of the mechanisms that has been suggested for soy's positive role in heart health is its cholesterol lowering action. The results of an analysis that took into account 45 studies investigating the effect of soy protein on cholesterol reduction was presented by Dr Krul (USA). The results of this analysis found that including soy protein into the diet resulted in a 4% reduction in total cholesterol and a 5% reduction in LDL cholesterol (the 'bad' cholesterol).

### Dispelling the myths of soy

From presentations at the Symposium it was made clear that soy does not have negative affects on hormonal status nor is it associated with a negative impact on health.

Three studies examined the effect of soy isoflavones on male reproductive hormones and fertility. Dr Hamilton-Reeves (USA) presented the results from 32 trials investigating the effects of soy protein and isoflavones on reproductive hormones such as testosterone and free testosterone in men. No significant effects of soy protein or isoflavones on any of the hormones were observed. Dr Serafini (Italy) looked at the effects of different doses of soy isoflavones on sperm formation in healthy men. In this 3 month study, 20 men were given either 160, 320 or 480mg soy

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# conference report



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# 7

isoflavones a day. After 3 months there were no significant differences in ejaculated volume, sperm concentration, count and motility of sperm. Dr Duncan (Canada) confirmed these findings. Thirty two healthy men supplemented their diet with milk protein or a soy protein low in isoflavones or a soy protein high in isoflavones for 57 days each. Analysis of semen samples revealed no significant effects of soy protein containing low or high isoflavones on semen volume, sperm concentration, sperm count, total motile sperm count, sperm motility or sperm morphology.

The safety issues of soy on breast cancer risk was also addressed. Populations who typically consume soy appear to have a lower risk of breast cancer and it has been

suggested that soy can reduce the risk of breast cancer and improve breast cancer prognosis. Professor Shu (USA) presented evidence suggesting that soy food consumption is safe and even beneficial for breast cancer survivors. The Shanghai Breast Cancer Survival Study includes over 5000 breast cancer patients. After a follow up of approximately 26 months, soy food intake was associated with a more favourable outcome; women who ate the most soy protein a day had a 24% lower risk for all deaths and a 33% lower risk for breast cancer deaths or relapse compared to the women in the lowest group of soy intake. Furthermore soy food intake did not appear to interact with Tamoxifen (a widely used treatment for breast cancer) in relation to breast cancer survival. Professor Shu suggested that while soy intake appears to be safe and beneficial for breast cancer survival patients following 26 months of diagnosis, longer term follow up is still required.

## Conclusions

Eating healthily is key in an active and healthy lifestyle and including soy foods into the diet can help achieve this. The presentations delivered at the 8th International Symposium on the Role of Soy continue to confirm the health benefits of soy, as well as highlight soy's safety.

**Lynne Garton, Nutritionist and Health Writer**

Our thanks to Alpro for their kind permission to publish this report which can also be found on the Alpro Foundation website at <http://www.alprofoundation.org>.

## Key Points and Dietary Recommendations

- Populations who traditionally include soy foods in their diet appear to have a lower risk of diseases such as heart disease.
- Soy protein has been shown to be effective in reducing blood cholesterol at intakes of approximately 25g a day. 25g of soy protein can be achieved by consuming 3 to 4 servings of soy foods a day.
- The benefits of soy is thought to be due to its excellent nutritional profile as well as the presence of isoflavones.
- Consuming soy that contains more than 15mg of genistein/day appears to be beneficial in reducing hot flushes. 15mg of genistein can be obtained by consuming 2 to 3 servings of soy foods a day.
- Including soy foods at breakfast and lunch such as soy milk, soy yogurts and desserts, soy mince, tofu...) can help keep you feel full for longer, helping to reduce food and calorie intake, so helping to maintain a healthy weight.
- Soy foods have been shown to be safe in relation to male hormones and fertility as well as in breast cancer patients.

## PRACTICAL SHORT COURSE

### Functional and Specialty Beverages:

### Market, Regulations, Processing, Formulation and Health Benefits

"Het Pand" - Ghent University, Ghent, Belgium

26 and 27 May 2009

Aimed at decision makers such as product technicians, R & D engineers, engineering supervisors, QA technicians, project engineers, process improvement engineers, business development managers, sales and marketing specialists, equipment manufacturers, product formulators, plant engineers, processors, chemists, and technicians, this Course is the only extensive programme in Europe that covers a wide range of topics with specific practical aspects!

The programme covers the major drinks and beverage markets, such as nutritional and sports drinks, dairy products, soft drinks and waters and is presented as a crash course for new plant personnel. It offers a great opportunity to meet experts in the field and discuss current problems. The course material will serve as a useful reference for processors, product formulators, chemists and technicians as well as business managers familiar with market understanding, health and functionality communication and marketing of functional and healthy beverages.

For more information visit: <http://www.smartshortcourses.com/>

News about companies and products is welcome. Please send your press releases or news stories to the Editor at [Soy&Health@hypaine.easynet.co.uk](mailto:Soy&Health@hypaine.easynet.co.uk)



## 21–22 April

Critical Issues in Crushing, Refining, Processing, Product Formulation and Packaging (in cooperation with Oils & Fats International Middle East 2009), Cairo, Egypt.

Visit: <http://home.scarlet.be/~tpm12374/smartshortcourses/ofi-me09/index.html>.

## 3–6 May

100th AOCS Annual Meeting & Exhibition, Rosen Shingle Creek, Orlando, Florida, USA.

Visit: [http://www.aocs.org/meetings/annual\\_mtg/](http://www.aocs.org/meetings/annual_mtg/).

## 5–7 May

Vitafoods 2009, Geneva Palexpo, Switzerland. Visit: <http://vitafoods.eu.com/>.

## 13–14 May

Council for Responsible Nutrition: Efficacy & Safety of Isoflavones for Climateric Women, Milan, Italy.

Contact: [schmidt@herbresearch.de](mailto:schmidt@herbresearch.de)

## 26–27 May

Practical Short Course - Functional and Specialty Beverages: Market Regulations, Processing, Formulation and Health Benefits, Ghent, Belgium.

Visit: <http://www.smartshortcourses.com>.

## 26–27 May

Fourth International Conference on Responsible Soy, Culaba, Mato Grasso, Brazil.

Visit: <http://www.responsiblesoy.org/>.

## 1–5 June

Processing and Marketing Soybeans for Meat, Dairy and Baking Applications, INTSOY, University of Illinois, Illinois, USA.

Visit: <http://intsoy.nsr.uiuc.edu/>.

## 4 June

Marketing Nutrition: Interactive Training Session - Market Research Techniques for Optimising Food Product Packaging and Labelling, Brussels, Belgium. Visit: <http://www.marketingnutrition.eu>.

## June 9 – 11

Food Proteins: Properties, Functionalities and Applications Course, Anaheim, California, USA.

Visit: <http://bridge2food.com/foodproteinscourse2009.asp>.

## 11 June

International Scientific Conference on Nutraceuticals and Functional Foods, Zilina, Slovak Republic. Visit: <http://www.foodandfunction.com/>.

## 17–18 June

Coated Foods Seminar, Bakel, The Netherlands. Visit: <http://bridge2food.com/coatedfoodsseminar.asp>.

## 1–3 July

Dietary Fibre Conference DF09, Vienna, Austria. Visit: <http://www.icc.or.at/events/df09/>.

## 10 August

2nd Practical Short Course - Soy Drink Technology for the Dairy Alternatives and Soft Drinks Market, Beijing, China.

Visit: <http://www.smartshortcourses.com>.

## 10–15 August

World Soybean Research Conference VIII, Beijing, China. Visit: <http://www.wsrc2009.cn/en/index.asp>.

## 24–25 August

4th Practical Short Course - Omega-3 Fatty Acids (USA): Market Trends, Nutrition & Health, Utilisation in Food Systems, Chicago, Illinois, USA.

Visit: <http://www.smartshortcourses.com>.

## 17–18 September

3rd Advanced Oil Processing Short Course in cooperation with Oils and Fats Trade Show, Munich, Germany.

Visit: <http://www.smartshortcourses.com> and <http://www.oils-and-fats.com/en/Home>.

## 27–30 September

World Congress on Oils and Fats & 28th ISF Congress 2009, Sydney, Australia. Visit: <http://www.isfsydney2009.com/>.

## 6 October

4th Interactive Workshop Nutrition & Health Claims Europe, Radisson SAS Royal Hotel Brussels, Belgium. Visit: <http://www.healthclaims.eu/>.

## 14–15 October

4th Practical Short Course - Snack Food Processing and Product Formulation, Ghent, Belgium. Visit: <http://www.smartshortcourses.com/>

## 17–18 October

5th Practical Short Course - Omega-3 Fatty Acids (Europe): Market Trends, Nutrition & Health, Utilisation in Food Systems, Graz, Austria.

Visit: <http://www.smartshortcourses.com/>.

## SAVE THE DATE

## 5–6 November

2nd International Symposium Soy & Strategic Marketing, Barcelona, Spain. Visit: <http://www.soyconference.com>.

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