

Soy & Health

JUNE 2006

ISSUE NUMBER 12

Scientific Advisory Board for Soy Nutrition Institute

The Soy Nutrition Institute (SNI) was established in 2004 and has recently announced the formation of a Scientific Advisory Board that will include leading scientific experts in areas such as toxicology, breast cancer and infant nutrition. SNI is a non-profit organisation conceived by the United Soybean Board (USB) to address issues of broad relevance across the soybean industry through the support of science and communications. It has 15 board members, four of whom are USB directors with other members from ADM, Cargill, Monsanto, Revival Soy, Solae and White Wave. Additional representatives are from the Soyfoods Association of North America (SANA) and the Soyfoods Council (SFC). The main purpose of SNI is to prioritise and gain funding for health and nutrition oriented research deemed to be important in understanding the benefits of soy and its effect on health and to provide perspective on new and emerging research. In addition, the SNI aims to provide science based information to be used to counter misleading and inaccurate information regarding soy nutrition.

For more information about SNI visit: <http://www.talksoy.com/Media/rRelease060123.htm>.

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Soy & Health 2006

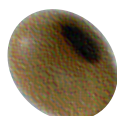
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CALL FOR POSTER ABSTRACTS

SOY & HEALTH 2006: CLINICAL EVIDENCE - DIETETIC APPLICATIONS
12 -13 OCTOBER 2006 SAS RADISSON HOTEL, DÜSSELDORF, GERMANY

Soy Conference and the Soy & Health community encourage researchers to submit the results of the latest scientific research or clinical testing at the Soy & Health 2006 conference. A poster area near the exhibition hall will be open for direct visits throughout the Conference, and for meetings with the authors during the coffee, tea and lunch breaks.

Poster abstracts for Soy & Health 2006 can be submitted by e-mail to info@soyconference.com preferably in Word format. Abstracts should be no longer than 300 words, not including the Title, Author name(s) and affiliation. Please indicate which author will present the Poster during the Conference.

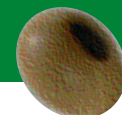
Deadline for submission: 31 August, 2006

A confirmation of acceptance will be provided as soon as possible.

Visit: <http://www.soyconference.com> for the latest information or contact info@soyconference.com

To be added to our mailing list and for enquiries regarding advertising or sponsorship please contact Soy Conference THV on +32 57 46 64 46, fax: +32 57 46 95 25 or e-mail: info@soyconference.com, website: <http://www.soyconference.com/>.

Editorial enquiries should be addressed to the Editor, tel: +44 20 8940 9278, e-mail: Soy&Health@hypaine.easynet.co.uk



Malaysia approves soy health claim

Malaysia has become the latest in a growing number of nations to approve a health claim linking soy protein and cholesterol reduction. Manufacturers can now claim foods containing at least 5g of soy protein per serving can help reduce cholesterol, but the label must also include a statement that the amount required to reduce blood cholesterol is 25g per day. Malaysian authorities approved the health claim following a petition from The Solae Company who submitted 46 studies for examination. Other national authorities who have approved a health claim for soy are Brazil, Indonesia, Japan, Korea, Philippines, UK and USA.

Alpro acquires SoFine Foods

Alpro, part of the Vandemoortele Group, has recently acquired the Dutch company, SoFine Foods. The transaction price has not been disclosed. SoFine Foods was established in 1963 and is seen by Vandemoortele as an "important strategic step into a new food segment area, which is a perfect fit with the vegetarian character of its own products". Visit: <http://www.alprosoja.com> or <http://www.sofine.nl>.



McDonald's add edamame to the menu

The latest addition to the McDonald's menu in the USA is an Asian salad made of orange-glazed chicken, snow peas, red peppers, mandarin oranges, almonds and green soybeans, known as edamame. People who buy the salad as part of a 'Go Active! Happy Meal' for adults are also given one of four 15 minute exercise DVDs, including one that teaches yoga! The Asian salad and exercise DVDs are part of an ongoing makeover intended to provide more healthy options to consumers.

Hain Celestial Group acquires Linda McCartney Brand

The Hain Celestial Group has announced the acquisition of the Linda McCartney® brand frozen meat-free business from the H.J. Heinz Company, including the manufacturing facility based in Fakenham, England. The agreement is subject to a third party licensing agreement. Terms of the deal have not been disclosed, but Hain has said it expects the acquisition to add to its earnings during the fiscal year 2007. The brand is named after musician Paul McCartney's late wife, who started her own company, Linda McCartney Foods. Hain has said it wants to expand the Linda McCartney frozen vegetarian business in Europe and North America. Heinz is selling the business so it can focus on its core products, such as ketchup and baby food. Hain has already acquired Heinz's fresh prepared foods business in Luton, England.

Researchers patent compound for women's health

Italian researchers (Rotta Research Laboratorium SpA) have taken out a US Patent (US7025998) for a compound which aims to relieve and/or prevent climacteric and menopausal disorders affecting women in pre-, peri- or post-menopause. The compound contains soy isoflavones and viable lactic acid bacteria preferably *Lactobacillus sporogenes* aimed to enhance the absorption of soy isoflavones, the composition being provided in dosage forms for oral administration. The composition should also comprise *Equisetum arvense* dry extract and a pharmaceutically acceptable calcium salt and/or Vitamin D3. Copies of the patent can be purchased from MicroPatent LLC in the US (800-648-6787).

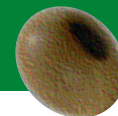
Soya Knowledge Centre

In Tetra Pak, we help our customers to grow
their soya and other grains beverage businesses

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FDA publishes soy-derived lecithin guidelines

The US Food and Drug Administration (FDA) has published 'Guidance on the Labelling of Certain Uses of Lecithin Derived from Soy Under the Federal Food, Drug, and Cosmetic Act'. The Guidance aims to help food manufacturers understand the FDA's current thinking on labelling and is part of its implementation of the Food Allergen Labelling and Consumer Protection Act.

Single copies of the guidance are available from the Office of Food Additive Safety, Center for Food Safety and Applied Nutrition, 5100 Paint Branch Pkwy, College Park, MD20740, tel: +1 301 436 1200, fax: +1 301 436 2972.



Solae to relocate global headquarters

The Solae Company has announced plans to relocate its global headquarters within St Louis, USA at the Center of Research and Technology and Entrepreneurial Expertise (CORTEX). In addition, a multi million dollar research centre is planned for a new location, also in St Louis. Approximately 400 Solae employees currently occupy the current global headquarters and the move to the new offices/laboratories is anticipated for completion in the second half of 2008. For more information visit the Solae website:

<http://www.solae.com/company/mediaroom/pressreleases/SolaeLocation.html>.

Long-term bone study to start at University of Miami

New research looking at the long-term effects of taking phytoestrogens to prevent bone loss is the subject of a University of Miami study over the next 5 years. The study, headed by endocrinologist and Professor at the University of Miami's School of Medicine, Dr Silvinia Levis, will also gather information on how phytoestrogens affect sleep, hot flashes and general physical and emotional health. Recruiting 300 female volunteers aged between 45 and 58, the researchers will investigate purified soy isoflavones given in tablet form to see whether they prevent the rapid bone loss that occurs in early menopause. Each woman will receive a free yearly mammogram, bone density test and measurements of hormone levels. Groups of women will take part in the study for two years, with some beginning as others are ending.

Allergy-free soybeans

Researchers have isolated two Chinese soybean lines that grow without the primary protein linked to soy allergies in children and adults. The two lines are already adapted to Illinois-like conditions and will be available for breeders to produce new varieties of allergy-free soybeans without genetic engineering. The scientists at the the University of Illinois at Urbana-Champaign and the USDA Agricultural Research Service's Donald Danforth Plant Science Center in St Louis screened more than 16,000 soybean lines kept in the USDA's National Soybean Germplasm Collection. The two lines contain virtually identical genetic mutations that do not contain the leading allergy causing P34 protein. The information has been released with no patents so that companies and breeders can incorporate the two lines as quickly as possible. Currently 6-8% of US children are allergic to soy based products while 2% of adults have had allergic reactions.

For more information visit: <http://www.nsruiuc.edu/news/html/1149614161.html>.

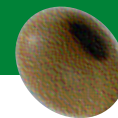
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4

Soy isoflavones and immune function

A study at Washington State University has concluded that soy isoflavones modulate immune function in healthy post-menopausal women. The objective of the study was to evaluate the effects of soy isoflavones, both in soy milk and in supplement form, on markers of immunity and oxidative stress. Post-menopausal women aged 50-65 years enrolled in the 16 week double-blind, placebo-controlled trial were randomly assigned to 1 of 3 experimental groups - control group (cows milk plus placebo supplement), soymilk group (soymilk containing 71.6mg isoflavones plus a placebo supplement), and supplement group, (70mg isoflavones in a supplement plus cows' milk). Plasma and 24hr urine samples were obtained at baseline and at 16 wks. Immune variables included lymphocyte subsets, cytokine production, and markers of inflammation and oxidative damage. The result showed that isoflavone intervention in post-menopausal women resulted in higher B cell population and lower plasma concentrations of 8-hydroxy-2-deoxy-guanosine, an oxidative marker of DNA damage. Isoflavone treatment did not significantly influence concentrations of inteferon γ , tumour necrosis factor α , or C-reactive protein in plasma or of 8-isoprostane in urine. The authors concluded that soymilk and supplemental isoflavones modulate B cell populations and appear to be protective against DNA damage in post menopausal women.

Ryan-Borchers TA et al, Am J Clin Nut 83 (5) p1118-1125, May 2006 <<http://www.ajcn.org/cgi/content/abstract/83/5/1118>>.



Natto may reduce bone loss in post-menopausal women

Japanese research suggests that Natto, a traditional fermented soyfood which is rich in vitamin K2, may reduce bone loss in post-menopausal women by as much as 80%. The study followed 944 healthy women aged between 20-79 for 3 years. Consumption of natto, tofu and other soybean products, recorded by food frequency questionnaires and interviews with trained dietitians, was correlated with bonemass density measurements, taken at the start and end of the study using a dual-energy X-ray absorptiometer. The women were divided into 394 pre-menopausal and 550 post-menopausal women. No significant benefit for skeletal muscle was observed for pre-menopausal women, but for post-menopausal women, intake of more than 4 packs of natto per week (40g packs) was associated with reduced bone density loss at both the femoral neck and distal third of the radius, compared to women who didn't consume any natto. The effects appeared to increase with increasing age. The authors suggest that the high level of menaquinone-7 (a form of vitamin K) in the natto may be responsible.

Yukihiro Ikeda et al, J of Nutrition 136 pp1323-1328 May 2006 <<http://jn.nutrition.org/cgi/content/abstract/136/5/1323>>.

PRACTICAL SHORT COURSE

SOY DRINK TECHNOLOGY FOR THE DAIRY ALTERNATIVES AND SOFT DRINKS MARKET

HILTON HOTEL, ISTANBUL, TURKEY, FRIDAY, 11 AUGUST 2006

This practical short course is a crash course for industrialists and marketers, food technologists and processing engineers from countries that are on the brink of introducing soyfoods and dairy alternatives. In particular, dairy and food companies from Central Europe, Turkey, the Middle East and Africa will benefit from this programme. This one-day event brings a full and detailed review of practical issues related to raw material selection, process technology, yield optimisation, stabilisation, packaging, and market positioning. Special attention will be given to product stabilisation and formulation technology, more specifically in relation to juice and dairy blends and the production of desserts, yoghurts and tofu.

Registration rate includes short course manuals, lunch and coffee breaks

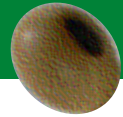
Before 10 July 2006: 695.00 (EUR) After 10 July 2006: 795.00 (EUR)

<http://www.membraneworld.com/soyfoods06.htm>

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website: <<http://www.soyconference.com>>, e-mail: info@soyconference.com.



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Dark soya sauce has antioxidant properties

A study by scientists from the National University of Singapore (NUS) has shown that the antioxidant properties of dark soy sauce found *in vitro* are also apparent in humans who consume it. The study recruited 24 healthy volunteers (14 males and 10 females) with an average age of 23 years old who were non-smokers. After a period of fasting, the volunteers were fed either a single dose of 30ml dark soy sauce mixed with 200g plain boiled rice or rice mixed with food colouring (placebo). No other foods were taken over the experimental period. Blood and urine samples were taken before giving the meals and hourly up to 4 hours post meal. The study found that dark soy sauce has a rapid antioxidant effect against lipid peroxidation in human volunteers.

Chung-Yung J, *Biochem and Biophys Res Comm*, 344, (3), 9 June 2006, Pages 906-911 | <http://www.sciencedirect.com/>.

Soy isoflavones, mood and cognitive performance

Researchers at the University of Milan and the A.G.UN.CO. Obstetrics and Gynaecology Centre in Rome conducted a randomised, double-blind, cross-over, placebo controlled trial of 78 post-menopausal women. They administered 60mg/day isoflavones or placebo for 6 months. After a washout period of 1 month, the patients who had been treated with isoflavones received placebo, and those who previously received placebo were given isoflavones for 6 months. Cognitive performance and mood were assessed by a battery of tests at the end of each treatment period.

At the end of the study, the patients were also asked which treatment they preferred. The 17 scores on cognitive performance and the 6 for mood assessments showed an advantage for the treatment with isoflavones. Similarly, of the 8 visual analogue scales used to indicate mood, 7 improved significantly after the treatment with isoflavones. Moreover, 49 patients preferred isoflavones, 9 placebo, and 18 had no preference. The preference was not related to the order of treatment.

The authors concluded that isoflavones may have positive effects on post-menopausal women improving cognitive performance and mood.

Casini L et al, *Fertility and Sterility* 85 (40 p972-978, 2006
<http://www.fertstert.org/article/PIIS0015028205042147/abstract>).



18–20 September 2006

**CHASE PARK PLAZA HOTEL,
ST LOUIS, MISSOURI, USA.**

A Soyatech event aimed at the food and energy sides of the soy industry. Includes hands-on workshops:

- Incorporating Soy Proteins into New Food Formulations (conducted by Platinum Sponsor, The Solae Co, at their Hazelwood, Missouri pilot plant and development center);
- Taste of Soy: Beyond Ingredients, Bring on the Food!
- Trans-Fat Solutions: The Interaction of Oils in Food Systems; and
- Evaluating Biofuels Investments: It's more than numbers.

For information and online registration go to: <http://www.soyasummit.com>.

Register before 30 June and save \$260. Additional group and special non-profit organisation rates are also available.

Phytoestrogens dilate small arteries in men with CHD

Swedish researchers investigating acute vasodilator responses to phytoestrogens and selective estrogen receptor α agonist in isolated small arteries from men with established coronary heart disease found that phytoestrogens, at levels achievable through consumption of phytoestrogen-rich foods, evoke dilatation *ex vivo* of small peripheral arteries from normal men and those with established CHD.

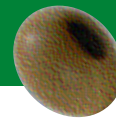
Cruz MN et al. *Am J Physiol Heart Circ Physiol* 290 (5): H1969-H1975, 2006 | <http://ajpheart.physiology.org/cgi/content/abstract/290/5/H1969>.

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6

Fortified soy milk for women

A soy milk specially formulated for women is to be launched in the UK by So Good. The product, called 'Soya Essential', is already available in Australia and is 99% fat-free, contains no sugar and has 9 vitamins and minerals, including higher levels of calcium, iron and folate tailored to meet women's needs. It will be available in chilled and UHT one litre cartons. Also planned for the So Good brand this year are improved recipes, new flavours and the launch of smaller, more portable bottles.



For more information visit: <http://www.sogood.co.uk>.

Nutrition House veggie friendly products



Leading Thai soy manufacturer, The Nutrition House Co Ltd, manufacturers a range of soy products for the Thai market under the SPA Foods and JV brands. Founded by Terenaard Chokwatana, who was recently recognised for her 'Outstanding Contributions in Promoting Consumer Awareness and Use of Soyfoods' at the 6th International Symposium on the Role of Soy in the Prevention and Treating of Chronic Disease, the company supplies local leading supermarkets, health and convenient stores as well as hotels and resorts throughout Thailand. Present export focus is on the Asia region with a view to developing markets worldwide.

SPA Foods include a range of meat and fish alternatives and ready meals based on Thai recipes which are Halal certified. The JV brand includes soy meatloaf products, soy bacon, and a several varieties of soy sausage. All products are meat free, produced from non-GM soy protein, contain no monosodium glutamate or preservatives, and are cholesterol free.



For more information visit: <http://nutritionhouse.co.th>.

Redwood launches veggie chicken and veggie mince



The Redwood Company has recently launched two new products in the UK. 'Vegideli Cheatin' Chicken-Style Pieces which they claim look and taste remarkably similar to chicken but are totally free from animal ingredients.

Approved by the Vegetarian Society and registered by the Vegan Society the product is GM and lactose free as well as being free from cholesterol, hydrogenated fats, artificial colours and preservatives.

Redwood have also launched a new, specially fortified vegetarian 'mince', believed to be a first in the UK. Fortified with Omega 3 and 6 (from flax) and vitamins B6 and B12, Redwood's new meat free 'Vegideli Cheatin' Vegetarian Mince' also contains inulin (from chicory), a prebiotic that stimulates the growth of healthy bacteria in the gut.



Redwood produces a wide variety of natural plant based healthy foods that aim to help protect people, the environment and animals. Its totally animal-free range includes dairy-free 'cheeses' as well as alternatives to meat and fish, all sold under the Cheatin', Cheezly and Vegideli brand names.

For more information visit: <http://www.redwoodfoods.co.uk>.



Soy & Health 2006

CLINICAL EVIDENCE • DIETETIC APPLICATIONS

THURSDAY & FRIDAY
12-13 OCTOBER 2006
RADISSON SAS HOTEL,
DÜSSELDORF
GERMANY

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.

SCIENTIFIC PROGRAMME

THURSDAY, OCTOBER 12, 2006

Cardiovascular disease risk reduction

- Soy and cholesterol: yesterday, today and ... tomorrow? - Prof. Cesare Sirtori, University of Milan, Italy
- When to use soy protein or drugs in children with familial hypercholesterolemia? - Prof. Kurt Widhalm, University of Vienna, Austria
- Assessment of the longer-term effects of a dietary portfolio of cholesterol-lowering foods in hypercholesterolemia - Prof. David Jenkins, St Michael's Hospital, Toronto, Canada
- Phytoestrogens and their fatty acid esters: could they have a role in antioxidant protection of lipoproteins? - Prof. Matti J. Tikkanen, University of Helsinki, Finland
- Dietary isoflavones in the absence of soy protein reduce cardiovascular risk factors and this is possibly related to their chemical form in food - Prof. Ken Setchell, Children's Hospital & Medical Centre, Cincinnati, USA

Workshop: Soy foods warrant a larger role in Western diets - Prof. Mark Messina, Loma Linda University, USA (organised in cooperation with ENSA)

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
- The impact of soy isoflavones on cognitive function in younger and older women - Dr. Louise Dye, Leeds University, UK
- Phosphatidyl serine and brain function - Speaker to be confirmed

Interactive panel session: Future of soy in the European diet & health market. Moderator: Dominic Dyer, Soya Protein Association, UK

- Soy health claims in Europe. Where are we now and tomorrow? - Dr. Janice Harland, HarlandHall, U.K.
- Soy position and perception in the European market - Dr. V. Krishnakumar, Giract, Switzerland
- Role of the industry in introducing soy & health promoting ingredients and products - Soy Industry representatives

FRIDAY, OCTOBER 13, 2006

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
- Genetic investigations of post-menopausal women supporting the cancer protection effect of soy - Prof. Uwe Rohr, University of Vienna, Austria
- 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

Soy & inflammation

- Polyphenolic compounds and chronic inflammation: Mechanisms for the inhibition of the transcription factor NF-kB - Prof. Dirk Haller, Technical University of Munich, 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

Hot flushes and osteoporosis

- Skeletal effects of soy and isoflavones: a review - Prof. John Anderson, University of North Carolina, Chapel Hill, USA
- Soyfoods and isoflavones for alleviating hot flushes - Prof. Mark Messina, Loma Linda University, USA

Take home messages: What have we learned?

Don't miss out on this unique opportunity to meet the world experts on soy and health!

For more information and to register online visit: <<http://www.soyconference.com/>>.

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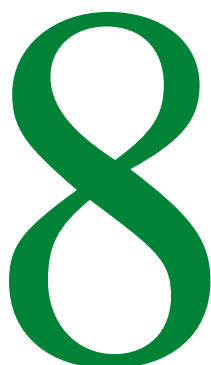


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MEDIA SPONSORS





11 August 2006

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

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 at e-mail: meetings@aocs.org, website: <http://www.aocs.org/meetings/istanbul/>.

27 August-1 September 2006

8th Annual Short Course on Texturised 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.

11-12 September 2006

Soy Beverages Innovations Conference, Bangkok, Thailand. Contact PROSOY at info@prosoy.org or visit: <http://www.prosoy.org>.

18-20 September 2006

Soya Summit 2006: Food & Energy for 21st Century, Chase Park Plaza Hotel, St Louis, Missouri, USA. Includes hands-on workshops. Website: <http://www.soyasummit.com>.

21-22 September 2006

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

1-4 October 2006

4th Euro Fed Lipid Congress: Lipids, Fats and Oils for a Healthier Future: The Need for Interdisciplinary Approaches, University of Madrid, Spain. Contact Euro Fed Lipid at <http://www.eurofedlipid.org/meetings/madrid/index.htm>.

12-13 October 2006

Soy & Health 2006: Clinical Evidence - Dietetic Applications, SAS Radisson Hotel, Düsseldorf, Germany. Contact Soy Conference THV, e-mail: info@soyconference.com, website: <http://www.soyconference.com/>.

22-26 October 2006

SIAL 2006, Paris Nord Villepinte Exhibition Centre, Paris, France. Register online at <http://www.sial.fr/en/2006/index.html>.

31 October-1 November 2006

Healthy Foods: European Summit, Royal Horseguards Hotel, Whitehall Place, London, UK. Contact: New Hope Natural Media Europe at sg.pilotconsult@btinternet.com or visit: <http://www.healthyfoodsummit.com>.

3-4 November 2006

1st Nutrition & Health Congress, RAI, Amsterdam, The Netherlands, website: <http://www.voedingscongres.nl>.

15-17 November 2006

Health Ingredients Europe, Frankfurt, Germany. Visit: <http://www.hi-events.com/>.

17-18 November 2006

9th Nutrition & Health Congress, Heysel, Brussels, Belgium, website: <http://www.congresnutrition.be>.

24-25 November 2006

7th Nutrition & Health Conference Olympia, London, UK, website: <http://www.nutritionandhealth.co.uk>.

28 November 2006

Interactive Workshop on 'Nutrition and Health Claims in Europe', Brussels, Belgium. Contact: info@healthclaims.eu or visit: <http://www.healthclaims.eu>.