

# Soy & Health

JUNE 2008

ISSUE NUMBER 21

## UK guidance does not recommend sterols/stanols for patients with CVD

The UK's National Institute for Clinical Excellence (NICE) is an independent organisation responsible for providing national guidance on promoting good health and preventing and treating ill health. It has recently published a report *Lipid Modification - Cardiovascular Risk Assessment and the Modification of Blood Lipids for the Primary and Secondary Prevention of Cardiovascular Disease*. The report contains many sections aimed at assessing individuals most at risk of CVD and proposing various interventions including the cholesterol-lowering drugs (statins), weight loss regimes, physical activity, and a heart-healthy diet. Although doctors are likely to suggest lifestyle changes and a cardioprotective diet for people at risk of CVD, perhaps surprisingly, NICE has not recommended the use of omega 3 supplements or plant sterols and stanols for the primary prevention of CVD. NICE believes that although cholesterol lowering products containing plant sterols and stanols may help lower blood cholesterol there is no evidence, as yet, that they actually prevent cardiovascular disease. Under current legislation disease risk reduction claims are not permitted, so claims have usually been about reducing cholesterol. However, the introduction of new EU regulations on health claims, currently under discussion, may jeopardise such claims in the future, particularly where a claim has not been made in the past.

<http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11982>

[http://www.efsa.europa.eu/EFSA/KeyTopics/efsa\\_locale-1178620753812\\_NutritionAndHealthClaims.htm](http://www.efsa.europa.eu/EFSA/KeyTopics/efsa_locale-1178620753812_NutritionAndHealthClaims.htm)

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## Health claims



### 3rd Interactive Workshop Nutrition & Health Claims Europe- one year forward

Thursday, October 2, 2008

Radisson SAS Royal Hotel Brussels, Belgium

After two successful workshops in 2006 and 2007, Health Claims Europe presents a new and exciting programme **Nutrition & Health Claims Europe – one year forward**. This one-day interactive workshop is directed at Legal Counsels, Marketing and Sales, Production and R&D staff of European Food Industry and companies interested in importing food products into the European Union. Programme topics of the workshop:

- Nutrition Claims and their practical application and use
- Health Promotion and Disease Prevention Claims and how to file dossiers
- Exploring the consequences for Labelling
- Marketing challenges using the new regulatory framework
- Case studies reviewed

Registration fee before September 5, 2008: 695 EUR

Online registration: via the website <http://www.healthclaims.eu>  
or via mail with the downloadable form on the website.

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



## 2

### Italy and Germany dominate EU supplement market

Italy and Germany are the two largest single markets for nutraceutical products in Western Europe, followed by UK and France, according to data presented by Peter Zambetti, Capsugel's global business development manager for dietary supplements, at the Supply Side East trade show in the US. The data was based on figures from 2006 and was drawn from information published by Euromonitor, Datamonitor, Mintel and Nutrition Business Journal. Included in the definition of nutraceuticals were vitamins, dietary supplements, botanicals, tonics and homeopathic remedies.

The global market for these products was reported to be worth over \$152bn in 2006 with estimates suggesting that the market has grown an additional 4-6% since then. The Asia Pacific market has the largest share of global sales at 44.2%, followed by the USA at 32.2% and Western Europe at 14.4%. Italy is the largest market in Western Europe at \$1.6bn sales or 23% of the total market. Germany has \$1.5bn sales and 20% share of the market, followed by UK at \$1.1bn or 13% of the market and France \$837 or 11% of the market. The remaining European sales market is split as follows: Scandinavia -10%, Spain, Belgium and The Netherlands - 4% each, Austria, Switzerland and Turkey - 2% each, while Portugal, Ireland and Greece each held 1%.


### New Mintel report on functional foods

According to recent Mintel research, functional foods in the UK, which have been a strong sector within the food industry for more than a decade, may be facing harder times. Mintel suggest that this is due to consumer disillusionment with supposedly functional ingredients which they don't understand and the trend towards whole foods and all things "natural". In 2002 the market was valued at £226m and by 2005 it had grown by 171% to £492m. However, it only grew by 3% in 2007 to £613m from £596m in 2006. Going forward Mintel predict growth of 72% between 2007 and 2012 with sales reaching around £1bn. The research also says that promotional spending has dropped in this sector and suggests that the challenge for functional foods companies is to develop strategies to tap into the health and wellness trend. (<http://www.mintel.com/home.htm>)

### New patented crushing technology

The 'Multicracker' is a new technology for effectively crushing bulk goods. According to the manufacturers, PTW Technologies GmbH, it combines innovation and efficiency in one machine. Using cutting-edge crushing technology PTW claim that the machine is versatile and efficient whether breaking up cereals and mixed products for the foodstuffs and animal feed industry or breaking/flaking oilseed for the plant oil industry. A key feature is the particular geometric profile of the cracking discs which mean the 'Multicracker' uses less energy to crush the material. On average it takes just 1 kW of energy per tonne of material. The machine achieves a homogeneous ground product up to 80% of which exhibits the desired level of granulation. The material only spends a short time in contact with the grinding process which means there is no loss of nutritional value through heating and less risk of microbial contamination.

(<http://www.multicracker.com>)



An interactive training session for CEOs, Brand and Marketing Managers, Sales Trainers, and Product Communication Specialists

## Mindless Eating and Consumer "Buyology"


### Lessons for Marketing Nutrition

**Wednesday, September 17, 2008 - 9 a.m. till 2 p.m.**  
**Radisson SAS Royal Hotel Brussels, Belgium**

Exclusive training session with Cornell University Food and Brand Lab

Limited number of seats available

**Program Leader**  
Ron Guymon PhD, Director of Corporate Engagements, Cornell University - Food and Brand Lab



**Topics to be reviewed**

1. Do consumers believe their eyes or their stomachs?
2. What motivators really work for long-term consumer change?
3. Why are healthy foods hard to market?
4. What nutrition knowledge really matters to consumers?
5. How can consumers be targeted using feedback, profiles and mental maps?
6. What do marketers need to know about labeling nutrition?

The training is not just a 4-hour lecture, but rather an engaging workshop with interspersed small team participation, using group communication and sampling system.

For more information and to register online visit:  
<http://www.marketingnutrition.eu/>



# 3

## Taste, texture and health benefits delivered by innovative soy egg-replacement product Profull™

Profull™ 68141 soy flour is Cargill's latest edition to the protein-replacement soy market. A full-fat soy flour egg replacement, it offers a combination of superior taste, texture and high nutritional content.

As a wholesome soy flour product consisting (in dry form) of 40% protein and 20% cholesterol-free soy lipids, rich in polyunsaturated fatty acids (linoleic acid), lecithin, vitamin E and sterols, Profull™ 68141 full-fat soy flour can help manufacturers create healthy foods.



It can be used in a variety of products across the bakery market, as its fat binding, high water and excellent coating properties make it a valuable ingredient for cakes, pancakes and cookies. By replacing up to 50 per cent of eggs in their formulation, Profull™ 68141 full-fat soy flour extends product shelf life and importantly, in these times of rising prices, reduces production costs. (<http://www.cargilltexturizing.com>)

## New Alpro Soya Light



Alpro has launched reduced calorie dairy free alternatives to yogurt. Naturally low in saturated fat it is made with a blend of soybeans and real fruit with calcium, fibre and vitamins. Alpro Soya Light does not contain artificial sweeteners but contains erythritol which is obtained by the fermentation of glucose and occurs naturally in grapes, melons and pears. Alpro Soya Light is available in two varieties: Raspberry & Blackberry, and Pineapple & Passionfruit.

([http://www.alprosoya.co.uk/alpro/UK\\_en/index.html](http://www.alprosoya.co.uk/alpro/UK_en/index.html))

## Sunrise Café Expert from Soya Health Foods

Soya Health Foods has extended its Sunrise soy range with the launch of Sunrise Café Expert, a soy milk that does not curdle in tea and coffee. The soybeans for Café Expert are sourced from carefully selected organic growers in South America. The company found out by accident how to create heat-stable soy milk and now all the company's products use a secret formulation and process to achieve the non-curdlle attribute. Soya Health Foods believes that the new range will meet the growing demand for soy milk in cafés and restaurants, The product will be available in cases of 8 x 1-litre and can be stored in ambient conditions or in the fridge. (<http://www.soya-group.com/>)



## Solbar launches two new products at Vitafoods

Solbar has launched two new products at Vitafoods 2008. Solgen SR is a slow release isoflavone for reducing menopausal symptoms. With a minimum of 30% soy isoflavones with 55% minimum in the genistin and genistein forms, Solgen SR is microencapsulated to achieve a slow release effect, avoiding momentarily high serum peaks and giving sustained availability throughout the day as well as demonstrated consumer compliance. The product is a free flowing granule coated with cellulose derivatives to release the active ingredient over a period of 12 hours. It can be used in compressed tablets or hard-gel capsules. Solgen SR is backed by clinical studies and Solbar's Solgen soy isoflavones have been registered by a European Drug Master File.

The second product is Solpro 957, a low sodium 90% soy isolate which aims to help food manufacturers reduce the sodium levels in their products. Typical sodium levels in soy isolates are estimated at 11,000-13,000 mg/kg and Solbar claims that it can reduce these levels to 3000mg/kg. Key factors for successful sodium reduction include guaranteeing that the protein has no metallic flavour, low viscosity and working well in meat and food formulations. Solpro 957 is aimed at the processed meats, convenience foods, instant soups, bars, cereals and beverages markets.

(<http://www.solbar.com>)



### Looking for the crumbs of success?

Thinking tender crumbs? Great taste? Long shelf life? Prolia™ and Profull™ soy flours enhance processability, crumb structure, volume and yields. Yes, we know soy products and with our texturizing systems a whole lot more. Let's work together for bakery success.





## 4

### Early exposure to genistein may modify breast cancer risk

Evidence is growing from animal and human studies that genistein may protect against the development of breast cancer but only if consumed before puberty. In a review of the literature, scientists from the University of Turku, Finland, the Lombardi Cancer Center and Georgetown University, Washington also suggest that consumption of soy foods or exposure to genistein, during childhood and adolescence, and before puberty onset in animals may reduce breast cancer risk in later life. In animal studies, an exposure that is limited to the fetal period or adult life does not appear to have the same protective effective. A meta-analysis of human studies indicates a modest reduction in pre- and postmenopausal risk when dietary intakes are assessed during adult life. These findings are in-line with emerging evidence that indicates that timing may be vitally important in determining the effects of various dietary exposures on the susceptibility to develop breast cancer. The researchers review the mechanisms that might be involved with special focus on gene expression and propose that the effects on mammary gland morphology and signalling pathways induced by pubetal exposure to genistein mimic those induced by the estrogenic environment of early first pregnancy.

A Warri et al 2008, British Journal of Cancer, 98 p1485-1493 - advance online publication 8 April 2008 doi 10.1038/sj.bjc.6604321  
<http://www.nature.com/bjc/journal/v98/n9/abs/6604321a.html>.



### Natto extract intake associated with reduced risk of hip fractures

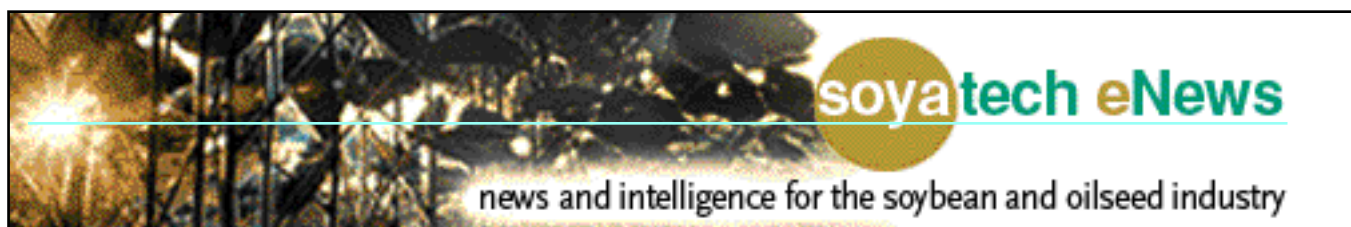
A Japanese study links dietary vitamin K2 (menaquinone-7 or MK-7) especially from the fermented soy food, natto, to a significantly decreased risk of hip fracture. The researchers investigated the relation between hip fracture incidence and the dietary intake of four nutrients - calcium, magnesium, vitamin D and vitamin K - all widely recognised as important for bone health. However, only consumption of MK-7 from natto could explain visible differences in hip fracture rate found between western and eastern Japan. Using data from the 2002 National Survey on the incidence of hip fracture and the National Nutritional Survey of Japan, a standardised incidence ratio of hip fracture was calculated, and the association between the standardised incidence ratio and each nutritional intake was assessed for different regions of Japan. The researchers found significant correlations between the standardised incidence ratio by region and magnesium, vitamin D, and vitamin K in both men and women, and calcium in women. The strongest inverse correlations were found in vitamin K in both men and women. After adjusting for calcium, magnesium, and vitamin D, the partial correlation between the standardised incidence ratio by regional block and vitamin K was strongest in both men and women. The researchers concluded that significant correlation between hip fracture incidence and vitamin K intake, and also regional variations in food patterns, suggest that increasing intake of vegetables and legumes might lead to a decrease in hip fracture incidence in the future. They also suggest that a review of the dietary reference value of vitamin K from the perspective of osteoporosis would be useful.

Yumi Yaegashi et al 2008, Journal of Epidemiology 23 p219-225  
<http://www.springerlink.com/content/1g23144331716857/?p=c995f563eae14d27a53fe209b5870d22&pi=6>

### Combining genistein and resveratrol enhances anti-obesity effects

Individually genistein and resveratrol inhibit the formation of fat cells and induce apoptosis in cancer cells. This study used human 3T3-L12 cells to model the development and biochemistry of fat cells. The researchers exposed pre-adipocytes and mature adipocytes to small doses of of genistein and resveratrol, both individually and in combination and found that by combining the two compounds fat cell numbers were reduced by 59% and 70% more than genistein and resveratrol alone, respectively. Both compounds reduced cell viability in both cell types in a dose-dependent manner. In addition, combining the two compounds also induced apoptosis (cell death) of the fat cells by 242% whereas individually the two compounds at their highest dose both increased apoptosis by only 46%. Lipid accumulation was also decreased. The researchers conclude that genistein and resveratrol in combination produce enhanced effects on inhibiting adipogenesis, inducing apoptosis, and in promoting lipolysis in 3T3-L1 adipocytes. Thus, the combination of genistein and resveratrol is more potent in exerting antiobesity effects than the individual compounds.

S Rayalam et al 2007, Journal of Nutrition 137 p2668-2673. <http://jn.nutrition.org/cgi/content/abstract/137/12/2668>.





# 5

## Vitamin K2 may lower prostate cancer risk

According to results from the European Prospective Investigation into Cancer and Nutrition (EPIC) an increased intake of vitamin K2 may reduce the risk of prostate cancer by 35%. The study evaluated the association between dietary intake of phylloquinone (vitamin K1) and menaquinones (vitamin K2) and total and advanced prostate cancer in the Heidelberg cohort of the EPIC study. At baseline, habitual dietary intake was assessed by means of a food-frequency questionnaire. Dietary intake of phylloquinone and menaquinones (MK-4–14) was estimated by using previously published HPLC-based food-content data. Multivariate-adjusted relative risks of total and advanced prostate cancer in relation to intakes of phylloquinone and menaquinones were calculated in 11,319 men. During a mean follow-up time of 8.6yrs, 268 cases of prostate cancer, including 113 advanced

cases, were identified. The researchers observed a nonsignificant inverse association between total prostate cancer and total menaquinone intake. The association was stronger for advanced prostate cancer. Menaquinones from dairy products had a stronger inverse association with advanced prostate cancer than menaquinones from meat. Phylloquinone intake was unrelated to prostate cancer incidence. The authors concluded that their results suggest an inverse association between the intake of menaquinones, but not that of phylloquinone, and prostate cancer. Further studies of dietary vitamin K and prostate cancer are recommended.

K Nimptsch et al 2008, Am J Clin Nutr 87(4) pp985-992. <http://www.ajcn.org/cgi/content/abstract/87/4/985?etoc>

## Soy isoflavones may benefit bone health and diabetes

Researchers investigated whether or not the intake of isoflavone aglycone-rich fermented soybeans affected bone and glucose metabolism in 65 post-menopausal women aged 47 to 70yrs. In an parallel double-blind dietary intervention study, the women were randomised for taking isoflavone aglycone-rich fermented soybean soup (isoflavone aglycone 24 mg/day) or placebo soup for 4 weeks. Blood and 24-hour urine samples were collected before and after the intake. Markers of bone and glucose metabolism were analysed. During the study the subjects refrained from consuming other soybean-based foods and isoflavone supplements for 9 weeks, starting at 5 weeks in advance of the intervention. The results showed that urinary total isoflavone levels were significantly higher at 4 weeks in the fermented soy group than that in the placebo group. In the placebo group, the urinary excretion of deoxypyridinoline (bone resorption marker) was significantly increased at 4 weeks from the baseline value but did not show any significant change in the soy group. In contrast the serum osteocalcin (bone formation marker) level was significantly increased at 4 weeks from the baseline value in the soy group, but showed no significant change in the placebo group. Serum insulin levels were significantly lower at 4 weeks in the soy group than in the placebo, while blood glucose levels were similar in both. Thus, insulin resistance (the homeostasis model assessment of insulin resistance) was significantly lower at 4 weeks in the soy group than in the placebo. The researchers concluded that a four-week intake of fermented soybean soup containing 24 mg of isoflavone aglycone improved bone and glucose metabolism in post-menopausal women, suggesting that the continuous intake of fermented soybeans could prevent bone loss and improve insulin resistance after menopause.

M Mori et al 2008. Geriatrics & Gerontology International 8 (s1), S8–S15 doi:10.1111/j.1447-0594.2007.00399.x <http://www.blackwell-synergy.com/doi/abs/10.1111/j.1447-0594.2007.00399.x>

## Supplement claims

### Interactive Workshop NUTRIENTS & FOOD SUPPLEMENTS IN EUROPE - REGULATORY ISSUES

Tuesday, December 2, 2008  
Marivaux Hotel, Brussels, Belgium



This is a one-day programme directed at producers, distributors and users of nutrients, food supplements and traditional herbal medicines with as major objective reviewing the status of the current legislation, the process of approximation of national laws, the procedure for substantiating functionality claims, the setting of levels for nutrient and labelling.

The programme is further extended by treating Case Studies highlighting specific aspects and potential bottlenecks in the current legislation.

This workshop is tailor-made for Legal Counsels, Marketing and Sales, Production and R&D staff of European Nutrients, Food Supplements and Herbal Medicine Industry and companies interested in importing such products into the European Union.

The workshop offers an excellent opportunity to meet the experts and network with colleagues.

<http://www.supplementclaims.eu>

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8560 Wevelgem, Belgium,  
tel.: + 32.56.43.22.11



# conference highlights



## 6

Around 200 delegates from around the world visited the beautiful city of Ghent, Belgium from 2-3 June 2008 to attend the 5th International Conference on Soy & Health and the 1st International Symposium on Soy & Strategic Marketing. Poster abstracts covering a range of scientific topics related to soy were on also display. Highlights from the scientific symposium, Soy & Health 2008, are provided below.

### Soy, cholesterol lowering and cardiovascular disease

New insights into the involvement of soy protein in cholesterol lowering were presented by **Dr Maria Rosa Lovati (University of Milano, Italy)** whose research suggests that the predominant hypocholesterolemic activity of soy protein is from bioactive peptides (not isoflavones) which may ultimately have implications for potential drugs for hypercholesterolemic patients and in the development of functional foods. **Dr Gerald Rimbach (Christian Albrechts University, Germany)** presented evidence that isoflavones significantly affected the expression of genes that encode for proteins involved in vascular tone. Genistein also reversed homocysteine and oxidised LDL- induced alterations of protein profiles and prevented apoptosis. In addition, sulfation of isoflavones, which masks important hydroxyl groups on the isoflavone molecule, could decrease their impact on endothelial function. **Prof Giovanni Mann (King's College, London, UK)** provided information on the molecular mechanisms by which estrogens, isoflavones and polyphenols activate signalling pathways involved in endothelial nitric oxide release. A soy protein rich diet maintains



low blood pressure and antioxidant gene expression and a diet rich in soy isoflavones during gestation and adulthood results in decreased oxidative stress, improved endothelial function and reduced blood pressure in vivo. As part of a larger study on osteopenic, postmenopausal women, **Prof Francesco Squadrito (University of Messina, Italy)** (left) showed that 54mg of genistein plus calcium, vitamin D3 and a healthy diet was associated with favourable effects on both glycemic control and some cardiovascular risk markers in osteopenic postmenopausal women.

### Isoflavones and other soy components

**Dr Elvira de Mejia (University of Illinois, Urbana-Champaign, USA)** suggested that soy protein hydrolysates inhibit the enzymes involved in leukaemia cell viability and may, therefore, have anti-cancer potential. Research by **Dr Guy Haegeman (Ghent University, Belgium)** suggests that soy isoflavones can selectively block the activation of specific target genes, such as interleukin-6, which is involved in chronic inflammatory disorders, diseases of age and tumorigenesis. **Prof Kenneth Setchell (University of Cincinnati, USA)** provided data on the potential usefulness of a soy isoflavone enriched pasta containing 33mg of isoflavones as a therapeutic tool for the reduction or relieving of symptoms associated with diabetic gastroparesis. In Type 2 diabetic patients with documented delayed gastric emptying the inclusion of the isoflavone enriched pasta in the diet led to a significant acceleration in gastric emptying and to normalisation of delayed gastric emptying. Importantly postprandial serum glucose and insulin levels were not adversely affected. In a separate study to investigate possible mechanisms the research showed that the expression of 58 genes were significantly affected by the presence of isoflavones in pasta and these included classes of genes involved in gastric function and oxidative stress. **Prof Willy Verstraete (Ghent University, Belgium)** focused on the microbial and dietary factors associated with the equol producer phenotype in healthy postmenopausal women. During a 5 day treatment period 3 portions of either soymilk or soy germ containing 28.5 and 38mg isoflavone aglycone equivalents per portion respectively were given daily. Analysis of the urine samples showed that bio-availability of genistein and daidzein in soymilk was significantly higher than in soy germ tablets. The strong equol producer phenotype correlated negatively with *Clostridium coccooides-Eubacterium rectale* counts and positively with sulfate-reducing bacteria. Those with higher PUFA and alcohol intake were more likely to be strong equol producers.

### Metabolic syndrome, obesity and diabetes

**Dr Leila Azadbakht (Isfahan University of Medical Studies, Iran)** (right) presented data on the possible therapeutic effects of soy nut and soy protein consumption on insulin resistance and markers of cardio-vascular risk in postmenopausal women with metabolic syndrome. Improvements in lipid profile, inflammatory indices and markers of oxidative stress suggest that soy nut consumption may reduce cardiovascular disease. Decreasing insulin resistance also indicates that soy consumption may play a role in preventing diabetes. Soy nut consumption is more effective than soy protein. The fat and fibre content of soy nuts may be responsible for this.



*continued on p7*



# conference highlights



continued from p6



**Prof Stephen Atkin (University of Hull, UK)** provided new data on the dietary isoflavone effects on insulin resistance and cardiovascular risk factors in type 2 diabetes and subclinical hypothyroidism. In postmenopausal women with type 2 diabetes his research showed that, after 12 weeks, soy protein consumption (30g/day containing 132mg/day isoflavones) resulted in significantly lower mean values for fasting insulin, insulin resistance, glycated haemoglobin, total cholesterol, LDL cholesterol, and cholesterol/HDL cholesterol ratio. No significant change occurred when the study was repeated with 132mg of isoflavones alone. In another study in patients with subclinical hypothyroidism, insulin resistance and systolic and diastolic blood pressure fell significantly using a 16mg of isoflavones in 30g of soy protein preparation. In a 2mg preparation only systolic blood pressure fell. Thyroid function was unchanged. In her presentation **Dr Janice Harland (HarlandHall, UK)** presented the results of a meta analysis of

studies conducted in overweight and obese subjects which showed that cholesterol, specifically LDL cholesterol, was significantly lower when 18-43g soy protein was included in the diet. This confirms that that soy protein is at least equivalent to animal protein in weight-reducing regimes, but also that it reduces one of the markers of cardiovascular disease thereby reducing the the risk of one of the major complications associated with obesity.



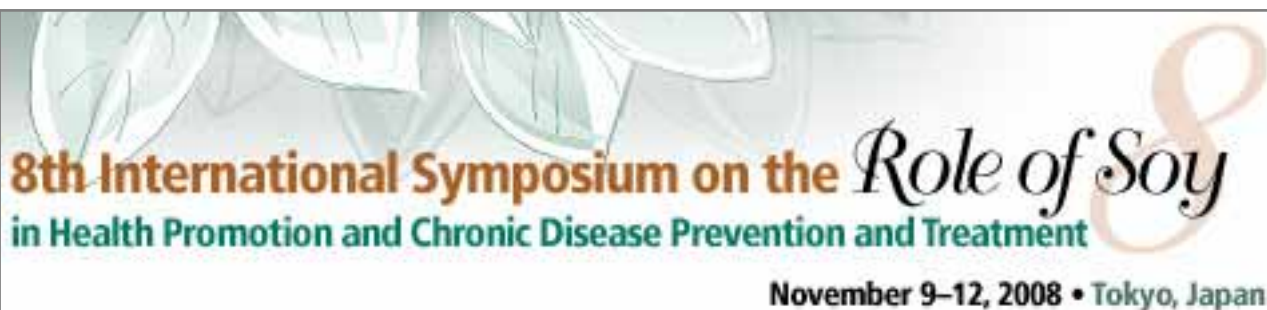
## Hot topics

**Dr Mark Messina (Loma Linda University, US)** (left) presented data from a meta analysis of studies investigating the effects of soy protein and isoflavone intake on total and free testosterone levels in men. Peer reviewed studies in English were selected which included adult men who consumed soy foods, soy protein isolate, or isoflavone extracts (from soy and red clover). All studies included assessments of circulating testosterone, free testosterone, sex hormone binding globulin or calculated free androgen

index. The results showed that, regardless of statistical model, neither soy protein or isoflavone intake had any significant effects on these measurements. **Prof Francesco Squadrito, (University of Messina, Italy)** is involved in long term study of postmenopausal women investigating efficacy of genistein on bone health. Previous findings have shown that 54mg/day of genistein aglycone positively affects bone metabolism in women and after 36 months genistein continues to show positive effects on bone formation in this cohort of osteopenic postmenopausal women with significant increases in bone mineral density at both femoral neck and lumbar spine regions compared to the placebo. Research by **Dr Peter Celec (Comenius University, Slovak Republic)** provided further insight into the complex topic of cognition and mental health. There are very few studies on the role of soy isoflavones and the results published so far are conflicting. His own research, looking at differences between men and women and the effects of testosterone suggests that soybean intake may improve spatial cognitive abilities which may be mediated by endocrine changes which are gender specific. In his presentation, **Prof Jean Daydé (University of Toulouse - Ecole d'Ingénieurs de Purpan, France)** provided information on soy saponins, their bioavailability and their role as healthy micronutrients. Their beneficial effects include hypocholesteremic and antioxidant activity, hepatoprotective and antiviral properties, as well as anticarcinogenic activities. However, more studies are needed on the biological effects of soy saponins, and their additive, synergetic or antagonistic effects with isoflavones need to be clarified.

## Practical uses of soy

**Dr Jean-Michel Lecerf (Institut Pasteur, France)** summarised the practical information about soy foods that should be provided to patients and physicians. This included information on composition and function so that doctors are informed about which products may be useful for patients with particular diseases or conditions e.g. heart disease, diabetes, lactose intolerance. Dietary advice, recipes ideas and information on the types of soy foods available was also invaluable for dietitians who give practical advice to patients. **Lynne Garton (Alimenta, London, UK)** (right) focused on the role of health professionals in recommending soy, how to recognise soy foods, tips to help overcome barriers to consumption and practical suggestions to help patients consume soy rich diets.





## 8-9 July 2008

Functional Foods Symposium 2008, Amsterdam, The Netherlands. Organised by FIE.  
Visit: <http://www.functional-foods.biz/cmpic/ffs/> or e-mail: [conferences@cmpinformation.com](mailto:conferences@cmpinformation.com).

## 20-22 July 2008

18th International Conference on Plant Lipids, Bordeaux, France.  
Visit: <http://www.ispl2006.msu.edu/ISPLBordeaux2008.pdf>.

## 6-8 August 2008

All About Food Expo, New Delhi, India. Visit: <http://www.allaboutfoodexpo.com>.

## 24-29 August 2008

10th Annual Practical Short Course on Texturized Vegetable Protein and Other Soy Products, Texas A&M University, Texas, USA. Contact: [mnriz@tamu.edu](mailto:mnriz@tamu.edu) or visit: <http://www.tamu.edu/extrusion>.

## 7-10 September 2008

6th Euro Fed Lipid Congress: Oils, Fats & Lipids in the 3rd Millenium, Athens, Greece.  
Visit: <http://www.eurofedlipid.org/meetings/athens/index.htm>.

## 8-11 September 2008

The Brain Lipids Conference, Oslo, Norway. Contact: [mail@bl2008.org](mailto:mail@bl2008.org) or visit: <http://www.bl2008.org>.

## 17 September 2008

Mindless Eating and Consumer "Buyology" - Lessons for Marketing Nutrition, Brussels, Belgium. Exclusive training session with Cornell University Food and Brand Lab. Visit: <http://www.marketingnutrition.eu>. (see p2)

## 17-19 September 2008

Soya & Oilseed Summit 2008, St Louis, MO, USA. Contact: [customerservice@soyatech.com](mailto:customerservice@soyatech.com)  
or visit: <http://www.soyasummit.com>.

## 23-24 September 2008

Soy Beverage Innovations Asia Conference, Bangkok, Thailand. Visit: <http://www.prosoy.biz>.

## 2 October 2008

3rd Interactive Workshop: Nutrition & Health Claims Europe, Brussels, Belgium. Visit: <http://healthclaims.eu>. (see p1)

## 9-10 October 2008

3rd Practical Short Course: Specialty and Functional Oils, Market Trends, Nutrition & Health, Utilization in Food Systems. Ghent, Belgium. Visit: <http://www.smartshortcourses.com> or <http://www.membraneworld.com>

## 13-14 October 2008

3rd Practical Short Course: Snack Food Processing and Product Formulation, Ghent, Belgium.  
Visit: <http://www.smartshortcourses.com> or <http://www.membraneworld.com>

## 10-23 October 2008

SIAL 2008, Paris, France. Visit: <http://www.sial.fr/ExposiumCms/do/admin/visu?reqCode=accueil>.

## 21-22 October 2008

8th International Conference: Oils & Fats Industry 2008, St Petersburg, Russia.  
Visit: <http://www.vniifats.ru/eng/conf2008.htm>.

## 23-24 October 2008

2008 Healthy Foods European Summit, London, UK. Contact: [jpetersen@newhope-eu.com](mailto:jpetersen@newhope-eu.com)  
or visit: <http://www.healthfoodssummit.com>.

## 4-6 November 2008

Natural Ingredients Europe 2008 and Health Ingredients Europe 2008, Paris, France.  
Visit: <http://www.ni-events.com/content/default.aspx> and <http://www.hi-events.com/content/default.aspx>.

## 9-12 November 2008

8th International Symposium on the Role of Soy in Health Promotion and Chronic Disease Prevention and Treatment, Tokyo, Japan.  
Contact: [general@aocs.org](mailto:general@aocs.org) or visit: <http://www.aocs.org/meetings/8thsoy>.

## 2 December 2008

Nutrients & Food Supplements in Europe Regulatory Issues, Brussels, Belgium. Visit: <http://www.supplementclaims.eu>. (see p5)

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