

# Soy & Health

NOVEMBER 2006

ISSUE NUMBER 14

## EU health claims regulations adopted

The long-awaited EU Nutrition and Health Claims Regulation was finally adopted in October 2006 despite opposition from the European Parliament and arguments with the Council of Ministers and the Commission. Although the Regulation is expected to come into force in the next 6 months, there is still work to be done, for example, in compiling the list of generic health claims and working out procedures for future claims submissions.

Under the new Regulation there will be 4 different types of claim: (1) nutrition claims (Annex 1); (2) health claims (article 13) including generic claims; (3) reduction and disease risk claims; and (4) children's development and health claims. The new rules will also cover off-pack information, such as PR material and websites. Timing will be crucial. Nutrient profiles should be finalised by 2009 but there will be a 2-year transitional period before coming into effect. For well-established claims there is no transitional period and Member States must submit their lists of generic health claims by 2008. The final list is to be decided by the European Food Safety Authority (EFSA) with the agreement of Member States in Standing Committee but there are no guarantees that any existing health claim will make it onto the list and companies may be faced with having to withdraw products with little or no notice.

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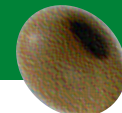


In the UK, the Food Standards Agency has already opened its list of generic health claims for food businesses to submit eligible claims. To be eligible for consideration, the claim must be based on generally accepted science and relate to the role of a nutrient or other substance in growth, development and functions of the body, psychological and behavioural functions, or slimming and weight control. Claims must be submitted using a template and must be accompanied by references to scientific justification and conditions of use. Once submitted, the Agency will add eligible claims to the UK list.

## Bangkok to host 7th International Soy Symposium March 2007

The 7th meeting of the International Soy Symposium series will be hosted, for the first time, in Asia, where soy is well recognised as an integral part of the diet. The two day programme from 7-9 March 2007 will cover the latest research findings on the health effects of soy in a wide range of topics. A half-day workshop will also highlight unique nutrition programmes in Asia where soy contributes significantly in addressing malnourishment among subsets of the population. The forging of public-private partnerships to facilitate sustainable programmes will also be discussed. Attendance at the Symposium also provides an opportunity to visit the Southeast Asia Soyfood Seminar and Trade Show on the theme 'Science to Market Opportunities in Asia' - to be held from 6-8 March. For more information and to register online visit: <http://www.soyconferencebangkok2007.com>.

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# 2

## FDA hearing to review rules for 'functional foods'

Officials in the US Food & Drug Administration (FDA) have announced a public hearing on functional foods for 5 December 2006 in the FDA's offices in Washington in response to critics who believe that current US regulations are too lenient. Currently companies do not need FDA approval before marketing new functional foods if the ingredients themselves are considered safe. The FDA are confident that existing rules are adequate but industry is concerned that opening up the debate will lead to stricter labelling and prior approval systems. The hearing will also consider whether functional foods require a formal definition and unique regulations and whether food industry experts should evaluate the claims made. For more information visit: <http://www.cfsan.fda.gov/~dms/cfsup148.html>.

## Soy drink marketing reaches new high

According to an Organic Monitor report European manufacturers are spending millions on marketing their soy drinks to a wider target audience. Alpro, the market leader, has re-launched its product range spending £30m (Eur 44m) on media campaigns this year in Europe. Another leading producer, So Good, is also planning a major campaign for its soy drinks investing £4m (Eur 6m) in advertising across traditional and digital media. Unilever, the latest entrant in the soy drink market, is supporting its product, Adez, with a £12m (EU 17m) marketing campaign. For more information visit: <http://www.organicmonitor.com>.

## FDA approves GRAS status to Lipogen Phosphatidylserine

The FDA has approved the GRAS notification of Lipogen PS, a phosphatidylserine from soy lecithin, as safe for food fortification. Other PS ingredients are produced with bacterial enzymes while Lipogen PS, produced by Lipogen Ltd, Israel, complies with a non-bacterial enzyme process. Lipogen PS focuses on mental health solutions and can be used in various applications including milk, yogurt products, breakfast cereals, biscuits and meal replacements. For further information visit: <http://www.lipogen.co.il>.

## KFC to go trans fat-free

KFC has announced that it plans to eliminate trans fats by April 2007 by using a new soy oil in its fried chicken and potato recipes and other menu items (except biscuits because an alternative has not yet been found). The new soy oil is crushed from soybeans with a reduced linolenic acid content produced using a traditional breeding approach. Several other big food companies are also using the new oil but Burger King have said they have not yet found a suitable replacement. McDonalds in the UK have also announced plans to cut back on trans fats from next year by phasing in a new cooking oil which is a mixture of rapeseed and sunflower oil and has a trans fat level of around 2%.

## Codex rules on soy infant formula protein content

The Codex Alimentarius Commission (CAC) has rejected calls to introduce a single, standard conversion rate for all protein sources in infant formula. Earlier this year the Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) decided to move the soy protein conversion factor up from 5.71 to 6.25, and the milk protein conversion factor down from 6.38 to 6.25 in infant formulas. During the summer, the CCNFSDU was asked to reconsider their decision and have now ruled that prepared ready-to-consume infant formulas will be based on the 6.25 nitrogen conversion factor. However, in calculating the protein for various ingredients used to make infant formulas, soy will be based on the lower 5.71 value, and milk at the higher 6.38 value. The decision will not be adopted formally until the next CAC meeting in 2008.

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# 3

## Meta analysis of isoflavone therapy for hot flushes

Australian researchers have carried out a systematic review and meta-analysis of the literature to determine the efficacy of isoflavone therapy in reducing the number of daily menopausal hot flushes. The studies were selected if they were randomised, placebo controlled, provided the number of baseline flushes, the variance in flushes and reduction in flushes. Effects for isoflavone treatment compared to control were calculated and a meta-analysis carried out. Regression analysis, weighted for the size of the study was performed to investigate the relationship between dose of isoflavone, or number of baseline hot flushes and the reduction in flushes achieved compared to the control. Isoflavone supplementation was found to be associated with a significant reduction in flushes and the percentage reduction in flushes was significantly related to the number of baseline flushes per day and the dose of isoflavones studied. The authors conclude that isoflavone supplementation may produce a slight to modest reduction in the number of daily flushes in menopausal women and that the benefit may be more apparent in women experiencing a high number of flushes per day.

LG Howes et al, *Maturitas*, Vol 55, Issue 3, 20 October 2006, pp 203-211  
[http://www.elsevier.com/wps/find/journaldescription.cws\\_home/505954/description#description](http://www.elsevier.com/wps/find/journaldescription.cws_home/505954/description#description)

## Effect of soy isoflavones and phytate on CVD risk factors

This main objective of this study was to determine the effect of the soy protein components, isoflavones and phytate, on cardiovascular disease (CVD) risk factors in post menopausal women. The secondary objective was to identify factors contributing to homocysteine (tHcy) and C-reactive protein (CRP) concentrations. In a double-blind 6 week study, 55 postmenopausal women aged 47-72 were randomly assigned to 1 of 4 soy protein (40g/day) isolate treatments: native phytate and native isoflavone (n=14); native phytate and low isoflavone (n=13); low phytate and native isoflavone (n=14); or low phytate and low isoflavone (n=14). Iron indexes, tHcy, CRP and BMI, were also measured. The researchers found that soy protein with native phytate significantly reduced tHcy, transferrin saturation and ferritin, whereas soy protein with native isoflavones had no effect on any variables. At baseline, BMI was highly correlated with tHcy and CRP whereas HDL cholesterol was correlated with CRP. Multiple regression analysis showed that LDL cholesterol and BMI contributed significantly to the overall variance of tHcy. The authors conclude that consuming phytate-rich foods and maintaining a healthy weight may reduce atherosclerotic CVD factors in postmenopausal women.

LN Hanson et al, *American Journal of Clinical Nutrition* Vol 84, No 4 October 2006 pp774-780  
<http://ajcn.org/cgi/content/abstract/84/4/774?etoc>

## Soy protein and BMD in older men and women

US researchers carried out a controlled, parallel-arm, double-blind trial with 145 participants, 50-80 years, with random assignment to a soy beverage daily for 12 months. One group (+ISO) received 83mg isoflavones (45.6mg genistein, 31.7mg daidzein), aglycone units. The other group (-ISO) received soy protein containing 3mg isoflavones. Bone mineral density (BMD) was measured using dual-energy X-ray absorptiometry at total hip and posterior-anterior spine (L1-L4) at baseline in 22 women and 123 men, and at 12 months in 13 women and 98 men. Linear mixed models were used to test for an isoflavone effect on percentage BMD change from baseline in spine and hip. The results showed that treatment effects on spine BMD were significantly greater in women than men, but the percent change in hip BMD was similar in both groups and was not different between men and women. The authors conclude that soy protein containing isoflavones showed a modest benefit in preserving spine, but not hip, BMD in older women.

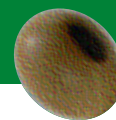
KM Newton et al, *Maturitas* Vol 55, Issue 3, 20 October 2006, pp 270-277  
[http://www.elsevier.com/wps/find/journaldescription.cws\\_home/505954/description#description](http://www.elsevier.com/wps/find/journaldescription.cws_home/505954/description#description)

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# 4

## Meta analysis of effect of soy protein on serum lipids

According to a recent meta-analysis by researchers at Tulane University in New Orleans, USA, soy protein supplementation reduces serum lipids among adults with or without cholesterolemia. The objective of this meta-analysis was to examine the effect of soy protein supplementation on serum lipid levels in adults. A total of 41 randomised controlled trials were identified in which isolated soy protein supplementation was the only intervention and the net changes in serum lipids during intervention were reported. The authors found that soy protein supplementation was associated with a significant reduction in mean serum total cholesterol, LDL cholesterol, and triglycerides, and a significant increase in HDL. Meta-regression analyses showed a dose-response relation

between soy protein and isoflavone supplementation and net changes in serum lipids, indicating that soy protein supplementation reduces serum lipids among adults with or without cholesterolemia. The authors conclude that replacing foods high in saturated fat, trans saturated fat, and cholesterol with soy protein may have a beneficial effect on coronary risk factors.

K Reynolds et al, *American Journal of Cardiology* Vol 98 Issue 5, 1 September 2006, pp633-640,  
[http://www.elsevier.com/wps/find/journaldescription.cws\\_home/525048/description#description](http://www.elsevier.com/wps/find/journaldescription.cws_home/525048/description#description)

## Lignan and isoflavone excretion in relation to uterine fibroids

In this case-controlled study researchers from the Fred Hutchinson Cancer Research Centre in Seattle, USA, and the University of Helsinki, Finland evaluated the potential link between uterine fibroid risk and phytoestrogen exposure. Two overnight urine collections (48hrs apart) from 170 uterine fibroid cases and 173 controls were analysed for isoflavones (daidzein, genistein, equol and *O*-desmethylangolensin) and lignans (enterodiol and enterolactone). Logistic regression analysis was used to determine associations between the mean excretion of the 2 collections and the risk of uterine fibroids. The study showed that unadjusted isoflavone excretion did not differ significantly between cases and controls but cases excreted significantly less lignans than did controls. The trend for a reduced risk of uterine fibroids with increasing quartiles of lignan excretion was significant. When adjusted for age, body mass index, race, family history of uterine fibroids, and isoflavone excretion, this trend remained but was less marked. The researchers conclude that their findings suggest a modest inverse association between lignan excretion and uterine fibroid risk. Whether this relation represents an effect of lignans *per se* or of other constituents of lignan containing foods has yet to be determined. There was no association between isoflavone excretion and uterine fibroids, but the intake of soy foods in this population was low.

C Atkinson et al, *American Journal of Clinical Nutrition*, Vol 84 No 3 September 2006, pp587-593  
<http://www.ajcn.org/cgi/content/abstract/84/3/587?etoc>

## One year isoflavone supplementation and early menopausal bone loss

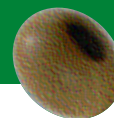
Tawainese researchers carrying out a one year study of 43 women aged 45-67 years have concluded that soy isoflavone supplementation prevented early postmenopausal bone loss, but without a dose dependent effect. The women in the study were randomly assigned into a control group, 100mg/day and 200mg/day isoflavone groups. Dual energy X-ray absorptiometry and other related biochemical markers were measured. The results indicated a decrease in bone mineral density (BMD) which was significant for lumbar vertebrae L1-3, L1-4 and the femur neck in the control group. The BMD of L1-3 was significantly elevated in the 100mg/day group but there were no consistent responses in the 200mg/day group.

Huang et al, *Journal of Nutritional Biochemistry*, 2006; 17 (8) pp509-517,  
[http://www.elsevier.com/wps/find/journaldescription.cws\\_home/525013/description#description](http://www.elsevier.com/wps/find/journaldescription.cws_home/525013/description#description)

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# 5

## Cargill launches ProSanté XCL.

Cargill has launched a new textured soy protein offering consumers the 'bite' they normally expect when eating meat products. ProSanté XCL is a newly developed textured soy protein with a structure close to that of whole muscle meat. Available in the shape of diced strips in different colours and sizes, the product's appearance, bite and chewing properties make it ideal for meat replacement in a wide variety of products, including fresh, canned and instant soups or noodle preparations, stews, wok dishes and spring rolls. Cargill claims that the structure of ProSanté XCL provides manufacturers with a genuine alternative to meat that will fit easily within existing recipes and production processes. It also has a long shelf life and is cost competitive with other meat alternatives. Visit: <http://www.cargilltexturizing.com>.

## Soyatech publishes two new market research reports

Soyatech, LLC has published two new market reports that will be of major interest to those in the soy food business. The *Soy Protein Study* focuses on isolated soy proteins which, because of their purity and functionality, have become an ingredient of choice in many diverse food applications, including meat extension, meat and dairy alternatives, noodles, soups, other nutritional foods and supplements. The report provides an overview of the soy protein market, now worth over \$2.5 billion, and includes reports on historical and current sales, projections to 2010, of total production and per capita consumption worldwide.

*Soyfoods: The US Market 2006* focuses on the phenomenal success of the US market for soyfoods. After years of rapid growth, the market, valued at over \$4 billion in 2005, is now beginning to show signs of maturity. While growth in some of the larger categories seems to be coming to a halt, other emerging sub-categories are beginning to develop that are helping to keep the overall category in positive growth.

Visit: <http://www.soyatech.com/services/newreports.ldml> or e-mail: [marketreports@soyatech.com](mailto:marketreports@soyatech.com).



## 7<sup>TH</sup> INTERNATIONAL SOY SYMPOSIUM *Role of Soy in Health and Disease Prevention* And 5<sup>TH</sup> SOUTHEAST ASIA SOYFOOD SEMINAR & TRADE SHOW *Science to Market - Opportunities in Asia* MARCH 6-9, 2007 • SHANGRI-LA HOTEL • BANGKOK, THAILAND

For the first time, the International Soy Symposium Series will bring to Asia its Symposium on the 'Role of Soy in Health and Disease Prevention', to be held from March 7-9, 2007 in Bangkok, Thailand. This meeting will offer health professionals, soy researchers, educators and marketers in Asia the unique opportunity to learn of the latest research findings and to discuss this information with internationally renowned soy experts and research program managers. A workshop featuring nutrition programs in Asia where soy plays a key role will also be held.

In conjunction with this symposium the Southeast Asia Soyfood Seminar and Trade Show - Science to Market-Opportunities in Asia will take place from March 6-8, 2007. The seminar will unveil the latest market trends, product developments, and new technological advances in soy processing and utilization. It will also address the challenges in marketing soy and soy products to increasingly sophisticated consumers. The trade show and exhibitions will augment the two technical programs, providing producers with opportunities to showcase a wide array of soybean varieties and ingredients for food uses, new processing technology for soy, as well as innovative soy food and soy beverage products from around the world.

Join this ideal platform to share, learn and network. There is no better way to keep abreast of soy-related research and market information than to attend this unique international soy event in beautiful and hospitable Thailand.

**Jointly organised by:** The Institute of Nutrition, Mahidol University (INMU),  
The Soy Food Forum (SFF)  
ASA International Marketing (ASA IM)

For more information and to register online visit: <http://www.soyconferencebangkok2007.com> or e-mail: [secretariat@soyconferencebangkok2007.com](mailto:secretariat@soyconferencebangkok2007.com). For sponsorship details please e-mail: [soymarketing@soyconferencebangkok2007.com](mailto:soymarketing@soyconferencebangkok2007.com)

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# 6



## Soy & Health 2006

CLINICAL EVIDENCE • DIETETIC APPLICATIONS

### Conference highlights

Last month over 225 researchers, scientists, health professionals and food industry personnel convened at the SAS Radisson Hotel, Düsseldorf, Germany (12–13 October 2006) for the 4th International Conference on Soy and Health. Delegates attended from all over world to hear some 20 presentations from leading experts in the field. Accompanying the conference was a display of 34 posters and an exhibition of new soy products from a number of companies.

### Cardiovascular disease risk reduction

*Prof Cesari Sirtori (University of Milan)* reviewed the evidence on the role of soy on blood cholesterol levels noting that the highest reductions in cholesterol are achieved in patients with very high cholesterol levels. Current mechanisms under investigation include the role of soy protein components, including the 7S globulins, which appear to be capable of activating the LDL receptor system via the SRBP2 regulator. This research may lead to the production of more purified products to reduce cholesterolemia in the management of high risk patients. A further mechanism that may help explain soy's anti-atherogenic properties was outlined by *Prof Matti Tikkanen (University of Helsinki)* whose studies suggest that soy isoflavones are incorporated in LDL cholesterol particles increasing their oxidation resistance.

In a one year study of hyperlipidemic individuals following the 'Portfolio Diet' *Cyril Kendall (St Michael's Hospital, Toronto)* showed that the success of the diet relates to compliance. In approximately one third of individuals who closely followed the 'Portfolio Diet' significant and clinically meaningful reductions in LDL-cholesterol of greater than 20% were achieved. For children with familial hypercholesterolemia and polygenic hypercholesterolemia, *Prof Kurt Widhalm (University of Vienna)* informed delegates that a soy protein diet may also offer benefits to these patients.

It is often stated that soy isoflavones have little or no effect on cholesterol reduction but *Prof Kenneth Setchell (Cincinnati Children's Hospital Medical Center)* presented data to suggest otherwise. The study, which was carried out jointly with the University of Perugia in Italy, compared a naturally sourced isoflavone-enriched pasta, essentially devoid of soy protein, with that of a pasta that did not contain isoflavones, for its effectiveness in reducing serum lipids in newly diagnosed patients with hypercholesterolemia. The results showed that the isoflavone-rich pasta without soy protein lowered serum total and LDL cholesterol by 7.3% and 8.6% respectively over a 4 week period. The effect was lost when patients reverted to the pasta lacking isoflavones. Improvements in other biological markers were also demonstrated with the isoflavone-enriched pasta. In addition 69% of the patients produced equal in response to the isoflavone-enriched pasta, and all the observed changes were greatest in the equal producers. It was suggested that this may be a function of a unique interaction between the food matrix and the soy isoflavones.

### Cognitive function

*Helen Kim (University of Alabama at Birmingham, USA)* provided an insight into the use of proteomics to investigate the role of dietary polyphenols from grapeseed and soy in mammalian brain. These studies confirm that dietary polyphenols have antioxidant activities which may have future implications for protection against Alzheimer's Disease.

Cognitive effects of soy in pre- and postmenopausal women is another area of interest but previous research has been inconsistent. *Louise Dye (Leeds University, UK)* presented evidence to suggest that soy isoflavones exert stronger cognitive effects on postmenopausal women than premenopausal women. Circulating estrogen was significantly greater in postmenopausal women which was inversely related to hot flushes, suggesting that soy isoflavones relieve vasomotor symptoms. Sleep quality may also be improved. Symptom relief is apparent from the first week of intervention with no further improvement over a course of 8 weeks of treatment. It is not known whether the effects are sustainable in the long term.

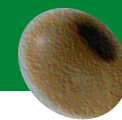
*Fred Brouns (Maastricht University and Cargill R&D, Belgium)* outlined the potential role of dietary phosphatidyl serine (PS) in the prevention of Age Associated Memory Impairment (AAMI). Soy-derived PS (Leci-PS) is as effective as bovine PS and has been shown to increase brain activity. The US (FDA) qualified health claim, agreed in 2003, was based on several intervention studies of PS on dementia and cognitive function. By supporting membrane functions in brain cells, PS seems to boost neurotransmitter function while simultaneously regulating their coordinated effects across the entire brain. Information on the beneficial role of PS on physical performance was also presented.

*continued on p7*

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

# conference highlights

continued from p6



## 7

### Cancer prevention

Previous studies have suggested the soy isoflavones may have a protective role in the prevention of prostate cancer but in a recent study, *Prof Herman Adlercreutz (University of Helsinki, Finland)*, reported no difference in PSA status between prostate cancer patients receiving 240mg clover isoflavones daily and a placebo group. The reason for this is unclear but histological evaluation revealed that there was a significant increase in the Gleason score (a measure of prostate cancer) in the treatment group but not in the placebo group. Treatment with isoflavones, therefore, may induce the death (apoptosis) of low Gleason score cancer cells leaving the high Gleason score cancer cells behind in the specimen - which may explain why there was no difference in apoptosis between the groups at the end of the study.

*Prof Ben O de Lumen (University of California, Berkeley, USA)* described his work on lunasin, a unique 43 amino acid peptide, present in soy, barley and wheat, which has cancer preventive properties. Animal studies suggest that lunasin selectively kills cells undergoing transformation by binding to deacetylated histone and disrupting the dynamics. This is important since tumour suppression cells operate through histone acetylation and deacetylation. Lunasin and protease inhibitors, such as the Bowman Birk Inhibitor, appear to have complementary roles in cancer prevention.

The cancer preventive and anti-inflammatory properties of the Bowman Birk Inhibitor (non-dietary doses) were described by *Ann Kennedy (University of Pennsylvania School of Medicine, Philadelphia, USA)* who has been overseeing human trials on Bowman Birk Inhibitor Concentrate (BBIC) since 1992. Currently there are 6 clinical trials involving BBIC in patients with oral leukoplakia, benign prostatic hyperplasia, prostate cancer, esophagitis, ulcerative colitis and gingivitis. The trials on oral leukoplakia are nearly completed and show that BBIC reduces oral leukoplakia lesion size in a dose related response. Another study on prostate cancer patients suggests that BBIC has significant effects on PSA levels which may prove effective against prostate cancer. BBIC has also been shown to have muscle sparing effects and future areas of investigation include multiple sclerosis and muscular dystrophy. The mechanism of BBIC is, as yet, unclear, but it appears to inhibit major inflammatory and carcinogenic proteases (including chymase) knocking out proteolytic activities and inhibiting an, as yet, unidentified and unnamed proteolytic cascade.

### Bone health and hot flushes

*Prof John Anderson (University of North Carolina, USA)* summarised the evidence on soy in relation to bone health stating that whilst most studies suggest that between 50- 80mg of soy isoflavones exert a moderate positive effect on bone tissue there are still many unknowns. A recent study of Hong Kong women suggests that older women with low BMI and low calcium intake may benefit more, indicating that the selection of women in research studies is important. Longer multi-dose prospective trials, involving larger numbers of postmenopausal women at different age ranges beyond the menopause are needed to clearly establish the relationship between soy isoflavones and bone health.

The potential role of soy isoflavones against menopausal hot flushes was first suggested in 1992. In his review of the evidence *Prof Mark Messina (Loma Linda University, USA)* referred to at least 42 clinical trials that have evaluated the effects of soyfoods or soy isoflavones on hot flushes in peri- and postmenopausal women. Although the results from these studies, are inconsistent they are suggestive of a modest benefit. There are several explanations for the inconsistencies:

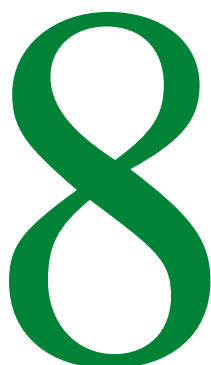
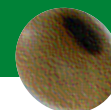
- (1) soyfoods and soy isoflavones are efficacious only in women with very frequent (more than 5 per day) hot flushes;
- (2) the type and amount of soy isoflavone consumed is important;
- (3) the metabolism of isoflavones varies between individuals;
- (4) women who possess intestinal bacteria capable of synthesising equol from daidzein will benefit most.

Future research should try to address these issues.

### Other topics

Other sessions during the conference included presentations on: 'Soyfoods Deserve a Larger Role in Western Diets' (*Prof Mark Messina, Loma Linda University*); 'Soy Health Claims in Europe' (*Janice Harland, HarlandHall, UK*); 'Soy Position and Perception in the European Market' (*Jo Goossens, Giract, Switzerland*); 'Role of Industry in Introducing Soy & Health Promoting Soy Ingredients and Products' (*Henk Jan Buurman, Cargill*); and 'Genetic Investigations of Postmenopausal Women Supporting the Cancer Protection Effect of Soy' (*Dr Uwe Rohr, Med19 Medical Centre, Vienna*). In addition, *Prof Dirk Haller (Technical University of Munich, Germany)* outlined his research into the complex area of dietary polyphenols (e.g. quercetin) which may play a role in the prevention and treatment of chronic intestinal inflammation and *Prof Stephen Barnes (University of Alabama at Birmingham, USA)* gave an interesting, if speculative, presentation on the possible role of isoflavones in the preservation of eye lens function in ageing.

The proceedings from this conference will be available in Spring 2007 and can be ordered in advance, price 39 EUROS (including 6% VAT and shipping; advance payment necessary), using the online order form and PayPal payment system on <http://www.soyconference.com>.



## **6 December 2006**

Combating Obesity - A Healthy Eating Strategy for Europe, Brussels, Belgium.  
Contact: katie.baron@informa.com or visit: <http://www.agra-net.com/obesity06>,

## **2 February 2007**

Healthy Life Expo, Minneapolis, USA. Visit: <http://www.mediamaxevents.com>.

## **6-8 March 2007**

5th Southeast Asia Soyfood Seminar & Trade Show, Shangri-la Hotel, Bangkok, Thailand, Contact: soymarketing@soyconferencebangkok2007.com, <http://www.soyconferencebangkok2007.com>.

## **7-9 March 2007**

7th International Soy Symposium - Role of Soy in Health and Disease Prevention, Shangri-la Hotel, Bangkok, Thailand.  
Contact: soyhealth@soyconferencebangkok2007.com, <http://www.soyconferencebangkok2007.com>.

## **8-11 March 2007**

Natural Products Expo West, Anaheim Convention Center, Anaheim, California. Contact: New Hope on +1 866 458 4935, e-mail: tradeshows@newhope.com, <http://www.expowest.com>.

## **11 March 2006**

8th Congress on Nutri- & Phytotherapy, Chateau du Lac, Genval, Belgium. Visit: <http://www.nutriphyto.be>.

## **13-14 March 2007**

Lipids, Brain and Nutrition, Paris, France. Contact: bernadette.delplanque@ibaic.u-psud.fr or visit: <http://www.afecg.org>.

## **17 March 2006**

5th Congress on Nutri- & Phytotherapy, RAI Amsterdam, The Netherlands. Visit: <http://www.nutlifyto.nl>.

## **18-23 March 2007**

Practical Short Course on Snack Food Processing, Extruded Snacks and Tortilla Chips, Texas A&M University, Texas, USA.  
Contact: Chris Mack on + 1 979 845 2794, e-mail: chrismack@tamu.edu, <http://foodprotein.tamu.edu/fatsoils/index.html>.

## **20-21 March 2007**

Edible Oils & Fats - Trends in Raw Materials, Processing and Applications, Cairo, Egypt.  
Visit: <http://www.soci.org/SCI/events/details.jsp?eventID=EV952>.

## **15-16 April 2007**

Natural Products Europe/Organic Products Europe, Olympia, London, England. Contact: Chris Down, Diversified Business Communications at cdown@divcom.co.uk, <http://www.naturalproducts.co.uk>.

## **8-10 May 2007**

Vitafoods 2007, International Foods for Vitality and Health Conference and Exhibition, Palexpo, Geneva, Switzerland.  
Visit: <http://www.vitafoods.eu.com>.

## **9-11 May 2007**

ILSI Europe International Symposium: Functional Foods in Europe - International Developments in Science and Health Claims, Malta. Contact: Carina Madsen on +32 2 771 00 14, e-mail: functional.sympto2007@ilsieurope.be, <http://europe.ilsieurope.org/events/upcoming/>.

## **13-16 May 2007**

98th AOCS General Convention in Québec City, Canada. Visit: [http://www.aocs.org/meetings/annual\\_mtg/](http://www.aocs.org/meetings/annual_mtg/).