

Soy & Health



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EFSA publishes opinion on soy-cholesterol health claim

In early August the EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA) delivered a disappointing and controversial negative opinion on the soy industry's application for a health claim under article 14 of the EU Health Claims Regulation EC No 1924/2006. Despite the setback, HarlandHall Associates, the consultancy who submitted the application on behalf of the Soya Protein Association (SPA), the European Vegetable Protein Federation (EUVEPRO), and the European Natural Soyfood Manufacturers Association (ENSA), remains confident of success and a number of options are being explored in order to achieve an acceptable claim.

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In its Opinion, EFSA rejected the dossier because the 40 studies submitted "do not support an effect of the protein component of soy on LDL-cholesterol concentrations". The sticking point related to EFSA's definition of soy protein which was interpreted to be the protein component of soy and only the protein content, i.e. it excluded soy protein isolates and foods that contain soy isoflavones. Consequently any research conducted with commercial soy foods or soy protein isolates containing soy protein and isoflavones was excluded from EFSA's analysis and categorised as not pertinent. This approach, which is not consistent with FAO/WHO Codex Alimentarius, the US Food & Drug Administration or the now-defunct UK Joint Health Claims Initiative, excludes all commercially available sources of soy protein. The only products that would fall under EFSA's definition of "protein alone" are experimentally derived soy isolate products that are specially prepared for research studies and are not commercially available.

According to Dr Janice Harland of HarlandHall Associates, "EFSA has taken a very narrow interpretation of soy protein. We advised them that these specially prepared isolates were not a good proxy for the "protein content of soy" as they may have an altered composition. We sent additional information and analyses about the studies on soy protein isolates and isoflavones and were surprised that these hadn't been taken on board. However, by broadening or narrowing the definition of the active ingredient in question we believe there is still a good chance of being able to support some kind of claim under one of the articles (13.1, 13.5 or 14) of the Regulation, given the large number of high-quality studies looking at every component of soy."



EUVEPRO and ENSA, along with Solae and others such as the UK-based Soy Protein Association (SPA) have submitted comments to the European Commission. Whilst these may not change EFSA's Opinion, it is hoped that the Commission and EU member states may interpret the Opinion more favourably as a result. There is a risk, however, that the soy protein definition issue may also potentially thwart the article 13.1 application on soy protein and cholesterol control which is still to be assessed by EFSA.

Soy-cholesterol lowering claims are approved in Japan, the US, the UK, South Africa, the Philippines, Brazil, Indonesia, Korea, Malaysia and Turkey.

The full EFSA NDA Opinion can be found at:

<http://www.efsa.europa.eu/en/scdocs/scdoc/1688.htm>

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Increased US consumer awareness of soy's heart healthy properties

According to the latest United Soybean Board (USB) Consumer Attitudes about Nutrition survey, US consumers increasingly recognise soyfoods' ability to reduce the risk of heart disease and appear ready to embrace emerging biotech soybean oils with even more heart health benefits. The survey reports that 34% of consumers recognise soy's heart-healthy properties, up significantly from 27% in 2009 and 85% of respondents consider heart-healthy soybean oil (commonly labelled as 'vegetable oil') as very or somewhat healthy.

Overall, soyfoods received a positive consumer response with 84% of Americans rating soy as healthy, up 25% over the last 13 years, and one-third of Americans say they purchase foods specifically because they contain soy. Americans indicate they seek out soy products because they are heart-healthy, low in fat, provide good sources of protein and can help to lower cholesterol. Awareness and usage of soy protein products continue to climb as 37% of consumers eat or drink soyfoods once a month or more (as compared to 32% in 2009). Soymilk remains the most popular, with nearly one-quarter of Americans reporting they drink it regularly. Consumption of edamame (13%) and plain white tofu (9%) are the three most popular soyfoods.

USB's 17th annual Consumer Attitudes about Nutrition was conducted by an independent research firm. For more information visit: http://www.soyconnection.com/health_nutrition/consumer_attitudes.php



Global soy consumption to increase

Dublin-based market research company Research and Markets has published a new report entitled "Global Soybean Trends and Supplier Overview" which includes information on North American, South American, and Asian soybean markets, as well as a list of over 50 major soybean producers around the world. According to the report the dramatic and sustained exponential growth in world soybean production is unequaled by any other crop in the world. This growth is being fuelled by growing consumer demand and increased soy product usage in food and feed products across the globe. According to the Brazilian Agriculture Department, global soy consumption is set to increase by 26.8% by 2015 compared with 2005. The pertinent question in the soy market is whether global producers will be able to keep up with the ever growing demand. This report provides a detailed global analysis of major soy bean exporters and importers by country.

For more information visit http://www.researchandmarkets.com/research/ff8185/global_soybean_tre.

EFSA delivers new scientific opinion on assessing the possible allergenicity of GMOs

EFSA's Genetically Modified Organisms (GMO) Panel has adopted a scientific opinion on strategies for assessing the risk of allergenicity of GM plants and microorganisms and derived food and feed. EFSA's GMO Panel initiated this work in order to review and update current methodologies used to assess the allergenic potential of GM plants and microorganisms. In its opinion, the Panel concludes that, as there is no single test to assess the allergenicity of a GM food or feed, a case-by-case evaluation based on a weight-of-evidence approach is the most appropriate way to do this.

In the Opinion, EFSA describe how to analyse the sequence of the proteins in order to identify possible similarities with known allergens; how to test the potential of the proteins to bind with specific antibodies (suggesting they could trigger an allergic reaction); and how to assess the breakdown of the protein during digestion. In addition to assessing the new protein the Panel recommends that for crops known to be allergenic the whole GM plant is tested for allergenicity.

For more information visit: <http://www.efsa.europa.eu/en/scdocs/scdoc/1700.htm>.





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UK Government department changes on food labelling

Changes are being made to UK Government departments that have responsibility for food labelling policy. The Food Standards Agency (FSA) will retain responsibility for food safety aspects of labelling but, in England, other responsibilities will go to the Department for Environment, Food and Rural Affairs (Defra). Responsibilities for nutrition labelling will move to the Department of Health (DH). Different arrangements apply in Scotland and Wales. As of 1 September 2010 FSA's responsibilities will include:

- expert scientific advice on the food safety aspects of date marking;
- assessment and labelling of ingredients/foods with food safety implications (e.g. allergens, aspartame, glycols, high caffeine, high glycyrrhizic acid);
- food safety aspects of organic food and of foods controlled by compositional standards;
- treatments and conditions of use with food safety implications (e.g. quick frozen foods, raw drinking milk and pasteurisation, food contact materials);
- GM and novel foods (including use of nanotechnology);
- animal feed, including Codex Intergovernmental Task Force on Animal Feeding;
- food safety incidents, including misleading labelling and food fraud with possible food safety implications;
- EU General Food Law regulation, including traceability of food and feed;
- Codex Committees on Food Hygiene, Methods of Analysis and Sampling, Food Additives, Contaminants in Foods.

Defra will continue to cover its current labelling responsibilities, such as welfare, marketing standards and eco labelling. It will also deal with labelling where this does not relate to food safety or nutrition e.g. food authenticity, country of origin labelling, vegan and vegetarian labelling. Nutritional labelling policy will move to the DH covering front of pack labelling, health and nutrition claims and food supplements.

For more details go to <http://www.food.gov.uk/news/newsarchive/2010/sep/labelgov>.

Corporate rebranding for Solbar

Solbar, Israel, a global producer of specialty soy proteins, has launched a corporate re-branding which includes a new corporate logo, new slogan and the redesigning of Solbar's communications materials and catalogues.



"The re-branding is an integral part of the service enhancement transformation Solbar has been establishing for the last two years," says Shaul Shelach, CEO of Solbar. "This strategic move is an 'inside out' process, as at the same time we're engaging in an internal reorganisation of the company's focal point toward intensified customer service and increased innovation in the development of products with high functional characteristics."

The main pillars of Solbar's strategy include a focus on ISP (isolated soy protein) and extruded products for bar and beverage applications in addition to Solbar's traditional expertise in meat and meat-analogue applications.

"Our new logo expresses these new initiatives well - it's simple, clean, modest and solid, yet at the same time it is also fresh, and modern," adds Alex Shnaiderman, MarCom Manager at Solbar. "This new design represents our passionate and dynamic approach to bring new and healthier products to the market."

On 27th September Solbar also announced that its subsidiary Solbar USA Inc has completed the acquisition of the Green Planet Farms plant to produce soy protein isolates in South Sioux City, Nebraska, USA for approximately \$7.75m.

Solbar also has launched a new website at <http://www.solbar.com>.



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Equol improves menopausal symptoms in Japanese women

A high intake of soy isoflavones in the traditional Japanese diet has been suggested as a possible explanation for the lower incidence of menopausal symptoms in Japanese women. Epidemiological studies have reported that equol, a biologically active metabolite of the isoflavone, daidzein, is lower in women who complain of severe vasomotor symptoms. In this study Japanese researchers investigated the involvement of equol in the manifestation of menopausal symptoms, especially vasomotor symptoms, and the possible therapeutic role of a supplement containing equol on these women. The results from 3 randomised clinical trials indicated that a daily dose of 10mg of natural S-equol improved menopausal symptoms.

In a confirmation study, menopausal women who were equol non-producers who consumed 10 mg/d of natural S-equol for 12wk had significantly reduced severity and frequency of hot flushes as well as a significant reduction in the severity of neck or shoulder stiffness. The equol-ingesting group also showed trends of improvement in sweating and irritability and a significant improvement in the somatic category symptoms. The researchers concluded that the supplement containing natural S-equol has a promising role as an alternative remedy in the management of menopausal symptoms.

Takeshi Aso, Journal of Nutrition, doi:10.3945/jn.109.118307 Vol. 140, No. 7, 1386S-1389S, July 2010
<<http://jn.nutrition.org/cgi/content/abstract/140/7/1386S>>

Soy isoflavones provide modest bone health benefit in postmenopausal women

In this study researchers carried out a 3-year investigation to determine whether isoflavones extracted from soy protein would protect postmenopausal volunteers against bone loss. In a double-blind, randomised controlled trial of healthy postmenopausal women (aged 45.8–65.0yr) the researchers examined the efficacy of isoflavones (extracted from soy protein) on bone mineral density (BMD). It was hypothesised that isoflavone tablets would spare BMD, with biological (age, body weight, serum 25-hydroxyvitamin D) and lifestyle (physical activity, dietary intake) factors modulating BMD loss. Treatment groups consisted of a placebo control group and 2 soy isoflavone groups (80 compared with 120 mg/d). In addition, the women received 500 mg calcium and 600 IU vitamin D3. Outcomes included lumbar spine, total proximal femur, femoral neck, and whole-body BMD.

The results showed that isoflavones had no significant positive effect on preventing bone loss. However, the 120mg treatment showed a modest benefit when evaluated in conjunction with lifestyle factors. The researchers suggest that the body's response to isoflavones extracted from soy proteins may be different from responses to isoflavones in their natural matrix of soy protein or soyfoods, or in a soy-protein supplement. Alternatively, another soy-protein compound (other than soy isoflavones) may have been responsible for the bone-protecting effects or the isoflavone doses used in the latest study may not have been high enough to produce a bone-sparing effect.

D Lee Alekel, et al, AJCN Vol. 91, No. 1, 218-230, January 2010 <<http://www.ajcn.org/cgi/content/short/91/1/218>>

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5

Soy protein and sago can delay fatigue during high intensity cycling

The purpose of the study was to investigate whether a combination of sago and soy protein consumed during moderate-intensity cycling exercise can improve subsequent high-intensity endurance capacity compared with a carbohydrate in the form of sago and with a placebo. The participants were 8 male recreational cyclists with age, weight, and VO₂max of 21.5 ± 1.1 yr, 63.3 ± 2.4 kg, and 39.9 ± 1.1 ml. kg⁻¹ min⁻¹ respectively. The study was a randomised, double-blind placebo-controlled crossover comprising 60 minutes of exercise on a cycle ergometer at 60% VO₂max followed by a time-to-exhaustion ride at 90% VO₂max.

The sago feeding provided 60g of carbohydrate, and the sago-soy combination provided 52.5g of carbohydrate and 15g of protein, both at 20-min intervals during exercise. Times to exhaustion for the placebo, sago, and sago-soy supplementations were 4.09 ± 1.28, 5.49 ± 1.20, and 7.53 ± 2.02 min, respectively. Sago-soy supplementation increased endurance by 84% (44-140%; p < .001) and by 37% (15-63%; p < .05) relative to placebo and sago, respectively. The plasma insulin response was elevated above that with placebo during sago and sago-soy supplementations. The authors conclude that a combination of sago and soy protein can delay fatigue during high-intensity cycling.

A K Ghosh et al, International Journal of Sport Nutrition and Exercise Metabolism, 2010;20(3):216-223, <http://journals.humankinetics.com/ijsnem-back-issues/IJSNEMVolume20Issue3June>.

Soy isoflavone intake, fibre and puberty

It has been suggested that phytoestrogens (soy isoflavones) and dietary fibre can affect the timing of puberty. In this study researchers examined whether intake of isoflavone and fibre in healthy white children before their pubertal growth spurt [age at take-off (ATO)] was associated with puberty timing.

Multivariate regression analyses were performed in 227 DONALD (Dortmund Nutritional and Anthropometric Longitudinally Designed) Study participants with 3-d weighed dietary records and information on potential confounders at baseline (1 and 2yr before ATO). In a subsample (n = 111), urinary isoflavones were determined in 24-hr urine samples by gas chromatography-mass spectrometry analysis. Puberty timing was examined using ATO and chronologic ages at pubertal stage 2 for breast development (B2) or gonadal development, peak height velocity (PHV), and menarche or voice break.

The results showed that girls whose diet was in the highest dietary isoflavone tertile experienced Tanner stage 2 for breast development approximately 0.7yr later and reached PHV approximately 0.6yr later than did girls whose diet was in the lowest isoflavone tertile [age (95% CI) at B2: 10.7yr (10.4, 10.9 yr) compared with 10.0yr (9.7, 10.3yr), respectively; P for trend = 0.04; age at PHV: 11.9yr (11.6, 12.2yr) compared with 11.3yr (11.0, 11.6yr), respectively; P for trend = 0.04; adjusted for body mass index z score and fibre intake]. In boys, dietary isoflavones were not associated with pubertal markers and urinary isoflavone and dietary fibre intakes were not associated with pubertal markers. The study concludes that girls, but not boys, with higher prepubertal isoflavone intakes appear to enter puberty at a later age. Fibre intake in this sample of healthy white girls and boys was not relevant for puberty timing.

G Cheng et al, AMJCN, doi:10.3945/ajcn.2010.29394, Vol. 92, No. 3, 556-564, September 2010. <http://www.ajcn.org/cgi/content/abstract/92/3/556?etoc>.

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Soy consumption and histopathologic markers in breast tissue using tissue microarrays

This study examined the relation of soy intake with hormonal and proliferation markers in benign and malignant breast tissue using tissue microarrays (TMAs). TMAs with up to 4 malignant and 4 benign tissue samples for 268 breast cancer cases were constructed. Soy intake in early life and in adulthood was assessed by questionnaire. The TMAs were stained for ER alpha, ER beta, progesterone receptor (PR), human epidermal growth factor receptor 2 (HER2/neu), proliferating cell nuclear antigen (PCNA), and Ki-67 using standard immunohistochemical methods. Logistic regression was applied for statistical analysis. A higher percentage of women showed positive marker expression in malignant than in benign tissue. With one exception, HER2/neu, no significant associations between soy intake and pathologic markers were observed. Early life soy intake was associated with lower HER2/neu and PCNA staining of malignant tissue. In benign tissue, early life soy intake showed higher ER and PR expression, but no difference in proliferation markers. The researchers conclude that the results of this study provide some assurance that soy intake does not adversely affect markers of proliferation. TMAs were shown to be a useful tool for epidemiologic research.

Gertraud Maskarinec et al, *Nutr Cancer*. 2009; 61(5): 708–716., doi: 10.1080/01635580902913047.

<http://www.informaworld.com/smpp/content~db=all?content=10.1080/01635580902913047>.



High protein diets weight loss and bone mineral density

In this study researchers examined the effects of energy restriction-induced weight loss with higher protein omnivorous diets versus lower protein vegetarian diets on bone mineral density in overweight postmenopausal women. Two randomised controlled feeding studies were conducted. In Study 1, twenty eight women consumed 750 kcal/day energy deficit diets with 18% energy from protein via lacto-ovo vegetarian sources (normal protein, n = 15) or 30% energy from protein with 40% of protein from lean pork (higher protein, n = 13, omnivorous) for 12 weeks. In Study 2, fifty four women consumed their habitual diet (control, n = 11) or 1,250 kcal/day diets with 16% energy from non-meat protein sources (n = 14) or 26% energy from protein, including chicken (n = 15) or beef (n = 14) for 9 weeks.

The results from study 1 showed that with weight loss (normal protein - 11.2%, higher protein - 10.1%), bone mineral density was not significantly changed in normal protein (-0.003 ± 0.003 g/cm², -0.3%) but decreased in higher protein (-0.0167 ± 0.004 g/cm², -1.4%, group-by-time p < 0.05). In study 2 the control, nonmeat, chicken, and beef groups lost 1.5%, 7.7%, 10.4%, and 8.1% weight and 0.0%, 0.4%, 1.1%, and 1.4% bone mineral density, respectively. The change of bone mineral density was significant for chicken and beef compared with the control (group-by-time, p < .05). Markers of calcium metabolism and bone homeostasis in blood and urine were not changed over time or differentially affected by diet. The researchers concluded that consumption of higher protein omnivorous diets promoted decreased bone mineral density after weight loss in overweight postmenopausal women.

WW. Campbell and M Tang, *J Gerontol A Biol Sci Med Sci* (2010) doi: 10.1093/gerona/glq083

First published online: July 6, 2010 <<http://biomedgerontology.oxfordjournals.org/content/early/2010/07/05/gerona.glq083.abstract>>

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7

New Solae soy protein concentrates made with patented membrane technology

The Solae company has launched its ALPHA® 5800 product line globally. ALPHA® 5800 and ALPHA® 5812 are soy protein concentrates made with patented membrane technology which can be used for a variety of food and beverage products, including ready-to-drink and dry blended beverages, frozen desserts, puddings, cream fillings, cheeses, yogurts and more. Additionally the ALPHA® 5800 product line can be used for products with low to medium protein inclusion levels as the protein content of these ingredients is 78% on a dry weight basis.

The ALPHA® 5800 product line uses proprietary membrane technology processing with water extraction, and is naturally lower in sodium, fat, carbohydrates, but higher in protein than whole bean extract. It is claimed to provide superior taste and smooth texture. In Solae's consumer sensory testing ALPHA® 5800 and ALPHA® 5812 were rated significantly higher for flavour, mouthfeel, and aftertaste in comparison to a soymilk concept using whole bean extract.

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



New soy milk suitable from 1 year onwards

Alpro soya has launched Junior 1+ soya milk alternative, specifically for children aged one year and above. The first of its kind, Junior 1+ aims to provide parents and health professionals with the ideal option for children 1 year plus following a dairy-free diet.

Alpro soya Junior 1+ has been created with the nutritional needs of children 1 year + in mind and is claimed to be a suitable option for 1 year olds with lactose intolerance or an allergy to cows' milk protein as well as those following a vegan or vegetarian diet. It is a source of high quality plant protein with increased calorie content in comparison to standard soy milk and is fortified with iron, calcium, vitamin D and other essential vitamins and minerals making it suitable for use as a main milk source from the age of one and can be introduced in cooking and food preparation from the age of six months. A 200ml serving of Alpro soya Junior 1+ will meet the following 1-3 year old recommended intakes:

- One third iron requirements
- Over half their calcium and vitamin C needs
- A fifth of the vitamin D needs
- 40% vitamin B1 and at least 70% of their B2 and B12 requirements.

Visit: <http://www.alprosoya.com> or contact info@nutrilicious.co.uk.

Solbar launches a new soy protein isolate for beverages

Solbar has launched a calcium fortified soy protein isolate for use in a wide range of beverage applications. Solpro 735 is an isolated soy protein containing typically 80% protein and 3% calcium compared with cow's milk which contains typically 3% protein and 0.12% calcium. It is a crème/off-white colour with a bland flavour profile and maintains low viscosity. By simply stirring, it is dispersible even in cold water and requires minimal preparation time making it an easy product to use.

Solpro 735 is designed for beverage applications where calcium fortification is required, e.g. dry beverage blends and other powdered drinks to be reconstituted with water and or juice prior to consumption. It can be used in ready to drink beverages as well as those that are UHT processed. Major applications are for calcium fortified soy milk and other soy beverages.

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

Health claims
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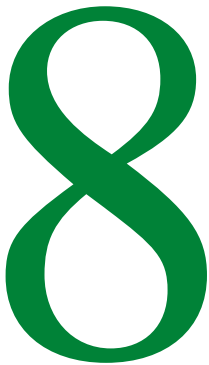
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To register visit: <http://www.healthclaims.eu>.

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13-16 October 2010

World Nutrition Forum, Salzburg, Austria, <http://www.worldnutritionforum.info/>.

16-19 October 2010

19th Int'l Symposium on the Role of Soy in Health Promotion and Chronic Disease Prevention and Treatment, Capital Hilton Hotel, Washington, DC, USA, <http://www.soyposium.org/>.

22-23 October 2010

Food Ingredients India, Mumbai, India, <http://fiindia.ingredientsnetwork.com/home>.

27 October 2010

6th Int'l Workshop Nutrition & Health Claims Europe, Brussels, Belgium <http://www.healthclaims.eu/>.

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Health Ingredients Exhibition, Madrid, Spain, <http://hieurope.ingredientsnetwork.com/1>.

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19-20 November 2010

13eme Congrès de Nutrition et Santé, Brussels, Belgium, <http://www.congresnutrition.be>.

25-26 November 2010

Protein Summit 2010 - Connecting Business, Policy & Research, Amsterdam, Netherlands, <http://www.bridge2food.com/futureproteinsummit2010.asp>.

25-26 November 2010

1st UK Int'l Functional Food Conference, Oxford, UK, <http://www.brookes.ac.uk/lifesci/research/functionalfood>.

2 December 2010

Formation Nutrimesdes, Actualités en Diabétologie, Wavre, Belgium, <http://www.nutrimesdes.com>.

4 December 2010

Milk and Health Symposium, Brussels, Belgium, <http://www.milkandhealthsymposium.be>.

10 December 2010

Int'l Workshop: Food, Nutrition & Health Claim Legislation in Europe, Tokyo, Japan, <http://www.healthclaims.eu>.