Title	Takeaway	Abstract	Journal	Journal S DOI	Consensus Link
		Soy protein, long recognized as having cardiovascular benefits, is a rich source of phytoestrogens			
		(isoflavones). To distinguish the relative contributions of the protein moiety versus the alcohol-			
		extractable phytoestrogens for cardiovascular protection, we studied young male cynomolgus			
		macaques fed a moderately atherogenic diet and randomly assigned to three groups. The groups			
		differed only in the source of dietary protein, which was either casein/lactalbumin (casein, n = 27),			
		soy protein with the phytoestrogens intact (soy+, n = 27), or soy protein with the phytoestrogens			
		mostly extracted (soy-, n = 28). The diets were fed for 14 months. Animals fed soy+ had significantly			
		lower total and LDL plus VLDL cholesterol concentrations compared with the other two groups. They			
		soy+ animals had the highest HDL cholesterol concentrations, the casein group had the lowest, and			
		the soy- group was intermediate. A subset was necropsied for atherosclerosis evaluations (n = 11 per			
		group). Morphometric and angiochemical measures were done to quantify atherosclerosis. Coronary			
		artery atherosclerotic lesions were smallest in the soy+ group (90% less coronary atherosclerosis than			
		the casein group and 50% less than the soy- group), largest in the casein group, and intermediate in			
		the soy- group. The effects of the diets on lesion size and arterial lipid measures of the peripheral			
		arteries were similar to those in the coronary arteries, with greatest prevention of atherogenesis with			
		soy+ and intermediate benefit with soy- relative to case in. We could not determine whether the			https://consensus.app/papers/pr
		beneficial effects seen in the soy- group relate to the protein itself or to the remaining traces of			otein-versus-phytoestrogens-
ou protain varsus sou phytoastragons in the	Sou protoin with phytosetrogene, rather than just the	phytoestrogens. The beneficial effects of soy protein on atherosclerosis appear to be mediated			prevention-dietinduced-
Soy protein versus soy phytoestrogens in the	Soy protein with phytoestrogens, rather than just the protein itself, has greater prevention of coronary	primarily by the phytoestrogen component. Testicular weights were unaffected by the	Artoriosolorosis thromhosis and		
prevention of diet-induced coronary artery			Arteriosclerosis, thrombosis, and	1 10 11 (1/0	anthony/100be4b1c6115051982
atherosclerosis of male cynomolgus monkeys.	atherosclerosis in male cynomolgus macaques.	phytoestrogens.	vascular biology	1 10.1161/0	ea4f6423351c0/
		Soy foods are a traditional staple of Asian diets but because of their purported health benefits they have become popular in recent years among non-Asians, especially postmenopausal women. There			
		are many bioactive soybean components that may contribute to the hypothesized health benefits of			
		soy but most attention has focused on the isoflavones, which have both hormonal and nonhormonal			
		properties. However, despite the possible benefits concerns have been expressed that soy may be			
		contraindicated for some subsets of the population. One concern is that soy may adversely affect			
		thyroid function and interfere with the absorption of synthetic thyroid hormone. Thus, the purpose			
		of this review is to evaluate the relevant literature and provide the clinician guidance for advising			
		their patients about the effects of soy on thyroid function. In total, 14 trials (thyroid function was not			
		the primary health outcome in any trial) were identified in which the effects of soy foods or			
		isoflavones on at least one measure of thyroid function was assessed in presumably healthy subjects;			
		eight involved women only, four involved men, and two both men and women. With only one			
		exception, either no effects or only very modest changes were noted in these trials. Thus, collectively			
		the findings provide little evidence that in euthyroid, iodine-replete individuals, soy foods, or			
		isoflavones adversely affect thyroid function. In contrast, some evidence suggests that soy foods, by			
		inhibiting absorption, may increase the dose of thyroid hormone required by hypothyroid patients.			
		However, hypothyroid adults need not avoid soy foods. In addition, there remains a theoretical			https://consensus.app/papers/ef
Effects of soy protein and soybean isoflavones	Soy foods and isoflavones show little evidence of	concern based on in vitro and animal data that in individuals with compromised thyroid function			fects-protein-isoflavones-
on thyroid function in healthy adults and	adversely affecting thyroid function in healthy adults,	and/or whose iodine intake is marginal soy foods may increase risk of developing clinical			function-adults-patients-
hypothyroid patients: a review of the relevant	but may increase thyroid hormone doses for	hypothyroidism. Therefore, it is important for soy food consumers to make sure their intake of iodine	Thyroid : official journal of the		messina/026e0f1f183d5e42b1d4
iterature.	hypothyroid patients.	is adequate.	American Thyroid Association	1 10.1089/T	ecb40689cdb1/
		Hyperlipidemia associated with cardiovascular health, and bone loss with regard to osteoporosis			
		contribute to increased morbidity and mortality and are influenced by diet. Soy protein has been			
		shown to reduce cholesterol levels, and its isoflavones may improve bone health. The objective of			
		this study was to determine the effects of soy protein on lipid profiles and biomarkers of bone			
		metabolism and inflammation. Ninety men and women (aged 27-87) were randomly assigned to			
		consume 40 g of soy or casein protein daily for three months. Both soy and casein consumption			
		significantly reduced bone alkaline phosphatase ( $P = 0.011$ ) and body fat % ( $P < 0.001$ ), tended to			
		decrease tartrate-resistant acid phosphatase (P = 0.066), and significantly increased serum insulin-			
		like growth factor-I (IGF-1) ( $P < 0.001$ ), yet soy increased IGF-1 to a greater extent ( $P = 0.01$ ) than			
		casein. Neither treatment affected total cholesterol, HDL cholesterol, LDL cholesterol, or C-reactive			
		protein. These results demonstrate that daily supplementation of soy and casein protein may have			https://consensus.app/papers/pr
	Sou protain supplementation may improve here	positive effects on indices of bone metabolism and body composition, with soy protein being more			otein-reducing-cholesterol-
countration officially in reducting challest and	Soy protein supplementation may improve bone	effective at increasing IGF-1, an anabolic factor, which may be due to soy isoflavones' role in			improving-bone-health-
Is soy protein effective in reducing cholesterol	metabolism and body composition, while having little	upregulating Runx2 gene expression, while having little effect on lipid profiles and markers of	Food & function		george/4a81e3384989547cabf0c
and improving bone health?	effect on lipid profiles and inflammation markers.	inflammation.	Food & function	1 10.1039/c	b976d208568/

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		Dry beans and soybeans are nutrient-dense, fiber-rich, and are high-quality sources of protein.	
		Protective and therapeutic effects of both dry bean and soybean intake have been documented.	
		Studies show that dry bean intake has the potential to decrease serum cholesterol concentrations,	
		improve many aspects of the diabetic state, and provide metabolic benefits that aid in weight	
		control. Soybeans are a unique source of the isoflavones genistein and diadzein, which have	
		numerous biological functions. Soybeans and soyfoods potentially have multifaceted health-	
		promoting effects, including cholesterol reduction, improved vascular health, preserved bone mineral	
		density, and reduction of menopausal symptoms. Soy appears to have salutary effects on renal	
		function, although these effects are not well understood. Whereas populations consuming high	
		intakes of soy have lower prevalences of certain cancers, definitive experimental data are insufficient	
	Dry bean and soybean intake can lower cholesterol,	to clarify a protective role of soy. The availability of legume products and resources is increasing,	
	improve vascular health, and aid in weight control,	incorporating dry beans and soyfoods into the diet can be practical and enjoyable. With the shift	
Cardiovascular and renal benefits of dry bean	while also providing potential health benefits for	toward a more plant-based diet, dry beans and soy will be potent tools in the treatment and	The American journal of clinical
and soybean intake.	menopause, osteoporosis, and kidney function.	prevention of chronic disease.	nutrition
		A variety of health benefits, including protection against breast cancer, have been attributed to soy	
1		food consumption, primarily because of the soybean isoflavones (genistein, daidzein, glycitein).	
		Isoflavones are considered to be possible selective estrogen receptor modulators but possess	
		nonhormonal properties that also may contribute to their effects. Concern has arisen over a possible	
		detrimental effect of soy in breast cancer patients because of the estrogen-like effects of isoflavones.	
		Genistein exhibits a biphasic effect on the growth of MCF-7 cells in vitro, stimulating proliferation at	
		low concentrations but inhibiting it at high concentrations. In ovariectomized athymic mice	
		implanted with MCF-7 cells, both genistein and soy protein stimulate tumor growth in a dose-	
		dependent manner. In contrast, in intact mice fed estrogen, genistein inhibits tumor growth.	
		Although two studies in premenopausal women suggested that soy exerts estrogenic-like effects on	
		breast tissue, recently conducted year-long studies indicated that isoflavone supplements do not	
		affect breast tissue density in premenopausal women and may decrease density in postmenopausal	
		women. These latter effects are opposite to those of hormone replacement therapy (HRT).	
		Importantly, substantial data suggest that the progestogen, not the estrogen, component of HRT	
		increases risk of developing breast cancer. Furthermore, recently conducted studies have failed to	
	Soybean consumption does not significantly affect the	find that even HRT reduces survival in breast cancer patients. Overall, the data are not impressive	
	risk of developing breast cancer or reducing breast	that the adult consumption of soy affects the risk of developing breast cancer or that soy	
Soy for breast cancer survivors: a critical review	cancer survival, making it a reasonable choice for breast		
of the literature.	cancer survivors.		The Journal of nutrition
		Epidemiological investigations suggest that soy consumption may be associated with a lower	
		incidence of certain chronic diseases. Clinical studies also show that ingestion of soy proteins reduces	
		the risk factors for cardiovascular disease. This led to the approval of the food-labeling health claim	
		for soy proteins in the prevention of coronary heart disease by the U.S. FDA in 1999. Similar health	
		petitions for soy proteins have also been approved thereafter in the United Kingdom, Brazil, South	
		Africa, the Philippines, Indonesia, Korea, and Malaysia. However, the purported health benefits are	
		quite variable in different studies. The Nutrition Committee of the American Heart Association has	
		assessed 22 randomized trials conducted since 1999 and found that isolated soy protein with	
		isoflavones (ISF) slightly decreased LDL cholesterol but had no effect on HDL cholesterol,	
		triglycerides, lipoprotein(a), or blood pressure. The other effects of soy consumption were not	
		evident. Although the contributing factors to these discrepancies are not fully understood, the source	
		of soybeans and processing procedures of the protein or ISF are believed to be important because of	
		their effects on the content and intactness of certain bioactive protein subunits. Some studies have	
	Soy protein and isoflavones may have slightly	documented potential safety concerns on increased consumption of soy products. Impacts of soy	
	decreased LDL cholesterol but had no effect on HDL,	products on thyroid and reproductive functions as well as on certain types of carcinogenesis require	
Health effects of soy protein and isoflavones in	triglycerides, lipoprotein(a), or blood pressure, with	further study in this context. Overall, existing data are inconsistent or inadequate in supporting most	
humans.	inconsistent data supporting most health benefits.		The Journal of nutrition
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		Soyfoods have long been recognized as sources of high-quality protein and healthful fat, but over the		
1		past 25 years these foods have been rigorously investigated for their role in chronic disease		
		prevention and treatment. There is evidence, for example, that they reduce risk of coronary heart		
		disease and breast and prostate cancer. In addition, soy alleviates hot flashes and may favorably		
		affect renal function, alleviate depressive symptoms and improve skin health. Much of the focus on		
		soyfoods is because they are uniquely-rich sources of isoflavones. Isoflavones are classified as both		
I Contraction of the second		phytoestrogens and selective estrogen receptor modulators. Despite the many proposed benefits,		
1		the presence of isoflavones has led to concerns that soy may exert untoward effects in some		
		individuals. However, these concerns are based primarily on animal studies, whereas the human		
1		research supports the safety and benefits of soyfoods. In support of safety is the recent conclusion of		
1	Soyfoods reduce the risk of chronic diseases, alleviate	the European Food Safety Authority that isoflavones do not adversely affect the breast, thyroid or		
	hot flashes, and may improve renal function, depressive	uterus of postmenopausal women. This review covers each of the major research areas involving soy		
Soy and Health Update: Evaluation of the	symptoms, and skin health, while maintaining safety	focusing primarily on the clinical and epidemiologic research. Background information on Asian soy		
Clinical and Epidemiologic Literature	and benefits.	intake, isoflavones, and nutrient content is also provided.	Nutrients	
		Soy consumption has been associated with many potential health benefits in reducing chronic		-
1		diseases such as obesity, cardiovascular disease, insulin-resistance/type II diabetes, certain type of		
1		cancers, and immune disorders. These physiological functions have been attributed to soy proteins		
		either as intact soy protein or more commonly as functional or bioactive peptides derived from		
I Contraction of the second		soybean processing. These findings have led to the approval of a health claim in the USA regarding		
		the ability of soy proteins in reducing the risk for coronary heart disease and the acceptance of a		
1		health claim in Canada that soy protein can help lower cholesterol levels. Using different approaches,		
		many soy bioactive peptides that have a variety of physiological functions such as hypolipidemic, anti-		
		hypertensive, and anti-cancer properties, and anti-inflammatory, antioxidant, and		
		immunomodulatory effects have been identified. Some soy peptides like lunasin and soymorphins		
		possess more than one of these properties and play a role in the prevention of multiple chronic		
	Soybean bioactive peptides show potential health	diseases. Overall, progress has been made in understanding the functional and bioactive components		
	benefits in reducing chronic diseases like obesity,	of soy. However, more studies are required to further identify their target organs, and elucidate their		
Soybean Bioactive Peptides and Their	cardiovascular disease, insulin-resistance, type II	biological mechanisms of action in order to be potentially used as functional foods or even		
Functional Properties	diabetes, cancers, and immune disorders.	therapeutics for the prevention or treatment of chronic diseases.	Nutrients	
		Dietary soy protein has been shown to have several beneficial effects on cardiovascular health. The		_
1		best-documented effect is on plasma lipid and lipoprotein concentrations, with reductions of		
		approximately 10% in LDL cholesterol concentrations (somewhat greater for individuals with high		
		pretreatment LDL cholesterol concentrations) and small increases in HDL cholesterol concentrations.		
		Dietary soy protein improves flow-mediated arterial dilation of postmenopausal women but worsens		
	Soy protein has beneficial effects on cardiovascular	that of men. Soy isoflavone extracts improve systemic arterial compliance, an indicator of		
	health, with LDL cholesterol reduction and HDL	atherosclerosis extent. Complete soy protein but not alcohol-washed soy protein reduces		
Soy, soy phytoestrogens and cardiovascular	cholesterol increases, but its isoflavones' role in these	atherosclerosis of postmenopausal monkeys. No definite experimental evidence exists currently to		
disease.	benefits remains unclear.	establish that the cardiovascular benefits of soy protein are accounted for by its isoflavones.	The Journal of nutrition	
		The hypocholesterolemic effect of soy is well-documented and this has led to the regulatory approval		
		of a health claim relating soy protein to a reduced risk of cardiovascular disease (CVD). However,		
		soybeans contain additional components, such as isoflavones, lecithins, saponins and fiber that may		
		improve cardiovascular health through independent mechanisms. This review summarizes the		
		evidence on the cardiovascular benefits of non-protein soy components in relation to known CVD risk		
Powend the Chelesteral Lewering Effect of Com		factors such as hypertension, hyperglycemia, inflammation, and obesity beyond cholesterol lowering.		
Beyond the Cholesterol-Lowering Effect of Soy	Non protain cou components such as influences	Overall, the available evidence suggests non-protein soy constituents improve markers of		
Protein: A Review of the Effects of Dietary Soy	Non-protein soy components, such as isoflavones,	cardiovascular health; however, additional carefully designed studies are required to independently		
and Its Constituents on Risk Factors for	lecithins, saponins, and fiber, may also improve	elucidate these effects. Further, work is also needed to clarify the role of isoflavone-metabolizing	Ni, stuic asta	
Cardiovascular Disease	cardiovascular health beyond cholesterol lowering.	phenotype and gut microbiota composition on biological effect.	Nutrients	_
		Soybean consumption has been linked to a reduced risk for certain cancers and diseases of old age.		
		The health benefits associated with soybean consumption have been linked to the action of		
		isoflavonoids, the major phenolic phytochemicals found in soybean. Isoflavonoids possess numerous		
		biological activities that may support chemoprevention through the promotion of apoptosis in		
	Soybean consumption is linked to reduced risk of	diseased cells. In this study, we discuss the current state of knowledge concerning soybean		
	certain cancers and diseases of old age, with	isoflavonoids, their chemopreventive actions against postmenopausal health problems, cancer, and		
Health Benefits of Soy Isoflavonoids and	isoflavonoids playing a key role in chemoprevention	cardiovascular disease, and also biotechnology approaches toward the enrichment of soybean for	Critical Reviews in Food Science and	
Strategies for Enhancement: A Review	through promoting apoptosis in diseased cells.	isoflavonoid content.	Nutrition	

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		The current review was aimed to summarize the nutritional values and various health benefits of	
		fermented soy products. Several previous researches proved that soy products rich in protein can	
		reduce the serum concentrations of total cholesterol, low-density lipoproteins (LDLs), and	
		triglycerides if consumed instead of animal protein. Apart from these lipid-lowering effects,	
		fermented soy products also proved to be effective in attenuating the effects of diabetes mellitus,	
		blood pressure, cardiac disorders and cancer-related issues. The nutritional value of the fermented	
	Fermented soy products have lipid-lowering effects,	soy products gains much attention due to its increased levels compared to the non-fermented ones.	
	and cancer-related issues, and have increased	promoting benefits of fermented soy products were systematically reviewed. Hence the in-depth	
	nutritional value compared to non-fermented soy	analysis of the various research findings on fermented soy products, beneficial activities may help the	
soy products.	products.	future researchers to derive a conclusion on its beneficial effects on health.	Food chemistry
		In recent years, the impact of soy foods and supplements upon human health has become	
		increasingly controversial among the general public. No one has conducted a broad evaluation of the	
		scientific evidence supporting or refuting popular perceptions of the health effects of soy	
		consumption. In this article, the authors have conducted a comprehensive assessment of the	
		literature surrounding the health effects of soy consumption that are of greatest interest. This review	
		has focused on 5 health benefits- relief of menopausal symptoms and prevention of heart disease,	
		breast cancer, prostate cancer, and osteoporosis, and 5 health risks-increased risk of breast cancer,	
		male hormonal and fertility problems, hypothyroidism, antinutrient content, and harmful processing	
		by-products. Systematic reviews of human trials, prospective human trials, observational human	
		studies, animal models, in vitro studies, and laboratory analyses of soy components were included	
		for review. This literature review revealed that soy foods and isoflavones may provide relief from	
		menopausal symptoms and protect against breast cancer and heart disease. Soy does not appear to	
		offer protection against osteoporosis. The evidence on male fertility and reproductive hormones was	
		conflicting; some studies demonstrated a deleterious impact caused by soy consumption and others	
		showed no effect. Soy supplementation also appears to affect thyroid function in an inconsistent	
		manner, as studies have shown both increases and decreases in the same parameters of thyroid	
		activity. Soaking, fermentation, and heating may reduce problematic antinutrients contained in soy.	
		The authors found that consuming moderate amounts of traditionally prepared and minimally	
		processed soy foods may offer modest health benefits while minimizing potential for adverse health	
		effects. However, additional studies are necessary to elucidate the variable thyroid response to soy	
	Nondevete consumption of traditionally supervised and	supplementation, and more rigorous studies are required to assess dose-response relationships, the	
	Moderate consumption of traditionally prepared and	relationship between intestinal-flora composition and the response to soy, potential fertility issues	Alternative therewise in bootth and
			Alternative therapies in health and
commonly perceived health benefits and risks.	benefits while minimizing potential adverse effects.	foods.	medicine
		Abstract Soy is a unique dietary source of the isoflavones, genistein and daidzein. It has been part of the Southeast Asian diet for nearly five millenia, whereas consumption of soy in the United States	
		and Western Europe has been limited to the 20th century. Heavy consumption of soy in Southeast	
		Asian populations is associated with reduction in the rates of certain cancers and cardiovascular	
		disease. Recent experimental evidence suggests that phytochemicals in soy are responsible for its	
	Heavy consumption of soy in Southeast Asia is	beneficial effects, which may also include prevention of osteoporosis, a hereditary chronic nose	
	associated with reduced rates of certain cancers and	bleed syndrome, and autoimmune diseases. Exposure of soy formula-fed infants to the potential	
	cardiovascular diseases, and may also prevent	estrogenizing effects of the isoflavones is limited by the first pass effect of the liver following the	
Evolution of the Health Benefits of Soy	osteoporosis, hereditary chronic nose bleed syndrome,	uptake of isoflavones from the gut. Several mechanisms of action of isoflavones have been	Proceedings of the Society for
	and autoimmune diseases.	proposed—both through estrogendependent and estrogen-independent pathways.	Experimental Biology and Medicine
		soy foods are rich source of dietary protein. soy based foods are rich in a class of compounds called	experimental biology and medicille
	Soybean consumption provides health benefits for	isoflavones. Isoflavones have chemical structure that is similar to the hormone estrogen receptors	
	cancer, heart disease, menopause symptoms, and	commonly called phytoestrogens. the consumption of soy isoflavones appears to result in health	
1	osteoporosis due to its rich source of dietary protein	benefits for cancer, heart disease, menopausal symptoms and osteoporosis. so as a result soy protein	International Journal of Scientific &
Soybean Consumption And Health Benefits	and phytoestrogens.	have become major components of food.	Technology Research
Soybean Consumption And Health Benefits	anu phytoestrogens.		

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		Soy is an important commodity and a long-time staple food in eastern Asian countries. Recent	
		research and clinical studies have provided ample evidence for the health benefits of soy and soy	
		foods, which have also contributed to an increase in soy consumption among the Western	
		population. The current mini-review aims to summarize the current knowledge of the health benefits	
		of soy and soy phytochemicals, and their reported effects in preventing (I) cardiovascular disease, (II)	
		obesity-related metabolic syndrome, (III) certain types of cancers, and (IV) other chronic diseases. In	
		addition to the widely reported soy isoflavones, namely, genistein, daidzein, and glycitein, a novel	
		group of soy phytoalexins, glyceollins, have also shown promising biological activities, such as	
		insulinotropic, antiestrogenic, antiproliferative, antioxidation, anti-inflammation, and cholesterol-	
	Soy and soy phytochemicals have been shown to have	lowering effects. The elucidation of soy's health benefits is an important part of promoting the	
	health benefits, including preventing cardiovascular	consumption of soy as a functional food and the understanding of the mechanism of actions of soy	
	disease, obesity-related metabolic syndrome, certain	and soy phytochemicals' biological activities will provide further evidence for the optimized use for	
Health benefits of soy and soy phytochemicals	cancers, and other chronic diseases.	health promotion.	AME Medical Journal
		The effects of soy on diet and health have been topics of intense research for the last 20 years or	
		more. Much of this research has suggested that soy consumption can have beneficial effects on	
		several aspects of human health. Regular inclusion of soy and/or soy isoflavones in the diet has been	
		reported to modestly improve plasma lipid profiles, improve bone health, reduce menopausal	
1		symptoms, enhance cognitive function, and potentially reduce the risk of breast and prostate	
	Soy consumption may have potential benefits for skin,	cancers. The health benefits of dietary soy have been attributed to its isoflavones as well as to the	
Potential Benefits of Soy for Skin, Hair, and	hair, and nails, with potential benefits attributed to its	biological actions of its constituent proteins. These potential health benefits of soy consumption have	
Nails	isoflavones and protein components.	been extensively reviewed elsewhere [9, 30] and will not be discussed in this chapter.	
1			
		Soy protein is a major component of the diet of food-producing animals and is increasingly important	
		in the human diet. However, soy protein is not an ideal protein because it is deficient in the essential	
		amino acid methionine. Methionine supplementation benefits soy infant formulas, but apparently	
		not food intended for adults with an adequate nitrogen intake. Soy protein content of another	
		essential amino acid, lysine, although higher than that of wheat proteins, is still lower than that of	
		the milk protein casein. Adverse nutritional and other effects following consumption of raw soybean	
1		meal have been attributed to the presence of endogenous inhibitors of digestive enzymes and lectins	
		and to poor digestibility. To improve the nutritional quality of soy foods, inhibitors and lectins are	
1		generally inactivated by heat treatment or eliminated by fractionation during food processing.	
1		Although lectins are heat-labile, the inhibitors are more heat-stable than the lectins. Most	
		commercially heated meals retain up to 20% of the Bowman-Birk (BBI) inhibitor of chymotrypsin and	
		trypsin and the Kunitz inhibitor of trypsin (KTI). To enhance the value of soybeans in human nutrition	
		and health, a better understanding is needed of the factors that impact the nutrition and health-	
		promoting aspects of soy proteins. This paper discusses the composition in relation to properties of	
		soy proteins. Also described are possible beneficial and adverse effects of soy-containing diets. The	
		former include soy-induced lowering of cholesterol, anticarcinogenic effects of BBI, and protective	
		effects against obesity, diabetes, irritants of the digestive tract, bone, and kidney diseases, whereas	
		the latter include poor digestibility and allergy to soy proteins. Approaches to reduce the	
		concentration of soybean inhibitors by rearrangement of protein disulfide bonds, immunoassays of	
		inhibitors in processed soy foods and soybean germplasm, the roles of phytoestrogenic isoflavones	
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		Research over the past two decades has provided significant epidemiological and other evidence for	
		the health benefits of the consumption of soy-based foods. A large number of dietary intervention	
		studies have examined the effects of soy isoflavones on risk factors for cardiovascular disease and	
		hormone-dependent cancers. However, these report large variability in outcome measures, very	
		limited reproducibility between studies, and in some cases, controversy between the results of	
		clinical trials using dietary soy or soy protein and isoflavone supplementation. This highlights a major	
		gap in our understanding of soy isoflavone uptake, metabolism, distribution, and overall	
	Understanding soy isoflavone bioavailability is crucial	bioavailability. There are many potential factors that may influence bioavailability and a better	
	for understanding its health benefits, as current	knowledge is necessary to rationalize the inconsistencies in the intervention and clinical studies. This	
	research shows inconsistencies in clinical trials and a	review focuses attention on our current state of knowledge in this area and highlights the importance	
The Key Importance of Soy Isoflavone	need for further research on metabolism and gut	of metabolism of the parent soy isoflavones and the critical role of gut microbiota on the	Critical Reviews in Food Science and
Bioavailability to Understanding Health Benefits		bioavailability of these compounds and their metabolites.	Nutrition
		Research into the health effects of soyfoods and soybean constituents has increased at a	Nutrition
		phenomenal pace over the past decade. This research includes a wide range of areas, such as cancer,	
		coronary heart disease, osteoporosis, cognitive function, menopausal symptoms and renal function.	
		Importantly, there are an increasing number of clinical studies being conducted in this field, which	
		was quite evident from the findings presented at the Fourth International Symposium on the Role of	
		Soy in Preventing and Treating Chronic Disease, November 4-7, 2001, in San Diego, California. There	
		is no doubt that progress in understanding the health effects of soy is being made, but much of the	
		data are frustratingly inconsistent. For example, there were conflicting results presented at the	
1		symposium on the role of isoflavones in bone health. Similarly, presentations painted an unclear	
		picture of the role of isoflavones in cholesterol reduction. The relatively short duration and small	
		sample size of many of the human studies in this field likely contribute to the inconsistent results.	
		Although there are some controversies regarding the safety of soy for certain subsets of the	
		population, special sessions at the symposium on breast cancer and cognitive function did much to	
		alleviate concerns that soy could have detrimental effects in these areas. Furthermore, published	
Gaining insight into the health effects of soy but	Soybeans show promise in preventing and treating	data and new research presented at this meeting suggest that the consumption of even 10 g (typical	
a long way still to go: commentary on the	chronic diseases, but more research is needed to	of Asian intake) of isoflavone-rich soy protein per day may be associated with health benefits. If this	
fourth International Symposium on the Role of	confirm their health benefits and reduce the risk of	modest amount of soy protein were to be incorporated in the American diet, it would represent only	
			The lower of extention
Soy in Preventing and Treating Chronic Disease.	certain diseases.	approximately 15% of total U. S. protein intake.	The Journal of nutrition
		This chapter discusses soy food products and their health benefits. The soybean is a high-protein	
		food and a good source of nitrogen for humans because the amino acid composition of protein in the	
		soybean has the equivalent nutritional value as animal protein. Soybeans also contain dietary fiber	
		and oligosaccharides, such as sucrose, raffinose, and stachyose. Soybean oil contains abundant	
		Essential Fatty Acids (EFAs), such as linoleic acid and linolenic acid. Also, the soybean contains	
		functional minor components such as isoflavone, saponin, lecithin, and phytosterol. Soy foods and	
		soybean constituents have been widely investigated for their preventive role in chronic disease,	
		which is attributed to their major physiological functions, such as cholesterol lowering, anti-obesity,	
		antihypertensive, immunity regulation, lipid lowering, anti-carcinogenic, anticoagulant, anti-	
		osteoporosis, and antioxidant. Furthermore, the United States Food and Drug Administration (FDA)	
		confirmed the 'Soy Protein Health Claim' on 26 October, 1999, that 25 grams of soy protein a day	
	Sovbeans are a high-protein, nutrient-rich food that can	may reduce the risk of heart disease. Therefore, taking this opportunity, soy foods will penetrate	
Chapter 7 – Soy Food Products and their Health	help prevent chronic diseases and promote overall	rapidly into Western cultures and diets. In the public health area, it is known that relatively minor	
Benefits	health.	substitution or addition of soy to the conventional diet can have healthful consequences.	
		Soy protein and isoflavones (phytoestrogens) have gained considerable attention for their potential	
		role in improving risk factors for cardiovascular disease. This scientific advisory assesses the more	
		recent work published on soy protein and its component isoflavones. In the majority of 22	
		randomized trials, isolated soy protein with isoflavones, as compared with milk or other proteins,	
		decreased LDL cholesterol concentrations; the average effect was ≈3%. This reduction is very small	
		relative to the large amount of soy protein tested in these studies, averaging 50 g, about half the	
		usual total daily protein intake. No significant effects on HDL cholesterol, triglycerides, lipoprotein(a),	
		or blood pressure were evident. Among 19 studies of soy isoflavones, the average effect on LDL	
		cholesterol and other lipid risk factors was nil. Soy protein and isoflavones have not been shown to	
		lessen vasomotor symptoms of menopause, and results are mixed with regard to soy's ability to slow	
		postmenopausal bone loss. The efficacy and safety of soy isoflavones for preventing or treating	
		cancer of the breast, endometrium, and prostate are not established; evidence from clinical trials is	
		cancer of the breast, endometrium, and prostate are not established; evidence from clinical trials is measure and cautionary with regard to a possible adverse effect. For this reason, use of isoflayone	
		meager and cautionary with regard to a possible adverse effect. For this reason, use of isoflavone	
Sov Protein Koflavanos and Cardiovascular	Sou protein with isoflayones may slightly degreesed DL	meager and cautionary with regard to a possible adverse effect. For this reason, use of isoflavone supplements in food or pills is not recommended. Thus, earlier research indicating that soy protein	
Soy Protein, Isoflavones, and Cardiovascular	Soy protein with isoflavones may slightly decrease LDL	meager and cautionary with regard to a possible adverse effect. For this reason, use of isoflavone supplements in food or pills is not recommended. Thus, earlier research indicating that soy protein has clinically important favorable effects as compared with other proteins has not been confirmed. In	
Health: An American Heart Association Science	cholesterol levels, but their overall impact on	meager and cautionary with regard to a possible adverse effect. For this reason, use of isoflavone supplements in food or pills is not recommended. Thus, earlier research indicating that soy protein has clinically important favorable effects as compared with other proteins has not been confirmed. In contrast, many soy products should be beneficial to cardiovascular and overall health because of	
		meager and cautionary with regard to a possible adverse effect. For this reason, use of isoflavone supplements in food or pills is not recommended. Thus, earlier research indicating that soy protein has clinically important favorable effects as compared with other proteins has not been confirmed. In	Circulation

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		Soy Protein occurs naturally in Soybean and is known to have many benefits to health. It is an		
		alternate source of protein for those people who don't eat meat but along with benefits. This review		
		has been undertaken to make people familiar with the importance of soy beans in clinical set up and		
		in the food industries. Soybeans are legumes which include peanuts, chickpeas, other beans and		
		pulses. Soybeans are highly versatile beans can be processed into oil, flour and meal. Approved		
		health claims for soy protein in different countries is about 25g/day which is known to reduce total		
		cholesterol and LDL. Soy has different effective substance in it like Trypsin inhibitors, saponins, fibers,		
		isoflavones and phytic acid. It has observed that soy shows some toxic effects. There are many		
		studies raising concerns about the potential negative effects of it, due to the presence of allergens,		
		also they contain anti nutrient agents who inhibit micronutrient absorption, it may also cause		
Effects of Dietary Soy and Its Constituents on	antinutrient agents, and potential negative effects like	hypothyroidism, being deficient in a few essential amino acids, it is considered as an incomplete	Biomedical Journal of Scientific &	
Human Health: A Review		protein source. It may also cause hormonal consequences in infants in their later life.	Technical Research	
		BackgroundAlthough soy protein may have many health benefits derived from its associated		
		antioxidants, many male exercisers avoid soy protein. This is due partly to a popular, but untested		
		notion that in males, soy is inferior to whey in promoting muscle weight gain. This study provided a		
		direct comparison between a soy product and a whey product.MethodsLean body mass gain was		
		examined in males from a university weight training class given daily servings of micronutrient-		
		fortified protein bars containing soy or whey protein (33 g protein/day, 9 weeks, n = 9 for each		
		protein treatment group). Training used workouts with fairly low repetition numbers per set. A		
		control group from the class (N = 9) did the training, but did not consume either type protein		
		bar.ResultsBoth the soy and whey treatment groups showed a gain in lean body mass, but the		
		training-only group did not. The whey and training only groups, but not the soy group, showed a		
		potentially deleterious post-training effect on two antioxidant-related related		
Soy versus whey protein bars: Effects on	Soy and whey protein bars both promote lean body	parameters.ConclusionsSoy and whey protein bar products both promoted exercise training-induced		
exercise training impact on lean body mass and	mass gain, but soy has the added benefit of preserving	lean body mass gain, but the soy had the added benefit of preserving two aspects of antioxidant		
antioxidant status	antioxidant function.	function. BACKGROUND	Nutrition Journal	
		OBJECTIVE The objective was to determine the effects of high- and low-isoflavone soy-protein foods on both lipid and nonlipid risk factors for coronary artery disease (CAD). METHODS Forty-one hyperlipidemic men and postmenopausal women participated in a study with three 1-mo diets: a low-fat dairy food control diet and high- (50 g soy protein and 73 mg isoflavones daily) and low- (52 g soy protein and 10 mg isoflavones daily) isoflavone soyfood diets. All 3 diets were very low in saturated fat (< 5% of energy) and cholesterol (< 50 mg/d). Fasting blood samples were drawn and blood pressure was measured at the start and end of each diet. RESULTS		
		No significant differences were seen between the high- and low-isoflavone soy diets. Compared with the control diet, however, both soy diets resulted in significantly lower total cholesterol, estimated CAD risk, and ratios of total to HDL cholesterol, LDL to HDL cholesterol, and apolipoprotein B to A-I. No significant sex differences were observed, except for systolic blood pressure, which in men was significantly lower after the soy diets than after the control diet. On the basis of blood lipid and blood pressure changes, the calculated CAD risk was significantly lower with the soy diets, by 10.1 +/- 2.7%.		
Effects of high- and low-isoflavone soyfoods on				
blood lipids, oxidized LDL, homocysteine, and	Substituting soyfoods for animal products reduces	CONCLUSION		
blood pressure in hyperlipidemic men and	coronary artery disease risk by modestly reducing blood	Substitution of soyfoods for animal products, regardless of isoflavone concentration, reduces the	The American journal of clinical	
women.		CAD risk because of both modest reductions in blood lipids and reductions in oxidized LDL,	nutrition	

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op and Gat Mutubatur terrents and       softwarts and particular and partin and particular and particular and partic			components have been studied for their health-promoting/disease-preventing activities and	
so and Gu Morabios. Interaction and the server is non-section bank and section of the server is non-section of the section of the secti			potential mechanisms of action. Recent studies have identified gut microbiota as an important	
hegenpering hypotogen immunity, and national and successful terms interesting and interesting			component in the human body ecosystem and possibly a critical modulator of human health. Soy	
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Soy and Guine in concesse guin monobase levels, notice in adheses batteries, and margees human batteries in monotant and distructions. These damps and batteries in the indicated evelopment, privatory, immuny, and martino. The indicate and events in the indicate indicates and the indicates in the indicates and the indicates and the indicates and the indicates in the indicates and the indi			current knowledge on the effects of soy foods and soy components on gut microbiota population and	
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signand Gurdonizius iteraciona in populatory integratori entegrato i densing banelizio in teras o investiona i densing banelizio i densi o teras o integratori i densi o teras o integrato		Soy foods can increase gut microbiota levels, reduce	human studies have shown that consumption of soy foods can increase the levels of bifidobacteria	
implication for human leasth.         nembro lowering one is do discose and tooplea, as wells a be different chancial and boats characteristics of the liggane, are shown in the reside. Subject and and and the and the and the different chancial and boats characteristics of the liggane, are shown in the reside. Subject and and and the characteristic base of the shown in the reside. Subject and and show in the reside. Subject and and the different chancial and boats and different chancial and boats and different chancial and boats		pathogenic bacteria, and improve human health by	and lactobacilli and alter the ratio between Firmicutes and Bacteroidetes. These changes in	
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protein, it has to wonterin         in wonterin wonterin         in wonterin         <			Health properties and uses of soybean, as well as the different chemical and botanical characteristics	
Prychometicas and nutritical head have been recently studied. Note that the studies watere been foosaed on system of different chronic of inferent chronic of infer			of this legume, are shown in this review. Soybean represents an excellent source of high quality	
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hytochemicals and nutritional health each of the specified in specifie			isoflavone content makes it singular among other legumes. Characterization and positive health	
bey and Gastrointestinal Health: A Network     bey and Gastrointest			effects of soybeans have been recently studied. Most of the studies have been focused on soybean	
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of soy plant       benefiting cardiovascular and overall health.       replacement of animal based foods for soybean foods in completing a major source of plant protein for millions is the most economically inportant legume globally, providing a major source of plant protein for millions of propeing; it offers a high-quality, cost-competitive and versalle base-protein and the source of plant protein for millions of propeing; it offers a high-quality, cost-competitive and versalle base-protein have largely been attributed to the actions of phytoestrogens, which are present at high levels.       Additionally, community of soy based foods may also modulute gastrointestinal (G) health, in particular colorectal cancer risk, well fects on the composition and metabolia cativity of the G microbione. The ain of this narrative review was to critically evaluate the emerging evidence from clinical risk, observational studies and animal tripic relates or the match is review suggests that there are consistent af woursable could volve ever, as consumption of foods containing soy protein is nother and the even set of clical there are consistent favoursable could volve ever, as consumption of foods containing soy protein baces and textured soy proteins increases, further and undermeted a term than unfermented at effects on G health. Or there is needed to understand whether these foods elicit similar or additional functional effects on Gi health. Or there is needed to understand whether these foods elicit similar or additional functional effects on Gi health. Or there is needed to inderstand whether these foods elicit similar or additional source of elicary sory protein may improve gastrointestinal health.       Netrents         soy protein is an important component of soybeans is aborded a complete protein in that it contains ample amounts of a line besorted in admini protein is consolated a complete protein in that it contains and prov	Phytochemicals and nutritional health benefits			International journal of Nutrition,
Soyben is the most commically important legume globally, providing a najor source of plant protein for millions of people; it offers a high-quality, card-competitive and versate base-protein ingredient for plant-based meat alternatives. The health benefits of soybean and its constituents have largely been attributed to the actions of phytoscregores, which are present a high levels. Additionally, computing of soy-based foods may also modulate gastrointestinal (6) health, in particular colorectal cancer risk, via effects on the composition and metabolic activity of the G1 microbione. The aim of this narrative review was to critically evaluate the emerging evidence from Clinical trials, observational studies and animal trials relating to the effects of consuming soybears, soy-based products and the key constituents of appleans (foldmouse), soy protein and oligosaccharides) on messures of G1 health. Our review suggests that there are consistent favourable changes in measures of G1 health. To some soy foods, sub af sfermented soy milk, and for those constrolled stabilizes and toxined soy proteins increases. [striker clinical evidence is on G1 health. To some soy foods exist and stured sory proteins increases. [striker clinical evidence is on G1 health. A newiew Soy protein is an important component of soybeans and provides an abundant source of dietary protein. Anong the dietary proteins, soy protein is considered a complete protein in that is contains ample amounts of the sected and mile protein of health. A nutritional value roughly equivalent to that consumption of soybeans and provides an abundant source of dietary protein. Anong the diatest protein soy protein is considered a complete protein in that is contains ample amounts of the social and in health. An increasing body of literature suggests to bacy protein and the socian of phytological propertient reduces body weight, and body of diates in animal and health. A increasing body of literature suggests to bacy protein ingestion linits or educes body fract ani	•			-
specific dimensions         protein for millions of people; it offers a high-quality, cost-competitive and versatile base-protein ingredient for plant-based metal iteratives; the health benefits of soybean and its constituents have largely been attributed to the actions of phytoestrogens, which are present at high levels.         Additionally, consumption of soy-based foods may also modulate gastrointestinal (Gi) health, in have largely been and this narrative review was to critically evaluate the emerging evidence from clinical trials, observational trials relating to the effects of consuming soyheans, soy-based products and the key constituents of soybeans if the effects of consistent favourable changes in measures of Gi health. Our review suggests that there are consistent favourable changes in measures of Gi health for some soy foods, such as fermented tarber than unfermented soy milk, and for those individuals with a microbione that can metabolise equal. However, as consumption of foods containing soy protein isolates and mains the struct soy proteins increases, further inclical evidence is needed to understand whether these foods existinal functional functional effects on GI health. Or solvens and proteins increases, further inclical evidence is needed to understand whether these foods existinal functional inclical evidence is needed to understand whether these foods existinal functional inclical evidence is needed to understand whether these foods existinal functional inclical evidence is needed to understand whether these foods existinal functional functional inclical evidence is needed to understand whether these foods existinal functional inclical evidence is needed to understand whether these foods existinal functional functional inclical evidence is needed to understand whether thuman health. An increasing body of literature suggests that soy protein is considered a complete protein is indiage among the paint-task and this information of soy protein is undiag				
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Soy and Gastrointestinal Health: A Review       Consuming soy foods, particularly fermented soy milk, may improve gastrointestinal health.       clinical evidence is needed to understand whether these foods elicit similar or additional functional effects on Gi health.       Nutrients         Soy and Gastrointestinal Health: A Review       Soy grotein is an important component of soybeans and provides an abundant source of dietary protein. Among the dietary proteins, soy protein is considered a complete protein in that it contains ample amounts of all the essential amino acids plus several other macronutrients with a nutritional value roughly equivalent to that of animal protein of high biological value. Soy protein is unique among the plant-based proteins because it is associated with isoflavones, a group of compounds with a variety of biological properties that may potentially benefit human health. An increasing body of literature suggests that soy protein ang tits fooflavones may have a beneficial role in obsety. Several nutritional intervention studies in animals and humans indicate that consumption of soy protein mainal models of obsetixy, soy protein and its fooflavones protein and tits of accumulation and improve insulin resistance, the hallmark of human obsetiv. In obsee humans, dietary soy protein and tis fooflavones insulin resistance, the hallmark of human obsetiv. In obsee humans, dietary soy protein and tis downed for dower body fat accumulation and improve insulin resistance and include a wide spectrum of biochemical and molecular activities that favorably affect fatty acid metabolism and cholesterol homestasis. The biologic actions of certain constituents of soy protein, mays, and cholesterol levels, potentially improving are also discussed. In addition, the potential of soy protein in causing food allergy in humans is briefly				
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	1		
		Soybeans are among the most popular foods worldwide, and intake of soy-containing foods has been	
		associated with many health benefits, in part because of it structure similar to estrogen.	
		Epidemiologic studies have demonstrated that soy consumption improves serum profiles of	
		hypercholesterolemic patients. Several studies have also indicated an inverse relationship between	
		the consumption of soy isoflavones and the incidence of cardiovascular diseases (CVD). Soy is a rich	
		dietary source of isoflavones. The main soy isoflavones are daidzein and genistein; equol, another	
		isoflavone and a major intestinal bacterial metabolite of daidzein, is generated by enterobacterial	
		effects. Many isoflavones have anti-oxidative effects and anti-inflammatory actions, as well as induce	
		nitric oxide production to maintain a healthy endothelium and prevent endothelial cell dysfunction.	
		These effects may limit the development of atherosclerosis and CVD and restore healthy endothelial	
		function in altered endothelia. Although the evidence supporting the benefits of soy isoflavones in	
		CVD prevention continues to increase, the association between soy isoflavones and disease is not	
	Constantion of found in contract, many hole provent		
Courtee flowers on the bits on shorts a list and	Soy isoflavones, found in soybeans, may help prevent	fully understood. This review summarized recent progress in identifying the preventive mechanisms	Leven al of Combine contain
Soy isoflavones inhibit endothelial cell	cardiovascular diseases by inhibiting endothelial cell	of action of dietary soybean isoflavones on vascular endothelial cells. Furthermore, it describe the	Journal of Cardiovascular
dysfunction and prevent cardiovascular disease.	dysfunction and promoting healthy vascular function.	beneficial roles that these isoflavones may have on endothelial dysfunction-related atherosclerosis. SCOPE	Pharmacology
1		Soy protein is a high-quality protein and its consumption has been associated with a reduction of	
1		serum cholesterol and triglycerides and an improvement in insulin resistance. However, it is not	
		known whether the effects of soy protein are mediated by the gut microbiota. Thus, the aim of this	
		study was to assess whether using antibiotics to partially eradicate the gut microbiota can prevent	
		the beneficial effects of soy protein in rats.	
		METHODS AND RESULTS	
		Thus, rats were fed one of the following diets for 16 weeks: casein control; soy protein control; high-	
		fat casein; high-fat soy protein. Then rats were then treated for 4 weeks with antibiotics. Body weight	
		and composition, energy expenditure, glucose tolerance test, metabolic endotoxemia and gut	
		microbiota were measured before and after treatment with antibiotic. The results showed that soy	
		protein consumption decreased weight gain, body fat, metabolic endotoxemia, and increased energy	
		expenditure and glucose tolerance. Antibiotic treatment suppressed all these metabolic effects.	
		These changes were accompanied by modifying the diversity and taxonomy of the gut microbiota.	
	Antibiotic treatment reduces the health benefits of soy	CONCLUSION	
Antibiotic Treatment Reduces the Health	protein, suggesting that its health benefits are partly	In conclusion, the evidence suggests that the health benefits of soy protein are partly dependent of	
Benefits of Soy Protein.	dependent on gut microbiota.	the gut microbiota. This article is protected by copyright. All rights reserved.	Molecular nutrition & food research
		Soy protein comes from soybeans and offers multiple health benefits, some of which are just	
		beginning to be discovered. This column reviews the health benefits of soy products with a special	
1	Soy protein offers multiple health benefits, including	focus on women and children's health. To date, little has been written or researched that is directly	
Soy Protein	improved women's and children's health, but more research is needed for perinatal health.	related to perinatal health. Thus, the column has a more broad focus so that childbirth educators have a general resource to gain knowledge related to the use of soy-based foods.	Journal of Perinatal Education
		Scientific advancements in recent years have shed new light on the relationship between diet and	
		human health. Nutrients play an important role in the prevention of many civilization diseases, such	
		as osteoporosis, type II diabetes, hypercholesterolemia, and cardiovascular diseases. The biological	
		activity of natural plant components allows their use in the treatment of various diseases, especially	
		civilization diseases, to be speculated. Special attention is paid to phenolic compounds that have	
		numerous health-promoting properties. Isoflavones, phenolic compounds, are commonly found in	
1		legumes, especially in soybeans. Their structural similarity to 17-β-estradiol (E2), the main female sex	
		hormone, allows them to induce estrogenic and antiestrogenic effects by binding to estrogen	
		receptors, and their consumption has been associated with a decreased risk of hormone-related	
		cancers. In addition, numerous epidemiological studies and related meta-analyses suggest that soy	
	Soy isoflavones may help prevent certain civilization	consumption may be associated with a lower incidence of certain diseases. However, there are some	
	diseases, but their effectiveness in reducing	doubts about the potential effects on health, such as the effectiveness of cardiovascular risk	
Biological Effect of Soy Isoflavones in the	cardiovascular risk and breast cancer-promoting	reduction or breast cancer-promoting properties. The purpose of this review is to present the current	
Prevention of Civilization Diseases	properties remain inconclusive.	knowledge on the potential effects of soy isoflavone consumption with regard to civilization diseases.	Nutrients
	p. sperces remain monetasive.	missing be an the potential encode of by isolarone consumption with regard to constant diseases.	

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		Soybean provides health benefits such as reducing cardiovascular disease, reducing menopausal	
		symptoms, weight loss, arthritis, diabetes, osteoporosis and brain function. It contains	
		phytochemicals such as isoflavones, saponins, phytosterols that promote health benefits. Soy food	
		products are perceived as healthy food and are considered an important part of the diet. More than	
		50% consumers in the USA agreed that soy foods are healthy foods. Soymilk is considered as a	
		suitable economical substitute for cow's milk and an ideal nutritional supplement for lactose-	
		intolerant population and also considered cholesterol free product for cardiovascular disorders.	
Drok			
		Fermented soy milk is a good source of bioactive peptides such as anti-ACE, antioxidative, anti-cancer	
		and immunomodulatory. Many fermented soy milk based products such as soy cheese, soymilk-kefir,	
Biofunctionality of Probiotic Soy Yoghurt bene		soy yoghurt etc. are produced.	Food and Nutrition Sciences
		SCOPE	
		Equol is produced by the intestinal bacteria from isoflavone daidzein. Studies have reported the	
		health benefits of soy can only present or more pronounced in equol producers. This 6-month	
		randomized controlled trial examined the effect of whole soy (soy flour) and purified daidzein on	
		cardiovascular biomarkers and carotid intima-media thickness (CIMT) in prehypertensive	
		postmenopausal women who were equol producers.	
		METHODS AND RESULTS	
		Two hundred seventy eligible women were randomized to either one of the three treatments: 40 g	
		soy flour (whole soy group), 40 g low-fat milk powder + 63 mg daidzein (daidzein group), or 40 g low-	
		fat milk powder (placebo group) daily each for 6 months. Fasting venous samples were obtained at	
		baseline and end of trial for testing glucose, lipids, high sensitivity C-reactive protein (hs-CRP), and	
		free fatty acid. Changes in common CIMT were also assessed. Serum LDL-C decreased by 7.95% (95%	
		CI: -15.09~-0.81%) and 6.32% (95% CI: -13.45~0.08%), and serum hs-CRP decreased by 0.164 (95%	
		CI: -0.309~-0.019) and 0.054 (95% CI: -0.199~0.012) in the whole soy group compared with daidzein	
		and milk placebo groups, respectively. No significant change in CIMT was found.	
Whole soy, but not purified daidzein, had a			
	ole soy, but not purified daidzein, improves		
		CONCLUSION	
	. ,.	CONCLUSION	
		Whole soy, but not purified daidzein, had a beneficial effect on reduction of LDL-C and hs-CRP among	
equol-producing postmenopausal women. leve		prehypertensive equol-producing postmenopausal women.	Molecular nutrition & food research
		Soybeans contain various components with potential health benefits effects, but the impact of soy	
		foods and processed soy foods on human health has gone progressively characterized. Soy foods are	
		the traditional Asian diets; however because of their intended health benefits they have gone	
		popular in Westerners, especially postmenopausal women. There are lots of biologically active	
		soybean constituents that might lead to the possible health benefits of soy, and almost consideration	
		has concentrated on the isoflavones, which have both hormonal and nonhormonal activities. The	
		various other constituents of soybeans (saponins, soy protein or peptides, lecithin, and flavonoids)	
South		have differing biological activities. These include hormonal, immunological, bacteriological and	
		digestive effects. This review is the broad assessment of the literature comprehensive the health	
, , , ,		effects of soy constituents that are of superlative interest. The health benefits of soy foods on four	
	ease, non-alcoholic fatty liver disease, obesity, and	diseases-cardiovascular disease (CVD), non-alcoholic fatty liver disease (NAFLD), obesity and diabetes-	
Prevention. diab		are the focus of the review.	agriculture
		Consumption of soy protein may reduce the risk of cardiovascular disease both through reduction in	
		serum lipids and by the antioxidant properties of protein-associated soy isoflavones. However, the	
		effect that processing required for the manufacture of breakfast cereals may have on the lipid	
		lowering and antioxidant activities of soy has not been studied. We have therefore assessed the	
		health benefits of soy incorporation into breakfast cereals. Twenty-five hyperlipidemic men and	
		women took soy (providing 36 g/d soy protein and 168 mg/d isoflavones) and control breakfast	
		women took soy (providing so g/d soy protein and 100 mg/d isonavoires) and control Dreaklast	
		cereals, each for 3 weeks in a randomized crossover study with a 2-week washout period between	
		cereals, each for 3 weeks in a randomized crossover study with a 2-week washout period between treatments. Fasting blood samples were obtained pretreatment and at weeks 2 and 3 of each	
		cereals, each for 3 weeks in a randomized crossover study with a 2-week washout period between treatments. Fasting blood samples were obtained pretreatment and at weeks 2 and 3 of each treatment. No significant difference was seen in serum lipids between treatments at week 3 apart	
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Sov-		cereals, each for 3 weeks in a randomized crossover study with a 2-week washout period between treatments. Fasting blood samples were obtained pretreatment and at weeks 2 and 3 of each treatment. No significant difference was seen in serum lipids between treatments at week 3 apart from a 3.8% +/- 1.5% higher apolipoprotein A-1 level on control versus soy (P = .021). However,	
	r-based breakfast cereals with high isoflavone intake	cereals, each for 3 weeks in a randomized crossover study with a 2-week washout period between treatments. Fasting blood samples were obtained pretreatment and at weeks 2 and 3 of each treatment. No significant difference was seen in serum lipids between treatments at week 3 apart from a 3.8% +/- 1.5% higher apolipoprotein A-1 level on control versus soy (P = .021). However, oxidized low-density lipoprotein (LDL) was reduced on the test compared with the control both as total dienes in LDL and as the ratio of conjugated dienes to cholesterol in the LDL fraction by 9.2% +/-	
may	/-based breakfast cereals with high isoflavone intake y decrease the risk of cardiovascular disease by	cereals, each for 3 weeks in a randomized crossover study with a 2-week washout period between treatments. Fasting blood samples were obtained pretreatment and at weeks 2 and 3 of each treatment. No significant difference was seen in serum lipids between treatments at week 3 apart from a 3.8% +/- 1.5% higher apolipoprotein A-1 level on control versus soy (P = .021). However, oxidized low-density lipoprotein (LDL) was reduced on the test compared with the control both as total dienes in LDL and as the ratio of conjugated dienes to cholesterol in the LDL fraction by 9.2% +/- 4.3% (P = .042) and 8.7% +/- 4.2% (P = .050), respectively. High isoflavone intakes in soy breakfast	Metabolism: clinical and
Effect of soy-based breakfast cereal on blood redu	r-based breakfast cereals with high isoflavone intake y decrease the risk of cardiovascular disease by lucing oxidized LDL, but have no significant effect on	cereals, each for 3 weeks in a randomized crossover study with a 2-week washout period between treatments. Fasting blood samples were obtained pretreatment and at weeks 2 and 3 of each treatment. No significant difference was seen in serum lipids between treatments at week 3 apart from a 3.8% +/- 1.5% higher apolipoprotein A-1 level on control versus soy (P = .021). However, oxidized low-density lipoprotein (LDL) was reduced on the test compared with the control both as total dienes in LDL and as the ratio of conjugated dienes to cholesterol in the LDL fraction by 9.2% +/-	Metabolism: clinical and experimental

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1	10.1053/M	jenkins/5e182a54cb075ded866f d2c04c54b833/

	reduction beyond existing diets and drugs.	diets and hypolipidemic drugs.	Current Atherosclerosis Reports	
		thus providing a novel mechanism of plasma cholesterol reduction different from currently available		
		suggest that soy protein subunits, particularly 7S, directly activiate LDL receptors in the human liver,		
		In humans, soy protein activates the low-density lipoprotein (LDL) receptor pathway. Recent data		
		indicated a loss of effect, but the extract itself (isoflavone rich) has no hypocholesterolemic activity.		
		there is no evidence for the effect of fiber, studies with ethanol-extracted soy (devoid of isoflavones)		
		mechanism of action include soy fiber, isoflavones (phytoestrogens), and the protein itself. Although		
		most benefit occurring in patients with cholesterol of greater than 7 mmol/L. Hypotheses on the		
		cholesterolemia, with minimal or no reductions occurring at cholesterol of 6 mmol/L or less, and the		
		coronary disease. The hypocholesterolemic effect is directly correlated to the patient's		
		and Drug Administration recently approved the health claim for its role in reducing the risk of		
		The soybean diet is the most potent dietary tool for hypercholesterolemia. The United States Food		
women.		Further research in hypertensive and hyperlipidemic populations is needed.	and metabolism	1
controlled study in men and postmenopausal	peripheral vascular resistance and flow-mediated	effects were noted, with a decline in endothelial function (in males only) and an increase in Lp(a).	The Journal of clinical endocrinology	
	lipids, but may also cause side effects like reduced	women, soy improved BP and lipids but, overall, did not improve vascular function. Potential adverse		
	Dietary soy may lower blood pressure and improve			
Diatany soy has both henoficial and potentially		pituitary-gonadal axis was noted in males or females. In normotensive men and postmenopausal		
1		males only), compared with case in placebo ( $P < 0.02$ ). No effect of treatment on the hypothalamic-		
		with soy ( $P < 0.01$ ), whereas flow-mediated vasodilation (reflecting endothelial function) declined (in		
		groups. On individual analysis, peripheral PWV (reflecting peripheral vascular resistance) improved		
		demonstrated no difference between groups; although again, overall function improved in both		
		improved in both groups; but no treatment effect was demonstrated. The arterial functional model		
		mg/L, P < 0.05], whereas total, low-density lipoprotein, and high-density lipoprotein cholesterol		
		increase in Lp(a) lipoprotein (+/- 95% confidence interval) [42 (range, 17-67) vs. 4 (range, -22-31)		
		+/- 0.1 mmol/L, P < 0.05) and triglycerides (-0.2 +/- 0.05 vs0.01 +/- 0.05 mol/L, P < 0.05) and an		
		contributors included a reduction in the low- to high-density lipoprotein ratio ( $-0.33 +/-0.1$ vs. 0.04		
		soy induced greater changes, compared with placebo (P < 0.001). On individual analysis, significant		
		+/- 0.7 mm Hg, P < 0.05), and mean BP (-5.5 +/- 1 vs0.9 +/- 1 mm Hg, P < 0.008). In the lipid model,		
		change (+/-SEM) in systolic (-7.5 +/- 1.2 vs3.6 +/- 1.1 mm Hg, $P < 0.05$ ), diastolic (-4.3 +/- 0.8 vs1.9		
		accompanied by a significant fall in BP reflected by the BP model ( $P < 0.01$ ) encompassing mean		
		intervention in the soy group, compared with casein placebo, urinary phytoestrogens increased,		
		34 withdrawals (16%), with 179 subjects (96 men and 83 women) completing the protocol. After		
		soy protein isolate (40 g soy protein, 118 mg isoflavones) or casein placebo for 3 months. There were		
		thirteen healthy subjects (108 men and 105 postmenopausal women), 50-75 yr old, received either		
		endothelial function (flow-mediated vasodilation) in a randomized, double-blind trial. Two hundred		
		pressure (BP), lipids, vascular function (systemic arterial compliance and pulse wave velocity), and		
		To address the cardiovascular effects of dietary soy containing phytoestrogens, we measured blood		
reducing prostate cancer risk.	patients.	concerned about their prostate health may consider incorporating soy into their diet.	Nutrition reviews	1
Emerging evidence on the role of soy in	prostate cancer risk and benefit prostate cancer	trial suggest isoflavones may be beneficial to prostate cancer patients. For several reasons, men		
		epidemiologic data indicate soy intake reduces prostate cancer risk, results from a pilot intervention	a	
		protein and isolated isoflavones inhibit prostate tumor development. Currently, although only limited	4	
		inhibits prostate cancer cell growth; in animals, most but not all studies show isoflavonel rich soy		
		effects relevant to prostate cancer prevention. In vitro, the main soybean isoflavone, genistein,		
		Soyfoods are a unique dietary source of isoflavones, which have both hormonal and non-hormonal		-
animals over the past two decades		and safe; however, more high-quality trials are needed to fully substantiate their potential use.	Phytotherapy Research	1
and isoflavone supplementation in humans and		and animals. Based on the literature, we conclude that soy foods and isoflavones may be effective		
Comprehensive evaluation of the role of soy		showing that dietary or supplemental isoflavones exert protective effects on the health of humans		
		regarding isoflavones, as well as their structure, function, and application. We summarized evidence		
	Soy foods and isoflavones may be effective and safe for			
		the many health benefits for humans and animals, the application of isoflavones remains		
		isoflavones derived from soy, whose structure is similar to the structure of 17-β-oestradiol. Despite		
		menopause and bone loss. These biological and therapeutic functions are primarily due to the		
		prostate cancer. These products can also have antioxidative effects that alleviate hot flashes during		
		prevent the occurrence of cardiovascular diseases and certain types of cancer, such as breast and		
		soy products have long been consumed. Soy and soy-related products have been found to help		
		Soy and soy-based foods are considered healthy, particularly in many Asia–Pacific countries, where		

py Research	1	10.1002/pt	https://consensus.app/papers/e valuation-role-isoflavone- supplementation-humans- xiao/fd599795c13152429f71b63 4b84fbd62/
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		Consumers are becoming increasingly interested in healthful foods and are open to soy protein in-	
		gredients. Soybeans as food are very versatile and a rich source of essential nutrients. They are also	
		an excellent source of good-quality protein, comparable to other protein foods, and suitable for all	
		ages. Adverse nutritional and other undesirable effects followed by the consumption of raw soybean	
		meal have been attributed to the presence of endogenous inhibitors of digestive enzymes and	
		lectins, as well as poor digestibility. To improve the nutritional quality of soy foods, inhibitors and	
		lectins are generally inactivated by heat or eliminated by fractionation during food processing.	
		Soybeans provide an alternative source of protein for people who are allergic to milk protein. Soy	
		protein is highly digestible (92% to 100%) and contains all essential amino acids. Although relatively	
		low in methionine, it is a good source of lysine. Soy-protein products contain a high concentration of	
		isoflavones, up to 1 g/kg. Increased acceptance of soy proteins is due to unmatched qualities like	
		good functional properties in food applications, high nutritional quality, abundance, availability, and	
		low cost. At present the various forms of soy proteins are primarily utilized for their functional effects	
	Soy protein products are gaining acceptance due to	rather than their nutritional properties. This article summarizes the integrated overview of the widely	
	their high nutritional quality, digestibility, and	available, scattered information about the nutritional and functional uses of the soy proteins when	
Functional and Edible Uses of Soy Protein	affordability, making them a versatile and nutritious	applied in food systems and intends to present the most current knowledge with an interest to	Comprehensive Reviews in Food
Products	alternative to other protein foods.	stimulate further research to optimize their beneficial effects.	Science and Food Safety
		Health properties and uses of soybean, as well as the different chemical and botanical characteristics	
		of this legume are shown in this review. Soybean represents an excellent source of high quality	
		protein, it has a low content in saturated fat, it contains a great amount of dietary fibre and its	
		isoflavone content makes it singular among other legumes. Many researches have been carried out	
		into the benefits of legumes: chickpeas, beans, lentils and soy, among others, but characterization	
		and positive health effects of soybeans have been recently studied. The interest in this legume has	
		increased because of its functional components. Most of the studies have been focused on soybean	
		protein as a possible source of prevention against cardiovascular disease. This positive effect may be	
		due to a decrease in serum cholesterol concentrations. In addition, there are many studies on	
	Soybean is a promising health source with high quality	isoflavones, non-nutritive substances, associated with prevention and treatment of different chronic	
	protein, low saturated fat, dietary fiber, and	diseases. Moreover, some studies have shown the health properties of soy dietary fibre. Therefore, it	
	isoflavones, potentially preventing cardiovascular	would be interesting to consider the replacement of animal based foods for soybean foods in order	
Soybean, a promising health source.	disease and other chronic diseases.	to obtain some nutritional benefits.	Nutricion hospitalaria
		Abstract Soy foods are known to promote health, and their functional constituents include soy	
		proteins and isoflavones. Although soymilk with beany flavor is considered unfavorable, its	
		palatability is improved by fermentation. Soymilk can turn to a yogurt-like paste following lactic acid	
		fermentation using Lactobacillus, Bifidobacterium, or other bacteria. Isoflavone aglycones and	
		peptides that are produced in soymilk during fermentation have hypolipidemic effects, such as blood	
		cholesterol lowering and prevention of hepatic lipid and visceral fat accumulation. Accordingly,	
		physiological effects of fermented soymilk are greater than those of soymilk. Additionally, soy	
		peptides, isoflavone aglycones, and other functional components in fermented soymilk reportedly	
	Fermented soymilk offers greater health benefits than	exert many beneficial effects and can prevent cardiovascular disease, obesity, cancer, and	
Functional Components and Health Benefits of	soymilk, including cholesterol lowering, prevention of	inflammation. In conclusion, as an alternative to cow milk yogurt, fermented soymilk can provide	
Fermented Soymilk	obesity, cancer, and inflammation.	much greater health benefits.	

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A second seco			1	
Inclusion			Glycing may (L) Merrill, better known as soy or soybean, is a legume of asian origin considered an	
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spoten Seed Compounds a Natural Head         spotent consumption of fers numerous head head is control. This allowes them a sophased disc control. This allowes them a sophase disc control. This allowes them a sophasophase them a sophase disc control. This allowes them			to ameliorate the toxic effects of heavy metals. Therefore, in this chapter we review general	
spoken Sector         Sopeen Construction for the Sector         Sopeen Sector			characteristics of soy as well as its nutritional potential, and we compiled the newest information	
sophen Seed Compounds as Natural left       sophen Seed Compound sophen Seed Compounds as Natural left       sophen Seed Compounds as Naturale			about the health effects of soy. In order to test our hypoth-esis, we developed a model of animals	
system. Among the results of this requests the short of system denses the short of system dense the short of system dense the short of system denses and planes the short of system short of system denses and planes the short of system denses the short of system denses and planes the short of system denses the short denshort densystem short of system denses the short dense the short			exposed to cadmium, and we gave them a soy based diet, comparing it with a casein-based diet as	
Soybean Seed Compounds at Natural Headwhere labe housing antidabetic effects, aginating users, and cateform aginating users, soybean dense methods and protection aginating users, soybean dense methods and the interview of the interview			control. This allowed us to col-lect information about its effect on the respiratory and nervous	
sophen Seed Compounds as Naturi Head         sophen consumption offers numeous headth tenets, including protection against ling cancer and relationscaler system is control, and relationscale system is control, and relations the control is related in terms in the credeling relationscale system is control syst			system. Among the results of this review, we show that it reduces the cholesterol level and obesity	
sophen Seed Compounds as Naturi Head         sophen consumption offers numeous headth tenets, including protection against ling cancer and relationscaler system is control, and relationscale system is control, and relations the control is related in terms in the credeling relationscale system is control syst			while also having antidiabetic effects. We enumerate the benefits of soy-based diets on the	
solution       the risk of coronary heat disease, include by definition exposure on the attend on the solution exposure on the attend on the solution exposure on the attend on the solution exposure of the solutis exposure of the solutis exposure of the sol			respiratory system, such as protection against lung cancer and radiotherapy, better lung function in	
solution       the risk of coronary heat disease, include by definition exposure on the attend on the solution exposure on the attend on the solution exposure on the attend on the solution exposure of the solutis exposure of the solutis exposure of the sol				
Solden Consumption offers numerous health benefits, including protection against lung conce, crid/boxus including protection against lung conce, protection and concernition of the against concernition of the streament of solesero and a ageoder, age, concernition of the streament concernition of the streament of solesero and and concernition of the streament of solesero and and concernition of the streament of solesero and and streament of s				
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Sophean consumption offers numerous health benefis, industing practice, against line, career, adoussing in a protosis industing some consumption will be set outcome considering variables such as genera, age, treatment duration and dagaed if soy products consumption in the det.Solution industing practice, against line, although future studies should try to suidate the base outcome considering variables such as genera, age, treatment duration and dagaed of soy products consumption in the det.Solution industing practice, against line, although future studies should try to suidate the base outcome considering variables such as genera, against line, and solution to review its of the solution consume in meat. The propose of this review its of subers and such the value of solution mead, future madel, industrine, Leggens, which alto include peanuts, chickages, various bears in both the food meat. The propose of this review its of poserful ingreent the value of solution mead, future madel, including the propose of this review its of poserful ingreent the value of solution mead, future madel, including the propose of this review its of poserful ingreent the value of solution mead, future madel, including the proposed of this review its of poserful ingreent the value of solution mead, future madel, including the ingreent mead. The madel construction of the careers of the solution of the careers of the careers of the solution of the careers of the care				
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Sophean Seed Compound as Natural Health         cinclesteriol and obesity.         as gender, age, treatment duration and dosage of sop products consumption in the dilet.         as gender, age, treatment duration and dosage of sop products consumption in the dilet.           Review of Dietary Soy's Effects on Human         Sopheans provide health benefits, including lowering of their reviews of postering in bubbles, contains, reviewed postering in bubbles, contains, which as a natural component of sopheans in bubbles, contains, which as income to grow which is known to provide a variety of health lower total and medical industries and is a different source of protein for folls who don't consume meat, the purpose of this reviews to formalize research with the value of sopheans in bubbles, contains, which is a natural component of sopheans in bubbles, contains, which is income to bay beans in bubbles, contains, which is a natural component of sopheans in bubbles, isofhavenes, phytic acid, appoints and triggers and research harmful consuments, and weght research lawers with the value of the reviews of beneans in bubbles, isofhavenes, phytic acid, sappoints and triggers and research harmful conder, software of the reviews of beneans in bubbles, isofhavenes, and the software different source different source of protein industry in source in the source ino				
Protectors         colesterol and obesity.         as gender, age, treatment duration and dosage of say products consumption in the dilet.         Image: Construction of the co	Souhean Sood Compounds as Natural Health			
Soy protein is a natural component of soybeans and is known to provide a variety of health advantages. to fires advantages and is a different source of protein for folks who don't consume meat. The purpose of this review is formiliarizer coders with the value of say beans and pulses, contain soybeans. Soybeans are variety of powelling theory solution is floar and oil cholesterol and IDL. but also contain alleges and potential harmful effects, including lowering the source of this review is formiliarizer and event of your and the automative of advantages. The source of protein for solutions contain soybeans. Soybeans are variety of powelling their, indivance of the protein lammful effects, so in shype theorem should be automative on the source of protein the source of protein the source of protein the source of protein the source of the plangers present and the automative source source south the source of the plangers present and the automative source and pulses. Contain source source source source source source source and the automative source source source of the plangers present and weight reduction source source and the automative source source and the automative source source and the automative source and the automative source source and the automative source and the source of the plangers present and weight reduction and health care function of soy protein industry for China's daily protein intake and reduction industry for China's daily protein intake and reduction protein dauge and careformer active source of soy protein dauger than and the source and the source of a source and the soure of a soy source in dautor and thealth confeils upon biocoveresi				
advantages.advantages		cholesteror and obesity.		
advantages.advantages			Sov protein is a natural component of sovbeans and is known to provide a variety of health	
Review of Dietary Soy's Effects on Human         Soybeans provide health benefits, including lowering choisesterial and LD, but also contain algregens and tryps in inhibitors. Soy has been sene to have several harmful consequences. Add, saponits and tryps in inhibitors. Soy has been sene to have several harmful consequences. Add, saponits and tryps in inhibitors. Soy has been sene to have several harmful consequences. Add, saponits and tryps in inhibitors. Soy has been sene to have several harmful consequences. Add, saponits and tryps in inhibitors. Soy has been sene to have several harmful consequences. Add, saponits and tryps in inhibitors. Soy has been sene to have several harmful consequences. A unerrous studies have reside concerns about the potential negative effects of the beause of the choisesteroil and LD, but also contain allergens mark the alth and alts. Constituents         Iournal of Clinical Medical Research of incomplete reviews the present and mechanism of hyperlipemia reduction, insuin and santy tryp reviement, and weight reduction and health care function of soy industry for China's daily protein intake and reducting industry for China's daily protein intake and reducting is soy Protein         The consumption of soy has long been associated with various health-tenhancing effects including invocal disease morbidity.         For event and care and accidious and bioteve perities. However, some of ovarian cancer and accidiouscual diseases. Put studies have been shown to have the set distance metasion industry for China's daily protein intake and reducting industry for China's daily protein intake and reductin				
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Soy protein has potential health benefits, including hyperipemia reduction, insulin sensitivity improvement, and weight reduction, making it a crucial industry for China's daily protein intake and reducing chronic disease morbidity.         This article reviews the present researches on nutrition and health care function of soy protein industry in China, it is declared that revitalization of soy protein industry in China, it is declared that revitalization of soy protein industry is essential for augmenting the Chinese daily protein intake and remitting the high chronic disease morbidity.         Journal of Beijing Technology and Business University           With the set of the set				
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