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Soybean uses as food and food ingredients

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Soybeans are the leading source of healthy, plant-based proteins in the world today and they are processed into many different types of food and ingredient products. This includes traditional soyfood products such as tofu, soymilk, miso, tempeh, natto and soy sauce, as well as further processed products that use these foods as a key ingredient. The soybean can also be processed by mechanical or solvent extraction into a range of functional and nutritional ingredients such as soy flour, textured soy flour, isolated and concentrated soy proteins and vegetable oil.

Protein is a big driver in new product development and the quality of soy protein makes it an attractive option to many food processors. They are commonly used in snack foods, meat alternatives and beverage applications. In addition, the use of traditional soy products such as tofu, miso and soy sauce in sauces, condiments and dressings helps to add unique properties and tastes that appeal to consumers demand for natural, Asian/fusion-inspired foods.

The wide range of traditional soyfoods and functional ingredients allows soy to be used as a primary component in virtually all food categories including dairy and meat alternatives, bakery products and snack foods.