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Current evidence for role of soy in support of health across the lifespan

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Dietary protein is an essential component of the daily diet, across the lifespan. Protein from soy is the only high quality plant source of protein widely available, providing all of the essential amino acids required to support growth and development. Lean, high quality protein such as soy can be incorporated into a diet consistent with Dietary Guidelines to support health needs, across the lifespan.

When incorporated in the diet of infants and children, research demonstrates soy protein can support healthy growth and development.

High-protein diets endorsed in recent years for weight management. All high quality proteins can have a satiating effect, allowing people to better manage their hunger, ingest fewer calories and support their weight loss goals. Soy protein is unique in the fact that it has shown a tendency to target abdominal fat in promoting weight loss.

Both diet and exercise are important in maintaining muscle mass during aging process. High quality sources of protein, such as soy and dairy, are each effective for supporting lean body mass and building muscle. Combining the unique attributes of high-quality soy and dairy proteins may maximize benefits for muscle through their different digestion rates and amino acid profiles. Research now supports that blends of soy and dairy proteins may be more effective in optimize muscle gains, over a single source of protein alone. Studies show that a soy-dairy protein blend supports muscle in both the young and aging and are an important part of nutritional interventions to overcome a critical condition of aging – anabolic resistance – to counteract sarcopenia.

As the population, as a whole, advances in age, management of cardiovascular risk factors such as blood pressure and blood lipid concentrations becomes increasingly important. More human clinical studies have been conducted to assess the cholesterol lowering effects of soy protein than any other cholesterol-lowering food ingredient.

A large body of evidence, including multiple meta-analyses, provides a strong foundation of evidence to support consumption of soy protein for support health in humans across the lifespan.