

Soy & Health



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Soy and sperm count - no cause for concern

A study¹ by researchers at Harvard University claiming that products containing soy and isoflavones can result in reduced sperm count among men has been disputed by US and European soy producers. The Harvard study examined the soy intake of 99 men experiencing fertility problems for three months and found that isoflavones in soy act like female hormones, giving "an inverse association between soyfood intake and sperm concentration."

The Soyfoods Association of North America criticised the research which "conflicts with the large body of US government and National Institutes of Health-sponsored human and primate research, in which controlled amounts of isoflavones were fed and no effect on quantity, quality or motility of sperm were observed." The research findings were criticised for a number of other reasons:

- The study population was small and based on recollected intake of soyfoods and not on specific diets containing soyfoods;
- Soyfood and soy isoflavone intakes were unrelated to total sperm count, ejaculate volume, sperm motility, or sperm morphology even though these are important measures of sperm quality and male fertility;
- The study did not determine directly what other foods, medications, supplements, existing medical conditions, sexual activities or environmental factors may have directly affected the drop in sperm count. Of all semen parameters, variation in count is highly variable from day to day and seasonally in all men;

- The study also classified high intakes of soyfoods as less than 3 ounces of beverage per day - about a one 8 ounce glass every three days which is not a high intake under most circumstances;

- Like most epidemiological reports, the study is retrospective and is, therefore, inherently subject to a variety of biases.

- The study found that the men with the highest soyfood intake produced more ejaculate fluid volume with equivalent amounts of sperm as those with lower intakes but neither the volume nor the number of sperm was significantly different, however, this larger volume led to the lower sperm concentrations in the higher intake individuals. This watering-down effect of sperm concentration should not be mistakenly associated with a decrease in fertility.

- High soyfood intakes were associated with lower sperm concentration but the association was more pronounced among overweight and obese men than among lean men. Men with high levels of body fat are likely to produce more estrogen than their slimmer counterparts.

The European Natural Soyfoods Manufacturers Association also disputed the research stating that "Generations of Asians have regularly consumed soy without fertility disorders and Asian countries have prodigiously produced very healthy, highly-functioning children for centuries."

For more information visit:

<http://www.soyfoods.org/pr/soyfoods-do-not-impact-sperm-count> and
http://www.ensa-eu.org/public/en/news_en.php?news_id=48

1. Chavarro J et al 2008. Human Reproduction. Published online under advance access.
doi:10.1093/humrep/den243.

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website: <http://www.soyconference.com>, e-mail: info@soyconference.com.

Cargill Texturizing Solutions



Health benefits combined with taste make for a perfect Cargill solution

A combination of in-depth expertise and a full understanding of customers' needs means Cargill Texturizing Solutions is a world leader in working with food manufacturers to produce the best soy-based products.

Soy has become the preferred vegetable protein for food applications due to its multiple functional properties, a cost effective and high-quality ingredient replacing dairy, eggs and meat protein as consumers search for ever increasing variations to diet staples.



Henk Jan Buurman

Henk Jan Buurman, Soy Protein Product Manager for Europe, Middle-East and Africa, Cargill Texturizing Solutions, explains: "The development of high quality food to support health, convenience and well-being is a continuous process of innovation and creativity between Cargill Texturizing Solutions and the food manufacturers we work with. Positive attitudes towards soy and consumer demand for healthier foods will continue to drive new soy product growth for years to come. Cargill's soy flours offer flexibility and functionality such as texture improvement, protein enhancement, viscosity building, water and oil management and gelling properties, while ensuring a consistent final performance.

"Working to find the best solutions for our customers is what drives us at Cargill. We combine a comprehensive portfolio of ingredients solutions with product development and application knowledge to offer an unrivalled service. At Cargill Texturizing Solutions we select and combine the best soy protein ingredients and other texturizers, ensuring maximum effectiveness in its use to guarantee optimal end-product quality. We know soy and a whole lot more."

Cargill has an unrivalled portfolio of soy flour based products, supported by worldwide production capabilities with plants in Belgium, The Netherlands and the US. Cargill Texturizing Solutions portfolio of soy-based products includes:

Full-Fat Soy Flour: ProFull™

ProFull™ is a wholesome soy flour product range consisting (in dry form) of 40% protein and 20% soy lipids which are rich in unsaturated fatty acids (linoleic and linolenic), lecithin, vitamin E and plant sterols. This functional protein product has a pleasant nutty-like taste, a neutral creamy color and very high functionality in bread crumb whitening (ProFull™ enzyme active). It may also be used for its binding properties, making it a valuable ingredient for cakes, pancakes and cookies, replacing eggs in their formulation and extending their shelf life.

Defatted Soy Flour: Prolia™

The Prolia™ line is produced from high-quality beans processed into a variety of soy products, including flour, flakes, and grits. It can be used in multiple applications to create many functional and health-enhancing attributes. Defatted soy flours give a protein boost to many products and recipes, while reducing fat content and contributing to cholesterol control by replacing egg. For example, in pasta, Prolia™ increases nutritional value, while in doughnuts it reduces both the fat content and greasy appearance.



Chicken soup with Prosanté™ textured soy flour



Prosanté™ with textured soy flour mimics meat

Textured Soy Flour: Prosanté™

Prosanté™ is a high quality source of protein with a protein content of 54% and is available in a variety of shapes and sizes. It mimics the look and fibrous structure of cooked meat. In its hydrated form, it can be used to replace a substantial portion of raw processed meat. It may also be used to add protein and crunch to nutrition bars and snacks, and provides flavourful, healthier versions of conventional food favourites. In nutrition bars, it is ideal for granola-type cereal bars that can contain 30% textured soy flour by weight – a tasty, portable, convenient way to meet health claims.

The structure of ProSanté™XCL, Cargill's newly developed textured soy protein, mirrors whole muscle meat, enabling food manufacturers to offer a protein-complete replacement, available in the shape of diced strips in a choice of colours and sizes, which closely matches meat's natural fibrous structure, texture and chewing properties. It does not present off-flavours normally associated with standard soy flour products; rather, it absorbs the inherent flavours of accompanying ingredients.

Cargill's soy-based products are part of its unmatched portfolio of texturizing offerings, ranging from single ingredients, such as pectins, carrageenans, alginates, Xanthan and Locust Bean gum, soy flours, starches, lecithins and cultures to multi-component functional systems. All are manufactured within Cargill's strict tradition for product quality and technical support.

Cargill Texturizing Solutions is one of the world's leading suppliers of texturizers and emulsifiers to the global food and beverage industry. From design through development to manufacturing, Cargill Texturizing Solutions is committed to creating with its customers innovative new products for consumers to enjoy. For more information visit <http://www.cargilltexturizing.com>. Cargill is an international provider of food, agricultural and risk management products and services. With 160,000 employees in 67 countries, the company is committed to using its knowledge and experience to collaborate with customers to help them succeed. For more information, visit <http://www.cargill.com>.

To receive Soy & Health please e-mail your contact details (including name and company address) to info@soyconference.com



Wessanen acquires European soymilk business of So Good International

Royal Wessanen n.v. has announced that an agreement has been reached between So Good International Ltd based in Peterborough, UK and the Australasian Conference Association Limited based in Australia to acquire the So Good brand and business in Europe. In the UK, So Good is the second largest brand in the dairy-alternatives market, offering a range of ambient and chilled soy-based beverages. So Good will be integrated and managed by Wessanen's UK subsidiary, Kallo Foods Limited and will strengthen the company's dairy alternatives portfolio. (<http://www.wessanen.com/>), < <http://www.sogood.co.uk>>).

British research to target diet and health

A new partnership has been set up to investigate the link between diet and health and to help food companies address heart disease, obesity and other health problems. The partnership will fund £4m of research projects and brings together 3 research organisations and 15 food and drink companies in the UK. The Diet and Health Research Industry Club (DRINC) is managed and led by the Biotechnology and Biological Sciences Research Council (BBSRC) and the initial £4m will be divided amongst 9 projects with a second round of projects worth another £3m to be funded in 2009. The aim is to help improve our understanding of healthier diets and the effect of food components on energy intake, as well as how foods might be designed to have precise nutritional properties. The programme will also tackle bioactives in foods looking at how beneficial compounds work and how health claims may be verified.

There will be 3 avenues of research: how foods can be developed to help fight obesity, understanding the processes that affect our decisions about what food we eat and the portion sizes we take; and investigating the benefits to health of various nutrients found in foods - including fruits, vegetables, cocoa, wine and tea - and how such nutrients can be efficiently delivered to where they are needed in the body.

(http://www.bbsrc.ac.uk/business/collaborative_research/industry_clubs/drinc/index.html)



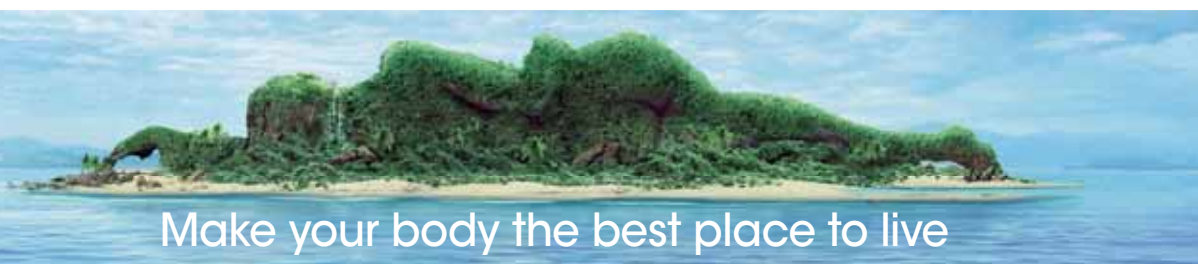
Soy beverages becoming mainstream in US

Soy beverages have not yet reached the status of household staple but, according to a new report, 'Soy Beverages in the US', from the Beverage Marketing Corporation, they have made definite moves toward the mainstream in recent years. Putting the beverages in places and formats familiar to American consumers greatly contributed to this development.

The report states that soy beverages, including soymilk and other soy-based drinks, have achieved levels of growth that could be envied by marketers of almost any beverage type. Retail sales of dairy alternative beverages have grown by double-digit percentage growth rates in the first decade of the 21st century. For example, the segment leapt from retail sales of \$545m in 2001 to \$676m in 2002, an increase of 24%. In 2003, retail sales jumped by 30% from the previous year and soymilk/dairy alternatives topped \$1bn for the first time in 2004 growing to nearly \$1.7bn in 2007.

One factor for this growth is that soy beverages entered conventional distribution channels. In the mid 1990s, most soymilk was purchased in natural foods and other specialised foods outlets. About 10 years later, most soymilk bought in the US moved through mainstream outlets. Grocery stores are the principal channel. Mass merchandisers and convenience channels now sell soymilk as a matter of course. Changes also occurred among types of retailers and within the stores themselves.

Once principally packaged in aseptic boxes sold at room temperature, soymilk moved to refrigerated packs next to dairy products. In 2007, 80% of soymilk in the US was sold chilled. Ambient options remain readily available but the presence of soy beverages in supermarkets dairy aisles paved the way for soymilk's acceptance by mainstream consumers. (<http://www.bmcreports.com>)



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Health claims - EFSA rejects 8 out of 9 article 14 claims

EFSA has rejected 8 out of 9 of the applications submitted under Article 14 of the Nutrition and Health Claims Regulation. Article 14 covers health claims about disease risk reduction and children's health and development, and requires applicants to submit detailed dossiers of scientific evidence to substantiate their claims. To date, the only successful application has been in relation to plant sterols and their cholesterol-lowering properties and reduced risk of coronary heart disease.

Some claims were rejected because applicants had cited weak or poorly designed studies. However, two applications on dairy consumption, weight management and dental health failed because they overly relied on population studies rather than clinical intervention evidence. Clinical

evidence is deemed to prove more effectively causal relationships. Industry experts believe that this may put other generic applications at risk particularly since the information that EFSA appeared to require was often unavailable, especially in relation to children, where relatively few studies had been done. A further 220 article 14 claims have been received by EFSA and will be evaluated once they have undergone a completeness check. The summaries of the claim dossiers will be published on EFSA's website once the application has been validated and is ready for evaluation by the NDA Panel.

(http://www.efsa.europa.eu/EFSA/KeyTopics/efsa_locale-1178620753812_NutritionAndHealthClaims.htm)

New report on women's health in food and drinks

Women's Health in Food and Drinks is a new report by Business Insights that analyses the latest clinical research, sales and epidemiological data to underpin growth opportunity and potential of healthy food and drinks for women. It analyses the latest product developments to determine new areas of innovation and best-practice marketing strategies in the weight control, beauty, menopause, bone health, pregnancy and urogenital trends. Some key findings include:

- Current estimates indicate that over half of pregnant women in the world may have haemoglobin levels consistent with iron deficiency.
- In 2000 most of the 42m American women over the age of 50 were post-menopausal. This is equivalent to 1 in 3 American women. By 2011 it is estimated that over 40% of the US female population will be in a stage of menopause.
- Skin beauty is the fastest growing oral beauty supplements market within Europe.
- Those foods and beverages that are successful are linking what women want in terms of being calorie conscious with decadence.
- The ease of use and the ability to transfer functionality into tasty and convenient foods is key.

For more information visit: <http://www.globalbusinessinsights.com/consumer>.

US schools can serve soymilk on request

The United States Department of Agriculture (USDA) has announced that parents or legal guardians may request, in writing, soymilk as an alternative to cow's milk for children receiving National School Lunch and Breakfast Program meals. This change caters to the growing diversity of participants in the School Nutrition Programs and allows children with lactose intolerance, dairy allergies or cultural diet restrictions to have an alternative source of calcium at school mealtime.

Recognising the need for alternative calcium sources and low-calorie nutrient sources, USDA has included fortified soymilk in food supplement programs such as the Women, Infant, and Children Supplemental Food Packages and now the National School Lunch and Breakfast Program. The USDA Food Pyramid for Young Children also identifies soymilk as an alternative to dairy milk. The Institute of Medicine report, Nutrition Standards for Foods in Schools, recommends fortified soymilk be offered as a source of calcium for school children of all ages.

For more information visit <http://www.soyfoods.org/pr/parents-can-now-ask-schools-to-serve-soymilk>





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Tomato and soy may help reduce risk of prostate cancer

According to US scientists from Ohio State University, tomato and soy products together may help to reduce the risk of prostate cancer or aid treatment. This study aimed to find out if men with active prostate cancer will adhere to a dietary intervention rich in tomato products and a soy protein supplement. Men with recurrent asymptomatic prostate cancer were randomised into 2 groups. Group A (n=20) consumed tomato products (no soy) for weeks 0-5, targeting a minimum of 25mg of lycopene/day. Group B (n=21) consumed soy (no tomatoes) providing 40g of soy protein/day. For weeks 4 through 8, all men consumed a combined tomato-rich diet and soy supplements. During weeks 0-4 mean daily lycopene intake for group A and soy intake for group B remained similar during weeks 4-8. Serum lycopene increased and urinary isoflavone excretion increased after 8 weeks of diet intervention. Serum prostate-specific antigen decrease

between weeks 0-8 for 14 of the 41 men. Mean serum vascular endothelial growth factor for the entire group was reduced. The researchers concluded that prostate cancer patients will consume diets rich in tomato products and soy with excellent compliance and bioavailability of phytochemicals. The authors recommend further studies combining tomato and soy foods to determine efficacy for prostate cancer prevention or management should be encouraged.

Clinton SK. Nutr and Cancer- an International Journal 2008; 60 (2): 145-154.
<<http://www.informaworld.com/smpp/content~content=a791708512~db=all~order=page>>



Soy intake and BMI in women: Hawaiian study

Experimental and epidemiologic evidence suggest that soy may promote weight loss. In this study US researchers examined the relation between soy intake and body weight over the lifespan of women with Caucasian, Japanese, and native Hawaiian ancestry. The researchers assessed the relation between lifetime soy consumption and BMI among 1,418 women in Hawaii. All subjects reported anthropometric measures, regular diet, and soy intake throughout life. The lifetime soy questionnaire was completed again by a subset of 356 women 5 years after entering the study and the kappa values indicated moderate agreement. Analysis of the data indicated that higher soy consumption in adulthood was related to lower BMI. This association was only significant for Caucasian women and for postmenopausal subjects. The women in the highest category also experienced a smaller annual weight change from the age of 21 than the low soy intake group. No association between early life soy intake and BMI was observed. High vegetable consumption was significantly associated with a higher soy intake among Caucasian women. The authors concluded that women consuming more soy during adulthood had a lower BMI, but the relation was primarily observed in postmenopausal Caucasian women. This indicates that the association may be due to other nutritional factors and behaviours common in women with high soy intake.

Maskarinec G et al. Eur J Nutr 2008; 47 (3): 138-144.,
<<http://www.springerlink.com/content/t35m12h74171385t/?p=d40c59a9adfc469f8283f8a88c6ec81c&pi=3>>

Tofu intake and lower risk of anaemia among Chinese adults

In this study, researchers in Nanjing, China investigated the association between tofu intake and anaemia among Chinese adults. A cross-sectional household survey of 2,849 men and women aged 20 years and older, from a nationally representative random sample in Jiangsu province was undertaken in 2002 (response rate 89%). Tofu intake was assessed by food frequency questionnaire. Nutrient intake was measured by 3-day weighed food records. Serum ferritin and haemoglobin were measured. The prevalence of anaemia was 18.3% in men and 31.5% in women. Mean haemoglobin values increased by quartiles of tofu intake and the prevalence of anaemia decreased concomitantly. Comparing first and fourth quartiles of tofu intake, the prevalence of anaemia was 23.9% vs 10.7% in men, and 38.1% vs 16.8% in women. Tofu intake was inversely associated with serum ferritin levels in women. The association between tofu intake and anaemia was independent of iron intake. The researchers concluded that tofu intake was associated with lower risk of anaemia among Chinese adults of both sexes.

Zumin S et al. J American Dietetic Association, 2008; 108 (7) 1146-53. <<http://www.adajournal.org/issues>>



<http://www.aocs.org/meetings/8thSoy>

November 9-12, 2008 • Tokyo, Japan



6

New data base on phytoestrogens

A team from the British Medical Research Council (MRC) Dunn Human Nutrition Unit in Cambridge, have published tabulated data on the content of isoflavones and lignans in tea, coffee, lagers and beers, certain wines and spirits, nuts and seeds. The isoflavones analysed were daidzein, glycitein, genistein, biochanin A and formononetin and the lignans were secoisolariciresinol and matairesinol. Coumestrol was also determined. Phytoestrogens were detected in all of the foods analysed although the contents of gin and bitter beer were below the limit of quantification. In most of the foods analysed the lignan content was much higher than the isoflavone content and lignans were the main contributors to total phytoestrogens. Tea and coffee contained up to 20µg/100g phytoestrogens and beer (not bitter) contained up to 71µg/100g, mainly lignans. Although the levels in tea

and coffee were low, since these drinks are commonly consumed, the authors considered that they can be considered a main source of dietary lignans. For example, an average lignan intake from tea and coffee could be as high as 80µg/day. Similarly, a regular beer and lager consumer could take in up to 378µg/day of phytoestrogens. The authors claim that the data will contribute to databases of dietary phytoestrogen content and allow a more accurate determination of phytoestrogen exposure in free-living individuals.

Gunter GC et al, J Agric Food Chem ASAP 1 August 2008, 56(16) 7311–7315, 2008. 10.1021/jf801534g
<http://pubs.acs.org/cgi-bin/abstract.cgi/jafcau/2008/56/i16/abs/jf801534g.html>

Soy food consumption, LDL cholesterol reduction and equol and non-equol production

Australian researchers examined the contributions of soy protein, isoflavones, and equol to the hypocholesterolemic effects of soy foods. Non-soy consumers (33 men/58 women) who were mildly hypercholesterolemic participated in a double-blind, placebo-controlled, crossover intervention trial. The subjects consumed 3 diets for 6 weeks each in random order, which consisted of foods providing a daily dose of (1) 24g soy protein and 70-80mg isoflavones, (2) 1g dairy protein and 70-80mg isoflavones, and (3) 24g dairy protein without isoflavones. Fasting plasma total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides were measured after each diet. The researchers found that total cholesterol was 3% lower with diet (1) than with diet (2) and triglycerides were 4% lower with both diets (1) and (3). There were no significant effects on LDL cholesterol, HDL cholesterol or the total cholesterol:HDL cholesterol ratio. Thirty of the subjects were equol producers. Lipids were not significantly affected by equol production. The authors concluded that regular consumption of soy foods containing 24g of soy protein per day had no significant effect on plasma LDL cholesterol in mildly hypercholesterolemic subjects regardless of equol-producing status.

Thorpe A et al. Am J Clin Nutr 88 (2) 298-304, August 2008. <http://www.ajcn.org/cgi/content/abstract/88/2/298?etoc>

Flavonoids, flavonoid-rich foods and CHD: a meta analysis

In this study the researchers aimed to systematically review the effectiveness of different flavonoid subclasses and flavonoid-rich food sources on cardiovascular disease and its risk factors (lipoproteins, blood pressure and flow mediated dilatation [FMD]). One hundred and thirty three randomised controlled trials were included. No randomised controlled trials studied effects on cardiovascular morbidity or mortality. Significant heterogeneity confirmed differential effects between flavonoid subclasses and foods. Chocolate increased FMD after acute and chronic intake and reduced systolic and diastolic blood pressure. Soy protein isolate (but not other soy products or components) significantly reduced diastolic blood pressure and LDL cholesterol. Acute black tea consumption increased systolic and diastolic blood pressure. Green tea reduced LDL cholesterol. For many other flavonoids there was insufficient evidence to draw conclusions. In their conclusion the authors recommend that future studies should focus on other commonly consumed subclasses (e.g. anthocyanins and flavanones), examine dose-response effects, and be of long enough duration to allow assessment of relevant endpoints.

Hoopar L et al. Am J Clin Nutr 88 (1) 38-50, July 2008. <http://www.ajcn.org/cgi/content/abstract/88/1/38?etoc>



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Lite Plus soymilks from Vitasoy

Vitasoy's new 'Lite Plus' soymilks are now available in chocolate, vanilla and plain at leading supermarkets and natural foods stores throughout the US. Containing calcium, fructan to boost calcium absorption, 4 gms fibre, 'Lite Plus' contains less calories & sugar than other soymilks and is low fat and gluten free.



'Lite Plus' soymilks are packaged aseptically and use one-third less energy to distribute and stock compared to refrigerated varieties. (<http://www.vitasoy-usa.com>)



Alpro soy launches reduced fat single cream alternative

Alpro soy has launched a reduced fat alternative to single cream to be displayed alongside dairy cream in supermarket chilled sections. The product, which comes in 250ml cups, contains only 3.2g of total fat (the average for dairy cream is about 5.7g) and 0.4g of saturated fat (average for dairy cream is 3.6g) per 30ml serving. It is free from artificial colours, preservatives, and sweeteners and can be used to pour and in cooking. (<http://www.alprosoya.com>)

ADM launches Nutrisoy™ high protein 'crisps'

ADM now offers food manufacturers three varieties of NutriSoy protein crisps – at 60% protein, 80% protein and 85% percent protein. The 85 % protein crisps are made from soy and wheat and the 60% and 80% versions are made from soy. The selection of crisps provides customers several options for incorporating a range of protein levels into products. The crisps can be used in applications such as nutrition bars, granola bars, cereals, confectionery items and as ingredients for baked goods and ice cream toppings, depending on the desired protein content.

(<http://www.admworld.com>)

Solbar to focus on health and wellness at HIE



New products from Solbar include isolated soy proteins under the Solpro label. In addition to Solpro 957 (a low sodium and low viscosity protein to help reduce sodium levels in food product), products

to be featured at the Health Ingredients Exhibition in Paris in November include - Solpro 958, a low viscosity and clean flavour profile protein designed for dry blend beverages and meal supplements, and Solpro 960, a low viscosity protein for extrusion of crisps and nuggets. Solbar's natural soy isoflavone extracts will focus on "inside out beauty" and new clinical developments for reducing symptoms of Type 2 Diabetes. Solbar will also launch new product applications designed around their Bontex steam-textured soy protein range.

(<http://www.solbar.com>)

Supplement claims

Interactive Workshop

NUTRIENTS & FOOD SUPPLEMENTS IN EUROPE - REGULATORY ISSUES

Tuesday, December 2, 2008
Marivaux Hotel, Brussels, Belgium



This is a one-day programme directed at producers, distributors and users of nutrients, food supplements and traditional herbal medicines with as major objective reviewing the status of the current legislation, the process of approximation of national laws, the procedure for substantiating functionality claims, the setting of levels for nutrient and labelling.

The programme is further extended by treating Case Studies highlighting specific aspects and potential bottlenecks in the current legislation.

This workshop is tailor-made for Legal Counsels, Marketing and Sales, Production and R&D staff of European Nutrients, Food Supplements and Herbal Medicine Industry and companies interested in importing such products into the European Union.

The workshop offers an excellent opportunity to meet the experts and network with colleagues.

(<http://www.supplementclaims.eu>)

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9–10 October 2008

3rd Practical Short Course: Specialty and Functional Oils, Market Trends, Nutrition & Health, Utilization in Food Systems. Ghent, Belgium. Visit: <http://www.smartshortcourses.com> or <http://www.membraneworld.com>

13–14 October 2008

3rd Practical Short Course: Snack Food Processing and Product Formulation, Ghent, Belgium. Visit: <http://www.smartshortcourses.com> or <http://www.membraneworld.com>

14–15 October 2008

Healthy Foods Conference 2008, Boston, MA, USA. Visit: <http://www.healthyfoodsconference.com/>.

15–18 October 2008

Natural Products Expo East and Biofach America: Organic Products Expo 2008, Boston Convention and Exhibition Center, Boston, MA USA. Visit: <http://www.expoeast.com/>.

19–23 October 2008

SIAL 2008, Paris Nord, Villepinte, France. Visit: <http://www.sial.fr>.

23–24 October 2008

Phospholipid Seminar: Nutrition, Application and Technology, Copenhagen, Denmark. Visit: <http://www.oresundfood.org/phospholipids>.

25–28 October 2008

Food & Nutrition Conference & Exhibition 2008, Chicago, USA. Contact: gandruch@eatright.org or visit: <http://s19.a2zinc.net/clients/ADA/FNCE08/public/MainHall.aspx?sortMenu=102000&exp=12%2f4%2f2007+11%3>.

26 October 2008

Practical Short Course on Processing and Products of Vegetable Oils, Texas A&M University, Texas, USA. Contact: Dr M S Alam at msalam@tamu.edu or visit: <http://foodprotein.tamu.edu/fatsoils/scvegoil.php>.

4–6 November 2008

Natural Ingredients Europe 2008 and Health Ingredients Europe 2008, Paris, France. Visit: <http://www.ni-events.com/content/default.aspx> and <http://www.hi-events.com/content/default.aspx>.

9–12 November 2008

8th International Symposium on the Role of Soy in Health Promotion and Chronic Disease Prevention and Treatment, Tokyo, Japan. Contact: general@aoes.org or visit: <http://www.aoes.org/meetings/8thsoy/>.

12–14 November 2008

Food Proteins: Properties, Functionalities and Applications Course, Utrecht, Netherlands. Contact <http://www.bridge2food.com>.

18–19 November 2008

Advanced Edible Oil Refining and Processing: Case Studies and Trouble Shooting, Munich, Germany. Contact: <http://www.smartshortcourses.com> or <http://www.membraneworld.com>.

24–25 November 2008

Global Sourcing Strategies for the Food & Beverage Industry, Amsterdam, The Netherlands. Contact: conferences@cmpinformation.com or visit: <http://www.ingredientssource.com>.

2 December 2008

Nutrients & Food Supplements in Europe Regulatory Issues, Brussels, Belgium. Contact: info@supplementclaims.eu or visit: <http://www.supplementclaims.eu>.

9 December 2008

Nutrition and Health Claims Briefing: Driving Product Development Under The Evolving EC Nutrition & Health Claims Regulation, London, UK. Visit: <http://www.nutritionhealthclaimsbriefing.com>.

10–14 December 2008

Fifth International Soybean Processing and Utilisation Conference, Bhopal, India. Contact [sdk@ciae.res](mailto: sdk@ciae.res).

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