

Nutritional research of soy protein

Economic development and fast-paced life lead to unreasonable dietary structure of modern people, resulting in a series of health problems such as obesity, hyperlipidemia, hypertension, atherosclerosis and diabetes, leading to changes in the modern disease map.

The diet structure is closely related to the change of the disease spectrum.



Protein is one of the most important nutrients in the diet structure and one of the important factors that affect human health. At present, animal protein and cereal protein are the main protein intake by Chinese residents. High animal protein intake may be accompanied by excessive cholesterol and fat intake and other side effects, resulting in overnutrition. Gluten-based diets may lead to imbalanced intake of amino acids, such as inadequate lysine intake, resulting in inadequate nutrition.

The wide application of [microwave drying machine](#) and equipment technology makes the extraction of soybean protein more convenient and quick and the loss of nutrients is small.

Soybean protein extraction can not be separated from [soybean protein machine](#). Soybean protein is the only plant protein with 9 essential amino acids and cholesterol-free content to meet the human body's needs. It is recognized that soybean protein is a full-valent protein which can compensate for the deficiencies of animal protein and cereal protein diets. A small amount, especially soybean protein intake, is only 5%, far below

recommended 20%..

On the basis of affirming the nutritional function of soybean protein, researchers have never abandoned the research on the health function of soybean protein for a long time. A large number of experiments have proved that soybean protein can reduce blood lipid, cholesterol, improve insulin sensitivity and weight loss.

At present, the quantity of soybean protein products has occupied an important proportion in the food industry, but the development of soybean protein in China started relatively late, and the variety of products is not many. The quality and level of quality intake and the current situation of relieving the high incidence of chronic diseases in China are of great significance.

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The nutritional and health functions of soybean protein have been studied for more than half a century. Numerous studies have shown that soybean protein is a full-valent protein which can meet the needs of human essential amino acids, and can effectively reduce blood lipids, improve insulin sensitivity, reduce body fat and neutral fat.

However, the national awareness and popularity of soybean protein is not high, in addition, the nutritional and health function of soybean protein research is mostly based on foreign people, the Chinese population research report is less, soybean protein isolate in beverage industry, health care products industry application technology research is not mature, which greatly affected soybean protein. The development of industry in China.

In the next few years, we should focus on the following aspects: 1) the health care effect of soybean protein in various groups of people in China, and the mechanism of its components on lipid metabolism and blood glucose metabolism; 2) the high-end production technology of soybean protein products in order to improve the quality of soybean protein products in China and increase the market competitiveness; The above research will further enhance the application of soybean protein in food, promote the expansion of soybean

protein Market in China, and make soybean protein really contribute to the cause of national health.