



**Webinar on Harnessing Consumer Trends,  
Innovation and Health with Soy  
– The Malaysian Perspectives**

**August 26, 2021**

**Links to access**

- soy recipes
- Fact sheets on soy and effects on health
- Webinar survey form and e-certificate of attendance



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Vegetable Wrap Fuchuk



From Nutrition Society of Malaysia recipe  
book collection;

<https://nutriweb.org.my/index.php?nutritionists-choice-cookbook-vol-2>



Chocolate Tofu Mousse



Modified from recipe in 'As Easy As Apple Pie' ;

<https://aseasyasapplepie.com/silken-tofu-chocolate-mousse/>



Sambal Goreng Tempeh



Modified from:

<https://drive.google.com/file/d/1GdAR8tCtagYT4-31pRqZUFsIHKAKi1z/view?usp=sharing>





Factsheet on  
allergy and gout

<https://qrco.de/bcKvkC>

#### Allergies

Food allergy is a reaction of the immune system that occurs after eating a certain food. The signs and symptoms of food allergy may include the swelling of the lips, face, tongue, throat or other parts of the body; hives, itching or eczema; wheezing, nasal congestion or trouble breathing; and even life-threatening reaction called anaphylaxis.

#### Gout

Gout is the most common form of inflammatory arthritis worldwide, with its prevalence rising in many Asian countries including those in Southeast Asia<sup>7,8</sup>. Furthermore, not only is the prevalence rate increasing, but there is a trend towards a younger age at onset, where 25% of patients have their first gout attacks before the age of 30<sup>9,10</sup>.

Diet plays an important role in both the development of gout as well as the likelihood of suffering gout attacks. It is well-recognized that foods rich in purines increase uric acid levels because uric acid is a by-product of the purine metabolism. Therefore, lists of foods grouped according to their purine content are commonly used as a basis for devising low-purine diets for individuals who suffer from gout. They are frequently advised to reduce their intake of high-purines foods, which include alcohol, meat, seafood, and purine-rich vegetables, such as asparagus and cauliflower.



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### Technical Factsheet for Webinar on Harnessing Consumer Trends, Innovation and Health with Soy – The Malaysian Perspectives



Factsheet on breast  
cancer, feminization &  
endocrine disruptors

<https://qrco.de/bcKvm3>

#### **Breast Cancer**

Breast cancer is one of the top cancers found among women. However, studies have shown that Asian women have about one-fifth the risk of developing breast cancer compared to their Western counterparts and this may be linked to their consumption of soy, which is an integral part of the Asian diet. Asian population studies show that women who consume soy regularly are less likely, than women who consume soy infrequently, to develop breast cancer<sup>1</sup>.

#### **Feminization**

Many individuals are concerned that soy may feminize men due to estrogen-like effects of isoflavones found in soy foods; however, available scientific evidence shows that neither soy nor soy isoflavones feminize men when consumed as part of a healthy diet.

#### **Endocrine Disruptors**

Despite numerous proposed benefits, some concern has been raised about possible adverse effects of isoflavones due to their estrogen-like properties. In fact, soybean isoflavones are often referred to as endocrine disruptors, a term for chemicals that can interfere with endocrine (or hormonal) systems. However, this classification is based on the result of animal studies.



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### Survey Evaluation

- Your feedback on the webinar is much appreciated; it will help us improve future events
- A certificate of participation will be provided to each participant who completes the evaluation form
- Kindly allow us 3 weeks from the webinar to email the e-certificate of attendance



<https://survey.alchemer.com/s3/6461093/21317-sa194-01-webinar-on-future-protein-food-harnessing-consumer-trends-innovation-and-health-with-soy-august-26-2021-7e>



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