



OUR MISSION:



Mark Messina, PhD, MS
Executive Director

The mission of the Soy Nutrition Institute is to identify and determine soy and health research priorities, provide evidence-based information on the impact of soybeans and soy components on human health through a variety of education and outreach efforts and, as funds may be available, facilitate the development and funding of targeted research projects.

OUR LEADERSHIP:



Michelle Braun, PhD
President



Jessica Kiel, RD
Vice President



Kevin Wilson
Secretary/Treasurer

OUR MEMBERS:



SCIENCE & RESEARCH

RESEARCH INITIATIVES:

Responding to European Threat to Label Soy as an Endocrine Disruptor

Last fall, the French Food Safety Authority (ANSES) and the UK Committee on Toxicity (COT) announced they will investigate the safety of isoflavones in food products, either on their own, or as part of general strategy on endocrine disruptors (ED). The European Union (European Commission, DG SANTE) has acknowledged the work of ANSES and agreed to discuss the issue of naturally occurring isoflavones with national authorities after ANSES has concluded its report. The Soy Nutrition Institute responded by partially funding the writing of a comprehensive manuscript addressing all concerns about the safety of isoflavones to be published in a peer-reviewed journal. In addition to the lead author, SNI executive director Mark Messina, 9 additional authors participated in the writing of the review. This international team of experts evaluated all relevant clinical and epidemiologic data. The manuscript has been submitted to *Critical Reviews in Food Science and Nutrition*.

Exploring Soy's Beneficial Effect on Skin Health

There is intriguing evidence that soy exerts beneficial effects on the skin. To further explore this topic, the Soy Nutrition Institute is in the process of selecting a principal investigator and research team to begin a clinical trial evaluating the cosmetic effects of a soyfood/soy protein intervention in postmenopausal women. The primary endpoints are wrinkle volume and depth.

Analyzing Soybean Oil Research

Researchers from UC Riverside have challenged the healthfulness of soybean oil based on their research in rodents which found soybean oil causes metabolic changes that raise risk for obesity and diabetes. In response, the SNI's executive director Mark Messina developed a technical paper based on clinical and observational data that directly refutes the concerns raised about soybean oil. This paper not only rebuts the concerns but highlights the many health attributes of soybean oil.

Partnering to Enhance Heart Health Research and Education

The Soy Nutrition Institute is supporting work conducted at the University of Toronto and St. Michael's Hospital developing the PortfolioDiet.app which promotes soy-inclusive dietary patterns for heart health. The app will tie into the Canadian Cardiovascular Society hosted Portfolio Diet infographic and center on a 25-point Portfolio diet score (5 points for each of the Portfolio Diet components - plant-protein [soy], nuts, viscous fiber, plant sterols, and monounsaturated fat). The score will be used as the basis for the development of dashboard, recipe, education, nudging/coaching, and gamification functions. This app will be used in the ongoing Portfolio Diet trials at the University of Toronto and St. Michael's Hospital.

SCIENTIFIC ADVISORS:



John Erdman, PhD
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Minnesota



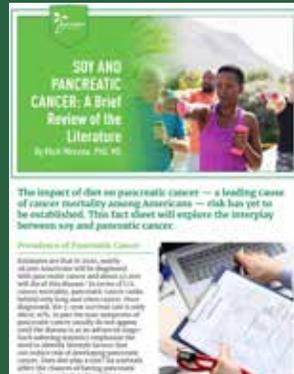
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SNI is a scientific organization dedicated to research on soy and health. Established in 2004, the organization includes a scientific advisory board and research and health professionals from soy-related companies and organizations. For more info about the SNI, visit www.thesoynutritioninstitute.com

