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Soybean in Human Nutrition

Sylvia Lewandowska* and Marcin Kozak

Wrocław University of Environmental and Life Sciences, Poland

Soybean is at the moment an important crop cultivated worldwide due to its high protein and fat content and also other nutritional value. So the profitability of its growing is increasing every year in Europe. At present there are lot of soybean products available commercially, the most common are: tofu, miso, edamame, natto, tonyu, soymilk etc. These kind of products are especially popular among vegetarians. Hence new natural products with plant growth stimulating properties are being sought. But there is also a „dark side of this plant, what reduces the quality of it. There are many controversies around different soybean foods and feed whether they are good or bad for human and animal health. Soybean contains anti-nutritional factors, which inhibits the absorption of certain nutrients like for example minerals and also inhibits the digestion of other nutrients. The aim of this presentation is to show the controversy of this famous *Fabacea* plant based on elaborate down results and recent literature review.

Biography:

The main topic of Sylvia Lewandowska present scientific work is devoted to a high protein plant - soybean (*Gycine max*) and is entitled "The influence of genotype variety and environmental factors on yield and the content of iso flavones and soy lecithin". Sylvia involved in the international project "Innovation Network to Improve Soybean Production under the Global Change", project leader: Japan and Germany. Effective scientific cooperation with the University of Applied Sciences in Dresden (Germany) on organic farming. Sylvia have a strong cooperation with German scientific institutions (HTW Dresden, LfULG, ZALF) and Japan-Tokio University of Agriculture and Technology.