

HOSPITALITY AND TOURISM INDUSTRIES - A PROMISING SECTOR OF INDIAN ECONOMY

14th December 2015





Since 1951

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Department of Hotel Management & Catering Science Jamal Mohamed College (Autonomous)

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PROCEEDINGS



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SOY BEAN FOR HEALTH

*Anitha.C and **Vasantha Esther Rani

*Seethalakshmi Ramaswami College (Autonomous), Tiruchirappalli – 620 002, Tamilnadu.

**Fatima College (Autonomous), Madurai - 625 018, Tamilnadu.

Abstract

Soybeans have long been recognized as a plant food that, when compared with other plants, is relatively high in protein. Protein is the reason that soybeans have historically been called "meat of the field" or "meat without bones. Textured soy protein used as a meat alternative has the texture of meat but has no cholesterol and little saturated fat. Soy is also sometimes added to foods like breads, cereals, and meat products, and used as a meat substitute in vegetarian products such as soy burgers and soy hot dogs. Soy is an excellent source of a complete protein which is unique among plant sources. Through this paper the researchers have attempted to exhibit the goodness and nutritional sources of soy bean.

Key words: Soybeans, goodness and nutritional sources

Introduction

Soy and soybeans present a variety of benefits to farmers, industry, food processors, and consumers. Soybeans can produce at least twice as much protein per acre than any other major vegetable or grain crop, 5 to 10 times more protein per acre than land set aside for grazing animals to make milk, and up to 15 times more protein per acre than land set aside for meat production. Foods that contain whole soy are a good source of protein for vegetarians and vegans because they provide all the amino acids — a type of nutrient — that people need to stay healthy. When used as an ingredient, soy can often improve the functional properties of foods. Soy, a versatile bean, is found in foods like soy milk, soy sauce, miso (soybean paste), tempeh (which is kind of like a soy cake), and tofu.

FDA approved a soy health claim in 1999 that states that 25 grams of soy protein a day as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. Soy contains at least five phytochemicals that may help prevent or slow the progression of some cancers. Their characteristic beany flavor and the presence of anti-nutritional factors are the main reasons for the non-utilization of soybean at domestic level in rural and urban areas. Whole soy foods are a nutritious and a versatile addition to the diet. They are commonly used in the traditional Asian and Indian cuisine.

Soy Food Products - Edamame (Green Soybeans)

These are soybeans harvested when the beans are green and sweet tasting.

Soy Beans (Dry Soybeans)

They are a species of legume native to East Asia. They can be found as canned or dry in black and white varieties.

Soymilk, Soy Beverages

Soybeans, soaked, ground fine and strained, produce a fluid called soybean milk, which is a good substitute for cow's milk. Plain, unfortified soymilk is an excellent source of high quality protein, Bvitamins. Soymilk is most commonly found in aseptic containers (non-refrigerated, shelf stable), but also can be found in quart and half gallon containers in the dairy case at the supermarket. Soymilk is also sold as a powder, which must be mixed with water.

Tofu & Tofu Products

Tofu, also known as soybean curd, is a soft cheese-like food made by curdling fresh hot soymilk with a coagulant. Tofu is a bland product that easily absorbs the flavors of other ingredients with which it is cooked. Tofu is rich in high-quality protein, B-vitamins and low in sodium. Firm tofu is dense and solid and can be cubed and served in soups, stir fried, or grilled. Firm tofu is higher in protein, fat and calcium than other forms of tofu. Soft tofu is good for recipes that call for blended tofu. Silken tofu is a creamy product and can be used as a replacement for sour cream in many dip resipes.

