

The impact of soy on gut microbiome and its benefits across the lifespan

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Soy protein is one of the most available plant proteins that is low in fat, saturated fat and is lactose and cholesterol-free. With a Protein Digestibility-Corrected Amino Acid Score (PDCAAS) of 1, soy protein can be considered to be as nutritious as dairy and egg protein. Recent studies have evaluated the impact of protein source on the composition of the gut microbiota. We look at the insights on how including soy protein in the diet can further support cardiometabolic health. High quality soy protein has shown to exhibit health benefits with a distinct impact on the gut microbiome, specifically in creating a more diverse intestinal microbial composition and better consistent shifts in some specific microbial families. There are new emerging evidences relative to soy's ability to support health across the human lifespan, such as growth and development for babies, weight management in adults and reduction of risk for cardiovascular diseases for the elderly adults. The combination of soy with other high quality proteins from dairy has also shown to enhance muscle growth during post exercise recovery.