



LUNCH SYMPOSIA

THE IMPACT OF SOY ON GUT MICROBIOME AND ITS BENEFITS ACROSS THE LIFESPAN

Abstract

Soy protein is one of the most available plant protein that is low in fat, saturated fat and is lactose and cholesterol-free. Clinical studies have shown that soy protein has distinct impact on the gut microbiome, specifically in creating a more diverse intestinal microbial composition and better consistent shifts in some specific microbial families. Significant health benefits across the lifespan through soy protein are also shown, such as growth and development for babies, weight management in adults and reduction of risk for cardiovascular diseases for the elderly adults.

Speaker

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Date: 15 May, Monday

Time: 13:00 - 14:00 hrs

Venue: Ballroom Mahkota II