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Developing soy and soy-based recipes for menopausal women

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Background: The Nutritional Unit of the Prince of Songkhla University Hospital aspired to develop recipes from soy and soy-based products, which are rich in phytoestrogen and may help improve health condition and prevent medical problems, as a healthcare alternative for patients and their family.

Objectives: To study and develop recipes from soy and soy-based products for female patients of OBGYN Clinic at the Prince of Songkhla University Hospital who are in their menopause.

Methodology: Developing 4 recipes from soy and soy-based products.

Result: Southern Coconut-Rice with Chicken Curry provides the highest level of energy at 460 Kcal, followed by Stuffed Glutinous Rice Balls at 335 Kcal, Spicy Tofu at 270 Kcal, while Baby Mushroom provides the lowest level of energy at 190 Kcal. In addition, a look at how patients assess the recipes shows that the effectiveness of the recipe in controlling underlying medical conditions ranks highest with an average score of 4.43, followed by taste at 4.31, and presentation/appeal at 4.17. The assessment criteria with the lowest score were the ease of cooking, which only received 3.95 on average. The recipes were then assessed on 3 subsequent assessment criteria with the following results- Taste: Stuffed Glutinous Rice Balls scored highest at 4.6, followed by Spicy Tofu at 4.3, and Coconut-Rice with Chicken Curry at 4.25. Baby Mushroom scored lowest at 4.1; Presentation/Appeal: Spicy Tofu scored highest at 4.47, followed by Stuffed Glutinous Rice Balls at 4.2, while Coconut-Rice with Chicken Curry and Baby Mushroom received an equal score of 4 and; Ease of Cooking: Spicy Tofu score highest at 4.2, followed by Coconut-Rice with Chicken Curry at 4, while Baby Mushroom and Stuffed Glutinous Rice Balls received an equal score of 3.8.

Biography

Pakjira BenyaPanya is a Senior Professional Level Nutrition Officer at Prince of Songklanagarin Hospital located in Songkla, Thailand.

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