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Availability, nutritional quality and health benefits of Soya bean (*Glycine max*): A review

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Soya bean, legume species is native of East Asia and widely grown for its potential uses to the modern world. This paper is aimed to review nutritional quality and health benefits of edible parts of soya bean. It is consumed in various forms and grown as important raw material in international food industry. Some of the beneficial products of soya bean are soya flour, soya oil, soya chunks, soya milk, soya nuts, soya sauces, etc. Soya bean is unique for its extra proteins, fats and vitamin content. Apart from nutritional quality it also have wide range of health benefits to human kind which includes, cancer prevention, blood pressure regulation, cholesterol lowering effect, anti-oxidant property. Therefore soya beans are known for its fantastic blend of important nutrients and health benefits.

Biography

Duraimurugan K is currently pursuing MSc in Food Processing and Nutrition Science at Indian Institute of Engineering Science and Technology, Shibpur (IEST), India.

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