

Isolated Soy Protein Not So Friendly

I have told people for years to avoid isolated soy protein for its damaging effects, but never had the scientific research to back me up. Most other health food companies are using isolated soy protein in their products, but you will never find it in the Sunrider foods. Dr. Chen sprouts the whole bean to improve digestibility and then removes inhibitor enzymes that may have negative effects. (thank you Tricia)

SOY PROTEIN ISOLATE: NOT SO FRIENDLY

Soy protein isolate (SPI) is the key ingredient in most soy foods that imitate meat and dairy products, including baby formulas, some brands of soymilk, and protein powders. SPI is not something you can make in your own kitchen. Production takes place in industrial factories where a slurry of soy beans is first mixed with an alkaline solution to remove fiber, then precipitated and separated using an acid wash and, finally, neutralized in an alkaline solution. Acid washing in aluminum tanks leaches high levels of aluminum into the final product. The resultant curds are spray-dried at high temperatures to produce a high-protein powder. A final indignity to the original soybean is high-temperature, high-pressure extrusion processing of soy protein isolate to produce textured vegetable protein (TVP). High-temperature processing has the unfortunate side effect of so denaturing the other proteins in soy that they are rendered largely ineffective.

Nitrites, which are potent carcinogens, are formed during spray-drying, and a toxin called lysinoalanine is formed during alkaline processing. Numerous artificial flavorings, particularly MSG, are added to soy protein isolate and textured vegetable protein products to mask their strong “beany” taste and to impart the flavor of meat.

In feeding experiments, the use of SPI increased requirements for vitamins E, K, D and B12 and created symptoms of calcium, magnesium, manganese, molybdenum, copper, iron and zinc deficiencies. Phytic acid remaining in these soy products greatly inhibits zinc and iron absorption; test animals fed SPI develop enlarged organs, particularly the pancreas and thyroid gland, and increased deposition of fatty acids in the liver.

Yet soy protein isolate and textured vegetable protein are used extensively in school lunch programs, commercial baked goods, diet foods and fast food products. They are heavily promoted in third-world countries and form the basis of many food giveaway programs.

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For more information on Sunrider’s Non-GMO whole plant-based nutrition please contact Diana Walker.



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