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Ohio State Develops Soy Bread Deemed Highly Acceptable

FUNCTIONAL FOODWIRE, December 13, 2001: Ohio State University food scientists are about to license a recipe for what they believe is the first soy bread that qualifies for the U.S. Food and Drug Administration's heart-healthy claim.



To meet the FDA's criteria, a food product must contain at least 6.25g of soy protein per serving.

According to an FDA Talk Paper published on October 20, 1999, "Foods that may be eligible for the health claim include soy beverages, tofu, tempeh, soy-based meat alternatives and possibly some baked goods. Foods that carry the claim must also meet the requirements for low fat, low saturated fat and low cholesterol content, except the foods made with the whole soybean may also qualify for the health claim if they contain no fat in addition to that present in the whole soybean."

An example of an FDA-approved health claim about the relationship between diet and the reduce risk of heart disease:

"Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of [name of food] provides [#] grams of soy protein."

The bread was developed by Yael Vodovotz, assistant professor in the Columbus, Ohio-based school's Food Science and Technology Department, who started experimenting with soy bread when she was working at the NASA Johnson Space Center in Houston. Her mission there was to investigate plans for supporting human life on another planet.

Critical assistance came from Cory Ballard, undergraduate, baker and senior food technologist for research, consulting and food-manufacturing firm Chef-Con.

Their formula reportedly yields a chewy, golden-hued bread that does not taste beany or grassy and can be mass-produced with industrial baking equipment.

Small, informal taste tests have shown that the majority of consumers – even kids – like the taste of the soy bread better than wheat bread. And a trained panel deemed it "highly acceptable," according to a paper presented at the annual meeting of the American Association of Cereal Chemists in October.

Ohio State President William E. Kirwan liked it enough to push for negotiations to license the recipe to bakeries, which could put the bread on grocery shelves, in school lunches and in delis and sandwich shops.

Sources: Columbus Dispatch, Tuesday, December 11, 2001 p.01A; U.S. Food and Drug



Administration; American Association of Cereal Chemists



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