

Soy & Health



JULY 2011

ISSUE NUMBER 33

More research indicates soy not a risk factor for breast cancer

According to a study of more than 16,000 women soy food consumption does not increase the risk of cancer recurrence or death among survivors of breast cancer. This data, presented at the American Association of Cancer Research Annual Meeting in April 2011* confirms findings from other studies** which also indicate that soy isoflavones are not a risk factor.

In this issue

News

Highlights of the latest soy news from around the world

p2/3

Research

Latest research on all aspects of soy and health

p4/5/6

Products

New product launches and soyfood innovations

p7

Diary

Calendar of events of interest to the soyfood world

p8

In this study, researchers from the Vanderbilt Epidemiology Center, Vanderbilt University Medical Center investigated the association between soy food intake and breast cancer outcomes among survivors, using data from a multi-institution collaborative study, the After Breast Cancer Pooling Project. The research was funded by the American Recovery and Reinvestment Act of 2009, which combines the resources of four National Cancer Institute-funded studies: the Shanghai Breast Cancer Survival Study; the Life After Cancer Epidemiology Study; the Women's Healthy Eating and Living Study; and the Nurses' Health Study. Together these cohorts included 18,312 women between the ages of 20 and 83 years who had invasive primary breast cancer.

Soy isoflavones intake was assessed for 16,048 women for an average of 13 months after breast cancer diagnosis using food frequency questionnaires. Breast cancer outcomes were assessed, on average 9 years after cancer diagnosis. Outcomes among the survivors who consumed the highest amounts of soy isoflavones (more than 23 mg/day) were compared with outcomes of those whose intake was lowest (0.48 mg/day or lower). (NB The average daily soy isoflavone intake among US women was 3.2 mg; in the Shanghai group the amount was significantly higher at 45.9 mg.)

The results showed that women in the highest intake category had a 9% reduced risk of mortality and a 15% reduced risk for recurrence, compared with those who had the lowest intake level. However, not all the results were statistically significant. The authors concluded that "Soy food consumption was not associated with an increased risk of mortality or cancer recurrence among breast cancer survivors."

* The results of this study were presented at the 102nd Annual Meeting of the American Association for Cancer Research in Orlando, Florida in April 2011. SJ Nechuta et al ([abstract No 4465](#)).

** See this issue of Soy & Health p4 and previous issues No 32 (April 2011) p4 and No 31 (January 2011) p5 .



Soy & Health Summit postponed to Spring 2012

The "Soy & Health Summit on Regulation, Marketing, Science & Health" will be held in Spring 2012. The programme will combine the Soy & Health Conference and Soy & Strategic Marketing programmes in a one-day Summit with plenary sessions and interactive thematic lectures. More programme information will follow soon.

Soy & Health is distributed to over 14,000 subscribers from more than 150 countries 4 times per year. Why not take advantage of our sponsorship and advertising packages and contact

Soy Conference THV, tel: +32 57 46 64 46, fax: +32 57 46 95 25,

website: <<http://www.soyconference.com>>, e-mail: info@soyconference.com.



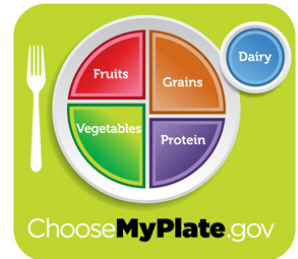
2

USDA replaces Pyramid with MyPlate

The United States Department Agriculture (USDA) has replaced the nearly twenty year-old 'Pyramid' model for healthy eating with a new MyPlate icon designed to help consumers better understand healthy eating. Many Americans found the concept of the Pyramid to be confusing in terms of what actually goes on their plate so the USDA created a new visual tool that is more straight-forward and matter of fact. It shows the consumer exactly how their plate should look in terms of proportions of food. MyPlate is divided into four sections, and a small circle off to the side. Fruits and vegetables should fill up half of the plate with grains and protein the other half and dairy is off to the side as a small glass of milk or yogurt.

My Pyramid, as well as its predecessor the Food Guide Pyramid, have proven to be ineffective in helping to control the rising obesity epidemic in the US. Nearly 2/3 of American adults and more than 1/3 of American children are considered overweight or obese. MyPlate was created to help promote healthier eating to Americans by showing them exactly how their plate should look at meals. MyPlate is also consistent with the 2010 Dietary Guidelines for Americans which helps consumers understand how to balance calories by controlling portion sizes, learning which foods to increase in the diet and which ones to decrease. The USDA will be rolling out one key message at a time to give consumers a chance to make small changes over time. The first message is to make half your plate fruits and vegetables. Others to follow will include :

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Switch to fat-free or low-fat milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread and frozen meals and choose foods with lower sodium numbers.
- Drink water instead of sugary drinks.



The new MyPlate icon
[\(<http://www.ChooseMyPlate.gov/>](http://www.ChooseMyPlate.gov/))

EFSA approves cholesterol lowering claim for margarines with MUFAs/PUFAs

The European Food Safety Authority has approved an article 14 disease risk reduction health claim linking consumption of low-fat and omega-3 fortified margarine with cholesterol lowering benefits. The food constituents responsible for the claimed effect are unsaturated fatty acids (mixtures of cis-MUFA and/or cis-PUFA), which should replace saturated fatty acids (SFAs) and trans fatty acids (TFAs) in the diet to obtain the claimed effect. The Panel concluded that a cause and effect relationship had been established between the consumption of mixtures of dietary SFAs and an increase in blood LDL-cholesterol concentrations, and that replacement of a mixture of SFAs with cis-MUFAs and/or cis-PUFAs in foods or diets on a gram per gram basis reduces LDL-cholesterol concentrations. EFSA has proposed the following wording for the claim: "Consumption of saturated fat increases blood cholesterol concentrations; consumption of mono and/or polyunsaturated fat in replacement of saturated fat has been shown to lower/reduce blood cholesterol. Blood cholesterol lowering may reduce the risk of (coronary) heart disease". To bear the claim, significant amounts of mixed SFAs should be replaced by cis-MUFAs and/or cis-PUFAs in foods or diets on a gram per gram basis. The target population is people who want to lower their blood cholesterol.
[\(<http://www.efsa.europa.eu/en/efsajournal/pub/2168.htm>](http://www.efsa.europa.eu/en/efsajournal/pub/2168.htm))

US sales of soy-based foods up in 2010

According to 'Soyfoods: The U.S. Market 2011' (published by Soyatech LLC) convenience foods such as soy protein-based energy bars and meat alternatives have continued to experience strong growth. The report also covers the challenges faced by the soyfoods market including a lacklustre performance in soy beverages, tofu, other major subcategories. However, moderate near-term growth is still predicted for many types of soyfoods.
[\(<http://www.soyatech.com>](http://www.soyatech.com))



Solae, the world leader in developing soy ingredients for food, meat and nutritional products. We take one of nature's best resources, the soybean, and create nutritious and great-tasting ingredients.





The Alpro Company

Alpro is the European pioneer in the development of mainstream soya-based food and drinks. Our wholesome food products are produced in four European countries with the same care and with the same respect. For over 30 years, Alpro has been championing a healthier, more sustainable way of producing and selling delicious products that conserve the unique nutritional value of soya beans. Today, the company employs over 760 people.

The Alpro Products

A healthy series of Alpro soya and Provamel drinks, desserts, alternatives to yoghurt and tofu range is available in department stores and organic food shops in Europe.

Like consumers across Europe, Alpro believes there is room for tasty, wholesome products that respect both the consumer's right to healthy food and a sustainable approach to developing and selling that food. In this day and age, it's not just what we sell that's important but also how we produce it.

The Alpro Innovation and Expertise

Based on in-depth consumer understanding, our R&D department works on the development of new products and on continuously upgrading our existing products, in order to meet the demand by health conscious consumers for products that taste delicious.

The Science & Nutrition department plays a key-role in providing information to the customer concerning product composition, nutritional value etc. The department closely follows all research on soy and its components in order to communicate the facts to medical groups and consumers.

Sustainable development

Alpro has a philosophy about food that travels deep into every aspect of our business. Not only do we take into account the impact of food on our health, we also consider our lifestyle and indeed our environment.

www.alprosoya.com

Alpro Headquarters, Kortrijksesteenweg 1093C, 9051 Gent - Belgium, tel +32 9 260 22 11





4

Soy food consumption and breast cancer prognosis

In this study, the researchers used data from the Women's Healthy Eating and Living (WHEL) study to investigate the effect of soy intake on breast cancer prognosis. Over 3000 (3088) breast cancer survivors, diagnosed between 1991 and 2000 with early-stage breast cancer and participating in WHEL, were followed for a median of 7.3 yrs. Isoflavone intakes were measured following diagnosis by using a food frequency questionnaire. Women self-reported new outcome events twice a year which were then verified by medical records and/or death certificates. Hazard ratios and 95% Confidence Intervals representing the association between either a second breast cancer event or death and soy intake were calculated, adjusting for study group and other covariates, using the delayed entry Cox proportional hazards model. The results showed that as isoflavone intake increased, risk of death decreased. Women at the highest levels of isoflavone intake (>16.3 mg isoflavones) had a nonsignificant 54% reduction in risk of death. The researchers concluded that there were no adverse effects of soy foods on breast cancer prognosis and that these and two recent studies (one in Asian women from the Shanghai Breast Cancer Survival Study and one in US women from the Life After Cancer Epidemiology Study) taken together, provide the necessary epidemiologic evidence that clinicians no longer need to advise against soy consumption for women with a diagnosis of breast cancer.

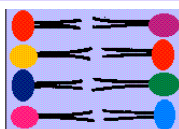
BJ Caan et al, *Cancer Epidemiol Biomarkers Prev* May 2011, pp854-8. Published OnlineFirst February 25, 2011 (doi: 10.1158/1055-9965.EPI-10-1041) <http://cebp.aacrjournals.org/content/20/5/854>



Study suggests soy foods protect against colorectal cancer

In this research (the Fukuoka Colorectal Cancer Study) 816 cases of histologically confirmed colorectal cancer and 815 community controls were studied. Intakes of soy foods and isoflavones were assessed by in-person interview using a computer-assisted dietary method. Logistic regression analysis was applied to estimate odds ratio (OR) and 95% Confidence Interval (CI) of colorectal cancer with adjustment for dietary intakes of calcium and n-3 polyunsaturated fatty acids as well as for BMI, physical activity, alcohol use, and other lifestyle factors. The researchers found that energy-adjusted intakes of soy foods (dry weight) and isoflavones were inversely associated with colorectal cancer risk in men and postmenopausal women, but not in premenopausal women. The multivariate-adjusted OR for the highest versus lowest quintile was 0.65 for soy foods and 0.68 for isoflavones in men. The corresponding values for postmenopausal women were 0.60 and 0.68. The site-specific analysis showed inverse associations of soy foods and isoflavones with rectal cancer in men. The study concluded that the findings add to epidemiologic evidence for protective effects of soy foods and isoflavones in colorectal cancer.

S Budhathoki et al, *Scandinavian Journal of Gastroenterology*, February 2011, Vol. 46, No. 2, pp 165-172 (doi:10.3109/00365521.2010.522720) <http://informahealthcare.com/doi/abs/10.3109/00365521.2010.522720?journalCode=gas>



BOOK NOW - DISCOUNTS FOR EARLY REGISTRATION

10th ILPS PHOSPHOLIPID CONGRESS

Phospholipids, Sources, Processing and Application

16-18 September 2011

'De Doelen' Congress Centre, Rotterdam, the Netherlands



This congress is organised by the International Lecithin Phospholipid Society as a satellite Congress prior to the 9th Euro Fed Lipid Congress, 18 -21 September 2011, at the same centre in Rotterdam. Congress topics include:

What's new in phospholipid sources; Lecithin technologies; Nutrition and application; and an optional visit to Unilever Research, Vlaardingen. In addition to presentations from leading international speakers there will be a poster session and plenty of opportunities for networking. Full programme and registration details are available at

<http://www.ilps.org/10th%20Congress.htm>

For further information contact ILPS Executive Director: ilps@lecipro.nl

ILPS is a registered non-profit association, promoting science and use of lecithins.



5

Soy isoflavones, exercise, body composition and heart disease in overweight postmenopausal women

Results from a pilot project indicate that soy isoflavones and exercise could have an additive effect on body composition and clinical risk factors of CVD in postmenopausal women. The aim of this research was to assess the combined effect of exercise and isoflavones in overweight-to-obese postmenopausal women. In this double-blind randomised controlled trial 100 overweight-to-obese (BMI 29.9 (sd 3.2) kg/m²) postmenopausal women were assigned to four groups: (1) placebo (PLA); (2) isoflavones (ISO); (3) exercise and placebo (Ex+PLA); (4) exercise and isoflavones (Ex+ISO). The supplementation contained 70 mg/d of isoflavones. Exercise consisted of three weekly sessions of resistance training and aerobics. Outcome measures included fat mass (FM), lean body mass (LBM), bone mineral density, lipid profile, fasting glucose, fasting insulin and insulin resistance (homeostasis assessment model). The main effects of exercise were observed for total FM, FM%, trunk FM%, arm FM%, leg FM%, arm LBM, leg LBM and C-reactive protein. The researchers observed that isoflavones improved leg FM% (P = 0.05) but there were no interactions between isoflavones and exercise. The study concluded that 6 months of exercise brought favourable changes in total FM, FM% and LBM in overweight postmenopausal women. No synergistic effects were observed between exercise and isoflavones, although isoflavones could have a beneficial effect on leg FM%.

S Choquette et al, British Journal of Nutrition 2011, 105: 1199-1209, DOI: 10.1017/S0007114510004897 Published online: 17 December 2010
<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8234641>.

Food processing and safety assessment for proteins introduced into GM soybeans and corn crops - review

Safety assessments can include dietary risk assessments similar to those performed for chemicals intentionally, or inadvertently added to foods. Proteins are highly dependent on physical forces in their environment to maintain appropriate three-dimensional structure that supports functional activity. During processing, proteins in corn and soy are subjected to harsh environmental conditions that drastically change the physical forces leading to denaturation and loss of protein function. These conditions include thermal processing, changes in pH, reducing agents, mechanical shearing etc. Studies have shown that processing of introduced proteins such as enzymes that impart herbicide tolerance or proteins that control insect pests leads to a complete loss of functional activity. The authors conclude that dietary exposure to functionally active proteins in processed food products can be negligible and below levels of any safety concerns.

BG Hammond & JM Jez, Food & Chem Toxicology Apr 2011 49(4), pp711-721 <http://www.sciencedirect.com/science/article/pii/S0278691510007398>.

Whole soy vs soy components

This review explores the benefits of whole soy vs soy components. Epidemiological studies suggest that whole soy and traditional soy foods may have health-protective effects in Asian populations but the same benefits have not been consistently proven in Western populations. Scientists continue to isolate soy components in search of identifying soy's health giving components but whole soy remains relatively under-investigated. The authors conclude that whole soy may have a more unique effect on health than selected soy component(s).

S Reinwald, SR Akabas, J. Nutr. December 1, 2010 vol. 140 no.12 2335S-2343S, First published October 27, 2010, doi: 10.3945/jn.110.124925
<http://jn.nutrition.org/content/140/12/2335S>.



Probiotics Summit
 Discussion Platform for Regulators,
 Scientists, Industry & Consumers

Radisson Blu Royal Hotel
 Brussels, Belgium - 22 November 2011



This exciting event will bring together scientists, regulatory bodies (including members of the European Parliament and European Commission), food & pharmaceutical companies, medical associations & consumer representatives to focus on the development of the market availability and consumption of Probiotics for "Human Health and Well-Being". Its objectives are:

- To provide an international scientific up-to-date overview of the concept of probiotics, their role, efficacy and potential for human health;
- To understand the relationships between probiotics, beneficial bacteria, bio-therapeutics, gut microorganisms and human health and well-being;
- To discuss how probiotic health claims are scientifically substantiated and how they are assessed;
- To achieve a fruitful collaboration between scientists, industry and regulators;
- To connect and establish a meeting platform and networking activities between different stakeholders, including physicians and consumers.

For more information visit: <http://www.probiotics-summit.eu/>



6

Plant and animal protein intake in relation to obesity

The objective of this study was to assess animal and plant protein intakes in the Belgian population and to examine their relationship with overweight and obesity (OB). Using subjects participating in the Belgian National Food Consumption Survey conducted in 2004, food consumption was assessed using two non-consecutive 24 hr dietary recalls. About 3083 participants (15 or more years of age; 1546 males, 1537 females) provided completed dietary information. Animal protein intake (47g/d) contributed more to total protein intakes of 72g/d than plant protein intake, which accounted for 25g/d. Meat and meat products were the main contributors to total animal protein intakes (53 %), whereas cereals and cereal products contributed most to plant protein intake (54 %). Males had higher animal and plant protein intakes than females ($P < 0.001$). Legume and soy protein intakes were low in the whole population (0.101 and 0.174 g/d, respectively). In males, animal protein intake was positively associated with body mass index (BMI) and waist circumference (WC). Both in males and females, plant protein intake was inversely associated with BMI and WC. The researchers concluded that plant protein intakes were lower than animal protein intakes among a representative sample of the Belgian population and decreased with age. Associations with anthropometric data indicated that plant proteins could offer a protective effect in the prevention of overweight and OB in the Belgian population.

Y Lin et al, *Br J Nutr*, 105(7): 1106-16, DOI 10.1017/S0007114510004642 Published online: 09 December 2010

<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=8207503>



Soy intake and glycemic control - meta analysis

An electronic search was carried out using PubMed, EMBASE, the Cochrane Library, and the China National Knowledge Infrastructure (updated to March 2010) databases to identify randomised controlled trials (RCTs) that described the effectiveness of different soy regimes on measures of glycemic control. Twenty-four trials with a total of 1518 subjects were included in the meta-analysis which found that soy consumption did not significantly affect measures of glycemic control. The mean (95% CI) difference was -0.69 mg/dL ($-1.65, 0.27$ mg/dL) for fasting glucose concentrations in the fixed-effects model ($P = 0.16$) and -0.18 mg/dL ($-0.70, 0.34$ mg/dL) for fasting insulin concentrations in the random-effects model ($P = 0.50$). Significant heterogeneity was noted in the results of fasting insulin concentrations and HOMA-IR. The authors concluded that there was no significant overall effect of soy intake on improvements in fasting glucose and insulin concentrations. However, a favourable change in fasting glucose concentrations was observed in studies using whole soy foods or a soy diet in the subgroup analysis.

Z-m Liu et al, *Am J Clin Nutr* May 2011 vol. 93 no. 5 1092-1101 First published March 2, 2011, doi: 10.3945/ajcn.110.007187

<http://www.ajcn.org/content/93/5/1092.abstract>.

Vitamin E reduces fatty liver disease in children

Most children with fatty liver disease are overweight and resistant to insulin. The Treatment of Nonalcoholic Fatty Liver Disease in Children (TONIC) trial studied whether vitamin E or metformin could improve fatty liver disease. The endpoint to measure success was either improvements in the liver as shown by biopsies or a sustained reduction in the liver enzyme alanine aminotransferase (ALT). A total of 173 children ages 8 to 17, were recruited into three treatment groups. The children received either 500 mg of metformin (a diabetes drug) or 400 international units of a natural form of vitamin E or placebo twice a day for two years. From the liver biopsies, researchers found that after 96 weeks of treatment, 58% of the children on vitamin E no longer had NASH, compared to 41% of the children on metformin (a diabetes drug), and 28% on placebo. Vitamin E was better than placebo because it significantly reduced enlargement and death of liver cells. However, neither vitamin E nor metformin were significantly better than placebo in reducing ALT levels. Of the 26% of patients on vitamin E, 16% on metformin, and 17% of those on placebo had reduced liver enzyme levels but ALT levels improved more rapidly among patients on vitamin E (within six months) compared to those on placebo. The ALT levels among the children on placebo improved over the two years.

JE Lavine et al. *JAMA* 2011; 305(16):1659-1668. doi: 10.1001/jama.2011.520 <http://jama.ama-assn.org/content/305/16/1659.abstract?etoc>.

Preliminary findings from this study were presented at the 9th International Symposium on the Role of Soy in Health Promotion and Chronic Disease Prevention held in Washington DC from 16–19th October 2011.



7

Marks & Spencer launches meat-free range

UK retailer, Marks & Spencer has launched a range of 'Super Soya' ready meals using Solae's soy protein isolate ingredients. There are 3 main meals to choose from: Super Soya Lasagne, Super Soya Cottage Pie and Super Soya Strips in Black Bean Sauce with Rice. The range also includes Super Soya Mince and Super Soya Strips which are ideal for cooking and creating recipes at home. This is the first time Marks & Spencer have sold a meat alternative product and the project has been nearly a year in development. The range is not aimed solely at vegetarians but also those keen to eat less meat but who are not prepared to compromise on taste. Soy protein isolates are 90% protein on a dry weight basis and virtually carbohydrate and fat-free. The proteins are also cholesterol- and lactose-free, making it an attractive alternative protein ingredient for meat-based and dairy-based products.

[\(<http://health.marksandspencer.com/our-health-ranges/super-soya>\)](http://health.marksandspencer.com/our-health-ranges/super-soya)



Nasoya introduces sprouted vitamin fortified tofu

US manufacturer of the top selling tofu in America, Nasoya, has introduced 'Sprouted Tofu Plus', an organic tofu, which provides essential levels of calcium, vitamin D and vitamin K, plus all the benefits of sprouted foods, considered 'wonder food' by ancient civilisations. When soybeans sprout, they release phytates, which in turn releases the nutrients and softens the soybean, making it more digestible. It also breaks down proteins into amino acids and fats into essential fatty acids. In addition, unlike other soyfoods, tofu has lower levels of complex carbohydrates making sprouted tofu easier to digest. According to Nasoya consumer demand for sprouted foods is strong in the US and getting stronger.

Each serving of Sprouted Tofu Plus contains 10g of protein and is a good source of calcium and vitamin D which helps in the absorption of calcium. It is also a source of vitamin K which aids absorption of nutrients, is cholesterol-free, and is low in sodium and saturated fat. Sprouted Tofu Plus is certified organic in accordance with US Department of Agriculture regulations, and contains no genetically modified ingredients.

[\(<http://www.nasoya.com>\)](http://www.nasoya.com)



Media Partners



NutraCos

www.healthclaims.eu

Health claims

7th International Workshop Nutrition and Health Claims - Designing Clinical Studies for Success

Radisson Blu Royal Hotel, Brussels, Belgium

Thursday 27 October 2011

After six successful workshops since 2006 Health Claims Europe brings you an updated programme - Nutrition & Health Claims Europe – Designing Clinical Studies for Success. This one-day interactive workshop is directed at R&D and Nutrition Communication staff, Legal Counsels, Marketing, Sales, and Production Managers of European Food Industry and companies interested in importing food products in the European Union. The workshop offers an excellent opportunity to meet the experts and network with colleagues.

Programme topics: Status of the implementation of the Nutrition and Health Claims Regulation; Learning from EFSA scientific opinions and guidelines and EC decisions; How to identify health effects, select biomarkers and design clinical studies targeted at successful claim submission; How to work with clinical research organisations with food products in the health claim area; Cost benefit analysis, logistics and proprietary data as part of successful cooperation with CROs.

For more information and to download the information brochure visit:

www.healthclaims.eu

**1 0–13 July 2011**

5th European Symposium on Plant Lipids, Gdansk, Poland.
<<http://www.eurofedlipid.org/meetings/gdansk2011/index.htm>>

11–15 July 2011

Baking with Soy - Short Course, Northern Crops Institute, Fargo, ND, USA. email <nci@ndsu.edu>

9–10 August 2011

Health Ingredients South America, Sao Paulo, Brazil. <<http://hi-events.com.br/en/index.php>>

18–19 August 2011

Omega-3 Platform for Americas 2011 - 8th Practical Short Course on Functional Oils: Omega-3s for Cosmetics, Pet Foods, Dietary Supplements, Drugs and Food Systems - Newport Beach CA, USA.
<<http://www.smartshortcourses.com/>>

7–9 September 2011

Vitafoods Asia, Asia World Expo, Hongkong. <<http://www.vitafoodsasia.com/>>

16–18 September 2011

Pre- Euro Fed Lipid Congress Event: 10th ILPS Phospholipid Congress, Rotterdam, The Netherlands.
<<http://www.ilps.org/10th%20Congress.htm>>

18–21 September 2011

9th Euro Fed Lipid Congress: Oils, Fats and Lipids for a Healthy and Sustainable World, Rotterdam, The Netherlands.
<<http://www.eurofedlipid.org/meetings/rotterdam/index.htm>>

28–29 September 2011

Protein Technology Innovations 2011, Amsterdam, The Netherlands. <<http://www.bridge2food.com/ptc2011.asp>>

2–3 October 2011

VitaSana, *the* event for natural product shops, organic specialist outlets, organic food markets etc, Brussels Expo, Belgium.
<<http://www.vitasana.be>>

2–3 October 2011

HealthPro, *the* trade fair for all professionals active in the health sector, Brussels Expo, Belgium. <<http://www.healthpro.be>>

5–6 October 2011

7th Practical Short Course Advanced Oilseed and Oil Processing & Formulation Technology (in cooperation with the International Trade Fair for the Technology and Trade of Oils and Fats), Munich, Germany. <<http://www.smartshortcourses.com/>> and <<http://www.oils-and-fats.com/en/Home>>

5–7 October 2011

Health Benefits of Foods: From Emerging Science to Innovative Products, Prague, Czech Republic.
<<http://www.ilsa.org/Europe/Pages/HomePage.aspx>>

10–11 October 2011

3rd Practical Short Course: Hot Topics in Bioactive Compounds for Dietary Supplements and Functional Food Ingredients in cooperation with Supply Side West, Las Vegas, USA. <<http://www.smartshortcourses.com/>> and <<http://www.supplysideshow.com/2011/west/#>>

12–13 October 2011

Healthy Ageing 2011: For Medical Nutrition, Foods and Supplements, Amsterdam, The Netherlands.
<<http://www.bridge2food.com/healthy-ageing-conference-2011.asp>>

25–27 October 2011

Food & Function 2011 - International Scientific Conference on Nutraceuticals and Functional Foods, Kosice, Slovakia.
<<http://www.foodandfunction.net/Conference>>

27 October 2011

7th International Workshop on Nutrition & Health Claims- Designing Clinical Studies for Success, Brussels, Belgium.
<<http://www.healthclaims.eu/>>

31 October–3 November 2011

Soya and Grain Trade Summit (formerly the co-located Soya & Oilseed Summit/Global Soybean & Grain Transport conferences), St Louis, MO, USA. <<http://events.soyatech.com/conferences/SGTS2011.htm>>

22 November 2011

Probiotics Summit: Discussion Platform for Scientists, Regulators, Industry & Consumers, Brussels, Belgium.
<<http://www.probiotics-summit.eu>>