

# Is soybean good for health?

## Detail Introduction :

Soy is an ideal quality plant protein food, one of China's important food crops. Soybeans have a long history and cultivated in China. And it is also widely cultivated around the world. Soy is most commonly used to produce various soy products, extracting soy oil, brewing soy sauce and extracting proteins. So, as a food that is essential for eating in life. Soya Meat Making Machine

## Is soybean good for health?

Soy is very rich in nutrients. Eating more soybeans and soy products is conducive to human growth and health. Soy can be processed into tofu, soy milk, yuba and other soy products, and can also be refined into soy isoflavones. In addition, soy flour is a high protein food instead of meat, which can be made into a variety of foods, including baby food. It is also a high-quality protein feed, and it is also very wide in industrial applications. The following are the benefits of soybeans bring to our health.



**Protein:** Different from most other plant proteins, soybeans contain nine essential amino acids necessary for building muscles and skeletal. The body cannot make these substances themselves. Therefore, soybeans are a good source in addition to animal origins such as beef, chicken and eggs.

**For cardiovascularity:** only 10-15% of fat in soy is saturated fat, other protein sources such as beef or pork contain more such fats, saturated fat will increase the risk of cardiovascular disease, with tofu and other soy products The class is good for the heart.

**Painless fat:** Most soy fats are mostly unsaturated fat, including  $\omega$ -6 and  $\omega$ -3 fatty acids. When equilibrium diet, these substances are beneficial to the heart, helping to reduce the risk of certain diseases.

**No cholesterol:** Like other plant proteins, soy products do not contain cholesterol. Some studies have shown that adding soybeans in the diet helps reduce low-density lipoprotein (or harmful cholesterol) by 4%.

Fiber-rich: every 500 ml of soy is contained in about 10 grams of fiber. And animal protein from beef, or fish is free of fibers. The fiber content in soy can help you reduce the amount of cholesterol absorbed from other foods. The fibers can also help easily defecate.

Potassium-containing: Half rose soy contains about 886 mg of potassium. The potassium content is the same as many in medium bananas. It is equivalent to one-third of the potassium in the body a day. The body needs potassium to make many activities. For example, heart beating, kidney filtration, and make the nerve impulses.

Iron: Vegetarian needs to absorb twice the iron. Because they do not have enough iron from the sources of animal products. An important function of iron is to help blood carry oxygen throughout the body. Half rose soy contains about 9 mg of iron. Men need 8 mg iron, women need 18 mg of iron daily.



Soy products are common foods on people's dining, proteins, fats and carbohydrates and carotenoids, vitamin B1, vitamin B2, niacin, etc. Also contain soy oligosaccharides, isoflavones, saponins, nucleic acids. Health is extremely precious health factor. Eating more soy protein has a preventive effect on chronic diseases such as cardiovascular disease, tumors.

Soy have a variety of physiological active substances that are very beneficial to human health, such as isoflavones, soy phospholipids, soy peptides, soybean dietary fibers, soy peptides, soybean dietary fibers, isoflavones, similar estrogenous effects are beneficial to arterial health, prevent bone loss, women should take more soy protein from plants. Soy flour enlarged protein nutritional efficacy and can increase the amount of high quality plant proteins in the diet.



There are many foods related to soybeans, and the benefits are also countless. Soya Meat Making Machine can produce a variety of beans products. It has been widely used in the food processing plant. Products from Soya Meat Making Machine are healthy, in line with food safety standards, and have rich nutrients, excellent taste, can meet the needs of consumers.