



Research Topic

The Role of Soy in Human Health and Disease

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About this Research Topic

In recent decades, soy has aroused growing interest from both consumers and the scientific community mostly due to its versatility. Indeed, soy products represent valid meat substitutes in the context of plant-based lifestyles and more generally in the case of healthy food choices. In particular, the high protein content and the presence of limited carbohydrates have made soy the ideal

Topic Editors

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case of adverse reactions to milk proteins.

A large area of research has highlighted the potential beneficial health outcomes of soy consumption. The substances responsible for these effects include antioxidants, vitamins, sterols, phytic acid, saponins, and other phytochemicals contained in soybeans. Besides these molecules, soy isoflavones have gained considerable attention due to their potential beneficial effects; they appear effective in managing symptoms in postmenopausal women and in lowering circulating cholesterol levels. Nevertheless, several studies have investigated possible hormonal interactions associated with phytoestrogens. Concerns about isoflavones have been raised about the disruption of the physiological hormonal network, especially in limited windows characterized by a greater sensitivity to programming stimuli, with risks for sexual development and thyroid function. However, evidence emerging from the scientific literature suggests that soy may have a beneficial effect in preventing cardiovascular disease, maintaining bone health and preventing the onset and recurrence of certain cancers.

This topic is of particular interest due to the impact of soy on human health and physiological condition, as well as in disease, including and not limited to: cardiovascular disease, menopause, hormonal and thyroid dysfunctions, and other non-communicable diseases. The purpose of this Research Topic is to highlight the current evidence on the effects of soy, soy foods and soy compounds (not limited to isoflavones) on human health and disease, thus improving knowledge in this research area. In particular, the collection will contain articles focused on soy compounds including soy, soy isoflavones and phytoestrogens, soy protein, other phytochemical compounds of soybeans, soy-based meat analogues and substitutes.

Accepted article types are: Original Research, Mini Review, Nutritional Methods,



Alessandra Feraco

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Pisana (IRCCS)
Roma, Italy

26 publications



Mauro Lombardo

Following

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Human Science
and Promotion
of Quality of
Life, San
Raffaele
Telematic
University
Rome, Italy

46 publications

Submission Deadlines

22 May 2022

Abstract

21 June 2022

Manuscript



Keywords: Isoflavones, Phytoestrogens, Meat analogue, Meat substitute, CVD, Hormonal network, Thyroid disfunctions, Non-communicable diseases, Soy, Soy foods, Soy protein

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Mark Messina

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Accepted on 13 April 2022

Front. Nutr. doi: 10.3389/fnut.2022.909464

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