

# Proceedings of the

## Southeast Asia Soy Seminar Series (2000-2001)

*Featuring selected papers from seminars held in  
Thailand • Philippines • Indonesia • Malaysia • Singapore*



**Proceedings  
of the**

**Southeast Asia  
Soy Seminar  
Series (2000-2001)**

*Featuring selected papers from seminars held in Thailand,  
Philippines, Indonesia, Malaysia and Singapore*

**Editors: E-Siong Tee and Boon-Yee Yeong**



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American Soybean Association  
541 Orchard Road  
#11-03 Liat Towers  
Singapore 238881  
Republic of Singapore  
Tel: (65) 6737-6233  
Fax: (65) 6737-5849  
Website: [www.asasea.com](http://www.asasea.com)

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## Foreword

The soybean was considered one of the most precious grains and a staple food in Asian lands almost 5000 years ago. In the early 19th century, the Western world, too, discovered the value of the soybean as a marketable food ingredient. Today, the world demand for soybeans is increasing rapidly to cater for the diverse use in foods and industrial products. The United States is currently the world's largest producer and exporter of soybeans and soy ingredients.

The first documented research into soybean began in 1904. In the ensuing years, much scientific attention has been focused on its nutrition attributes and health benefits. In recent years, most of this research has progressed into unraveling the potential role of soybean in disease prevention.

In an effort to update and promote scientific understanding of the soybean, the American Soybean Association (ASA) has organized a series of scientific seminars in the Southeast Asian region, bringing together renowned scientists in soybean research and in the areas of health and nutrition to share their findings. These findings answered some of the questions regarding the health-enhancing effects of soybeans and some of the diseases that are becoming prevalent in our modern society.

This proceedings comprises a selection of papers most of which were presented in the seminar series. We would like to acknowledge all personnel and organizations that supported the meetings, and the authors who contributed their papers to the publication. We hope that the proceedings will be useful to all health professionals and scientists in the region, and will serve to further the knowledge on soybean and its many health benefits.

*E-Siong Tee and Boon-Yee Yeong (editors)*