

Free epub Manufacturing of soy protein concentrate for animal nutrition

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soy protein is the primary protein found in soy products such as tofu tempeh soy milk and other soy based dairy and meat alternatives it can also be found in the form of soy protein soy is a nutrient dense source of protein that can safely be consumed several times a week and probably more often and is likely to provide health benefits especially when eaten as an alternative to red and processed meat soy is a complete protein this means that it contains all nine essential amino acids it is an important source of protein for many people especially those who follow a vegan or vegetarian diet soy is a complete protein with all nine essential amino acids more than other plant proteins it has lots of health benefits cholesterol soy protein is good for lowering cholesterol the primary soy protein ingredients are soy protein isolate spi soy protein concentrate spc and soy flour which are comprised of 90 65 90 and 50 65 protein respectively 46 these ingredients have been extensively used by the food industry for decades what is soy protein it is a plant based protein that comes from the soybean which is a legume this makes a great source of protein for both vegetarians and vegans alike as well as those avoiding dairy with no cholesterol and very little saturated fat 5 there are three categories 1 soy protein isolate

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