

# WISHH

## World Initiative for Soy in Human Health

*Enhancing human well-being through soy*

### January 2003

**Happy New Year and welcome to the first WISHH List of 2003.** This electronic newsletter provides updates on the many activities of the World Initiative for Soy in Human Health (WISHH) Program. To save you download time, we have embedded this issue and linked it to the WISHH website. Please email [wishh@asaim.soy.org](mailto:wishh@asaim.soy.org) if you need the WISHH List sent to you as an attached file.

### **WISHH to Hold Winter Workshop February 11-12 in Washington, D.C.**

WISHH will again convene a meeting to look at the latest opportunities to include soy, particularly high-protein products such as soy flour and textured soy protein, in international food assistance program. On February 11-12, workshop participants will look at the latest successes from the field on soy for HIV/AIDs, school lunch programs and much more. More news to come on the full agenda for the event that will take place in at the Hotel Washington in Washington, D.C.

### **Duvall Joins WISHH as Project Development Manager**

WISHH is pleased to announce that LeRoy Duvall has joined the team as Project Development Manager. A former Peace Corps volunteer, LeRoy has more than 20 years of experience in international development assistance planning, programming and implementation around the world, much of it in Africa. He has worked with the U.S. Department of Agriculture, the U.S. Agency for International Development, international private

voluntary organizations, and other international agencies. Leroy has experience with proposal preparation and review, grants and contracts. He is based in the Washington, D.C. area and will work directly with private voluntary organizations in their development of projects that take advantage soy's nutritional benefits. You can reach LeRoy at [wishh-dc@att.net](mailto:wishh-dc@att.net)

## Soy Offers Great Potential to Assist African Famine and HIV/AIDS Efforts



Photo credit: Ib Hansen, Humana People to People

Orphans in Zimbabwe are benefiting from soy protein in their diet through Humana People to People's efforts to make good nutrition a central part of their overall HIV/AIDS initiative. Soy can deliver high-quality nutrition to support immune systems.

WISHH's work with high-protein soy products is proving that soy can play a greater role in African food assistance efforts, particularly as the African famine is tragically worsened by the impact of HIV/AIDS. In November, the United Nations and many other agencies met to discuss the impact of HIV/AIDS and relief efforts in Africa. The Joint U.N. Program on HIV/AIDS (UNAIDS) stated at the event that, "According to nutritionists, people living with HIV/AIDS should increase their food intake and eat about 50 percent more protein, as well as foods rich in micronutrients."

According to the Food and Nutrition Technical Assistance (FANTA) monograph on nutritional guidelines in the care of HIV-infected persons, calorie needs may increase 10-15% while protein requirements jump to 50-100% higher than for uninfected persons. In many cases, nutrition intervention may be the primary treatment.

Because of this opportunity for soy to meet nutritional needs, WISHH began working with groups like Humana People to People that had already created "soy restaurants" to serve orphans and people in communities affected by HIV/AIDS in Africa. Humana's Ib Hansen recently stated, "We have seen the impact that soy has on orphans in Zimbabwe. You can see major changes to their health within one month of eating one meal of soy per day. And in the face of HIV/AIDS, there is no doubt that soy can help in turning around this crisis."

## Soy-Fortified Wheat Flour Trials Succeed in Tajikistan

Trials in Tajikistan last fall proved that soy is an excellent addition to bread and other wheat-based foods. The trials showed that soy provides much-needed protein in bread and many other foods that are staples in the diets of millions of people who have little opportunity to get protein from other sources.

World Food Programme (WFP) worked directly with National Soybean Research Laboratory (NSRL) research technologists to conduct the trials in a variety of conditions ranging, from school kitchens to fire-fed clay ovens to commercial bakeries. The North American Millers' Association supported the effort, and Archer Daniels Midland Company provided the flour that was 12 percent soy and 88 percent wheat.

This soy-fortified flour can increase the protein content of foods by up to 40 percent. The goal was to see how U.S. soy fortified wheat flour would perform in local conditions and how well it would integrate into foods that are already well received.

“The WFP is interested in soy-fortified flour as a potential way of enhancing the nutritional value of the foods we distribute. The flour has a higher protein content than regular wheat flour and is fortified with vitamins and minerals, which is important for populations that don't have access to vitamin-rich foods,” said Andrew Thorne-Lyman, Public Health Nutritionist, WFP Headquarters.

The results were positive both in taste tests as well as ease of use in breads and noodles for soup. In school trials, most children preferred the buns made with soy flour.



**World Food Programme and PVO staff in Tajikistan helped oversee trials of adding soy to wheat-based foods for Tajikistan schools and many other nutrition programs.** Photo credit Megan Puzey, National Soybean Research Laboratory

WFP associate Wafa Sidahmed has taken another 70 pounds of the soy-flour from ADM to Afghanistan where more than 9 million people are receiving U.S. food assistance. Further trials are slated for Pakistan.

“Adding soy flour to wheat foods is an excellent way to help provide a complete nutritional package for good health and for children to grow properly,” said NAMA International Trade Consultant Paul Green. “These trials in Tajikistan are one step in a broad-reaching effort to provide greater nutrition through food assistance programs throughout the world.”

## WISHH at Work

WISHH consultants have been busy offering technical support to numerous organizations on food assistance and development projects, including...



Photo credit: NSRL

WISHH brought a group of 11 African food and nutrition professionals to the National Soybean Research Laboratory in Illinois to attend a five-day Soy Product Development Workshop in October. The participants learned new uses for U.S. soy and many went on to attend the American Dietetic Association meeting.

Thanks to the Bayer Crop Science program and American Soybean Association (ASA), WISHH can share the information presented at the soy foods workshop with many other international groups. The ASA/Bayer Soybean Trade Expansion Program (STEP) is funding video production and CD-ROM duplication for 500 sets of a 2-volume CD-Rom set. They offer video presentations, technical papers, recipes, and links to additional resources. Please email [wishh@asaim.soy.org](mailto:wishh@asaim.soy.org) to request your copy of the CD-ROM set.

WISHH consultants Pradeep Khanna and Karl Weingartner of the NSRL and HIV/AIDS nutrition adviser Cade Field's Gardner have returned from Honduras where they met with representatives of CARE and other organizations, including Zamarano University. Zamarano is the primary agricultural training institution in Central and South America. They can help organize food technology training programs and participate in development of educational consumer acceptance and health acceptance studies.

In November, Malnutrition Matters Vice President Frank Daller met with several of Egypt's largest food processors to formalize creation of an

WISHH Director Jim Hershey traveled to South Africa and Botswana to continue planning the U.S. Department of Agriculture-funded Southern and West African Soyfood Market Development Program.

WISHH consultant Brian Harrigan from Malnutrition Matters helped install and train Africare staff on the use of a SoyCow soymilk system as part of a nutrition and small business center. Africare Nigeria partnered with a large community near Port Harcourt by providing the SoyCow, with the community responsible for infrastructure, operational and product distribution costs. Africare anticipates that demand for the technology will be high in Nigeria, a country that already produces soya, but that has a large yearly shortfall that is filled mainly with US imports of soybean meal. The soymilk beverages, tofu, yogurts

Egyptian Soyfoods Alliance. Four companies signed the founding Memorandum of Understand for the Alliance. Two are already producing soyfoods (soy-cheese spread and textured soy protein meat analogs). Together with others, they will produce additional soyfoods including, soy flour, soy yogurt, tofu and more.

### **Upcoming Course on Soy Utilization**

The National Soybean Research Laboratory (NSRL) has an upcoming program on soy that is open to those wanting technical as well as hands-on training. NSRL Soymilk and Related Products will take place at the University of Illinois on February 25-March 9, 2003-- For information, contact: Dr. Karl Weingartner, [kweingar@staff.uuic.edu](mailto:kweingar@staff.uuic.edu) or call 217-333-4088

and soybean fiber products were all very popular with children and adults alike.

Cade Fields-Gardner went to Africa in October to help plan and implement programs that will demonstrate the health benefits and acceptability of soy in African HIV/AIDS programs. For example in Uganda, she worked with Africare to discuss their pilot projects with Textured Soy Protein (TSP). Fields-Gardner also met with The Aids Services Organization Ltd. (TASO), which is a partner in a U.S. Agency for International Development program, to discuss development of nutrition-related educational materials to support the program that includes distribution of corn soy blend and soy oil. The ACDI/VOCA organization requested WISHH assistance with nutritional data collection to demonstrate a health impact as well as soy recipes and cooking demonstrations for their HIV/AIDS program in Uganda that includes up to 60,000 participants.

## **WISHH Mission Areas Updated**

WISHH recently reviewed its five key program areas and fine-tuned them as follows:

- Identify greater roles for soy in sustainable nutrition and development programs where soy can fortify locally available foods in developing countries throughout the world.
- Create new and expanded uses for soybeans and soy products, particularly high-protein products, such as textured soy protein, soy flour soy protein concentrates and isolates.
- Support and help formulate food assistance and development programs of Private Voluntary Organizations and the World Food Programme.
- Demonstrate the importance of soy nutrition to people with HIV/AIDS in work with the U.S. Department of Agriculture, the U.S. Agency for International Development and other institutions.
- Promote commercial soy foods markets in developing countries with food processing and technology expertise and by raising consumer awareness of health benefits.

# ASA Supports Increased Food Aid

The American Soybean Association (ASA) is supporting a letter by Senator Richard Lugar (R-IN) that asks President George W. Bush not to reduce the amount of U.S. food aid for Fiscal Year (FY) 2003. While the Farm Bill increased the capacity of some smaller programs, it limited the availability of surplus commodities under the 416(b) donation program, which was responsible for 2-3 million metric tons (MT) of food aid per year for the past several years. Therefore, total food aid donations have dropped from 4.7 million MT in FY02 to 3.5 million MT in FY03. There is currently no plan to fill this gap with a needs-based program long advocated by ASA. However, the need is clearly there. The World Food Program has estimated that it will require at least 5.5 million metric tons to just meet the world's most severe emergencies in FY03. The letter urges the President to consider this gap between the need and the planned programming and increase the amount of food donations.

Want to know more about WISHH ...

Because of soy's important role in international diets, the United Soybean Board, state soybean organizations and the American Soybean Association support WISHH. To learn more about WISHH, go to the WISHH website at <http://www.wishh.org/> or email [wishh@asaim.soy.org](mailto:wishh@asaim.soy.org)

