

# WISHH LIST

## World Initiative for Soy in Human Health

*Enhancing human well-being through soy*

Vol. 6, Issue 2 © 2006 by WISHH

October 2006

## Soy in Southern Africa Alliance Marks One-Year Anniversary

September marked the one year anniversary of the launch of the Soy in Southern Africa Alliance (SISA) that WISHH forged with top soy industry leaders. Here's some highlights of how the effort is improving the nutritional value of foods offered in nine African countries and is fostering long-term business growth for Africa and the United States.

- \* SISA organized the *Dry, Blended and Textured Soyfoods Workshop* held September 2006 in Johannesburg.
- \* Natural Products, Inc. (NPI) sent its General Manager Paul Lang to South Africa in March where he found some of the biggest bakeries and beverage companies are eager to add soy to their multimillion dollar product lines.
- \* A major national food show in the United States, Expo East, just featured SISA at an informational session about the alliance, including the trial of high-quality soy protein supplementation to improve health and survival in people living with HIV/AIDS in the Western Cape of South Africa.
- \* The Soyfoods Association of North America has supported SISA with scientific information on the health benefits of soy and guidelines on how to address frequently asked questions about soy.
- \* A company in Malawi is developing a product for regional distribution with groundnut paste, soy proteins and micronutrients that will act as a high-protein supplement for people needing good nutrition.
- \* A Zambian beverage maker is exploring how to put soy in a drink, called magheu, which is made from local grains.

The U.S. Agency for International Development (USAID) supports SISA. Partners include WISHH, The Solae Company, Natural Products Inc., WhiteWave Foods/Silk Soymilk, Soyatech, Hain Celestial Group, Malnutrition Matters, and The Services Group. Key African-based partners include the Council for Scientific and Industrial Research as well as local, regional, and national government authorities, and targeted non-governmental organizations and businesses. These partners are part of the Southern Africa Global Competitiveness Hub managed by The Services Group - a USAID contractor.

## Honduran Pilot Project Offers Healthier Diet for Children

WISHH signed a memorandum of understanding with the Adventist Development and Relief Agency (ADRA) in Honduras that will use U.S. soy so Honduran children can have healthier diets. The joint project between WISHH, ADRA and the Honduran Ministry of Health will implement a pilot feeding program that adds U.S. texturized soy protein and defatted soy flour to foods for children ages 6 to 36 months. Children from 500 families in the Santa Barbara and La Paz regions of Honduras will benefit. Honduran Health Ministry officials point out that in spite of educational efforts, childhood malnutrition rates have not improved. They want to address the lack of protein and micronutrients directly. An estimated 30 percent of the children in Honduras lack sufficient protein in their diets to reach their full mental and physical potential as they grow.



Adventist Development and Relief Agency (ADRA) and WISHH leaders sign a memorandum of understanding to start a pilot feeding program for children in Honduras.



ADRA and WISHH will evaluate children's progress with diets including high-protein soy. An estimated 30 percent of children in Honduras do not receive sufficient protein.

## WISHH Seminars Offer Soy Solutions

In addition to the events and activities described elsewhere in this newsletter, WISHH has organized many seminars in recent weeks. Here's a sampling:

**Ghana-**WISHH sponsored a conference on health, nutrition, soy protein and current food technology incorporating soy into common foods in Accra in September. WISHH director Jim Hershey and Karl Weingartner of the National Soybean Research Laboratory also met with soy food processors.

**Kenya-**WISHH hosted a Global Development Alliance Seminar in Nairobi in August that focused on business opportunities with soy-enhanced foods.

**Tanzania-**WISHH and the U.S. Dairy Export Council hosted a seminar in August for African business leaders to explore how soy and milk proteins can help them market healthy foods with much-needed protein and other nutrients. Participants also gained information on nutrition strategies for undernourished people living with HIV/AIDS.

## WISHH Appoints New Officers, Foundation Elections Held

WISHH board of directors elected new members and officers on July 10 at the WISHH board meeting in Washington, D.C. Officers include the following soybean growers: Chairman Phil Bradshaw of Illinois; Vice Chairman Roy Bardole of Iowa, Treasurer Scott Fritz of Indiana and Secretary Allen Armstrong of Ohio. American Soybean Association President Rick Ostlie confirmed the appointments of the new at-large board members: Kenneth Bartlett of North Carolina, Barb Overlie of Minnesota and William Wykes of Illinois. They are joining the current at-large board members Roy Arends of Iowa, Darren Kadlec of North Dakota, Brad Mathson of Wisconsin, and John Wray of Kansas.

These soybean farmers will also serve on the World Soy Foundation Board (WSF); WISHH has applied for 501c3 charitable organization status for the WSF with the Internal Revenue Service. Other World Soy Foundation board members are Illinois Soybean Association Executive Director Lyle Roberts and Ellen Feeney who oversees corporate philanthropy for WhiteWave Foods Company. Also at the July board meeting, WISHH recognized Iowa soybean grower Denny Friest for his service as outgoing WISHH Chairman.



WISHH and World Soy Foundation board members pose following board elections on July 10 in Washington, D.C. From left front row: outgoing chairman Denny Friest of Iowa, director Roy Bardole of Iowa, new chairman Phil Bradshaw of Illinois and new treasurer Scott Fritz of Indiana. From left middle row, Darren Kadlec of North Dakota, World Soy Foundation board member Ellen Feeney of WhiteWave Foods Company; WISHH board member Barb Overlie of Minnesota; WISHH Executive Director Jim Hershey. Back row from left: John Wray of Kansas, Kenneth Bartlett of North Carolina; World Soy Foundation board member Lyle Roberts of Illinois; WISHH directors Brad Mathson of Wisconsin and Roy Arends of Iowa, and Illinois Soybean Association Chairman Stephen J. Scates.

## IRD Responds to Indonesian Earthquake with Soy-fortified Noodles

International Relief and Development (IRD) again used U.S. soy to help meet the needs of victims of an earthquake when it responded to the May 27 earthquake that left 200,000 Indonesians homeless. The earthquake hit the region where IRD has assisted local food manufacturers in producing soy-enriched snack noodles that IRD helped distribute to 500 schools until the earthquake.

IRD distributed ready-to-eat noodles to victims in spite of its own office in Indonesia sustaining significant earthquake damage. The private voluntary organization also continued its efforts with local noodle manufacturers to produce more soy-based foods. IRD's initial Indonesian project began in 2000 by helping three Indonesian factories to produce soy-enriched wheat noodles that reached more than 4 million Indonesian consumers.

The noodle manufacturers were not hit by the December 2004 tsunami. Following that disaster, IRD donated U.S. soy products to the Indonesian Ministry of People's Welfare. The donation included 17.5 metric tons of soy-enriched biscuits, 17.5 metric tons of soy-enriched snack noodles, 1 metric ton of soy-enriched rice noodles and 1 metric ton of soy-enriched ready-to-eat macaroni.

# WISHH Partners in Exciting Soy Research in South Africa, Kenya and Uganda

## HIV/AIDS Research with Soy to Begin in South Africa

The University of Stellenbosch Ethics Committee has approved a collaborative study on the potential for impact of high quality soy protein in HIV-infected adults. WISHH and The Solae Company initiated the study that is expected to start in early 2007 in the Western Cape of South Africa. The study will compare a beverage containing soy protein isolate with a product with equal calories and micronutrients, but no supplemental protein. The goal is to determine the effects of high-quality protein supplementation on health and nutrition of people living with HIV. The principle investigator is Roy Kennedy, a University of Stellenbosch faculty member. Kennedy will direct the study that will introduce the soy-containing products to 400 participants, including both patients and caregivers at four clinical sites. Results are expected to be evaluated by early fall 2007 and entered into the scientific literature as a publication in a peer-reviewed journal.

## Kenya Study Shows Soy Protein Results in Region Hit by HIV and Famine

"I thank the WISHH Program and Morcoa for the soya," are the words of a young boy in Kenya who received high-protein value-added soy products along with other foods through a WISHH project this year. WISHH cooperated with Catholic Relief Services (CRS) and its Kenyan partner group, Morcao.



The Nyanza Province in Kenya is one of the poorest and hardest hit by HIV/AIDS. The number

of orphans and vulnerable children (OVCs) in this region is steadily rising. To respond, CRS-Kenya has

partnerships with local community-based organizations (CBOs) to provide education, clinical services, and support for people infected and affected by HIV/AIDS.

The six-month pilot study assessed the acceptability and benefits of adding high-protein soy products to the diet for OVCs and caregivers in the Nyanza Province through partner CBOs. During the study, drought and famine ravaged the province. The CRS rations offered the only food available in some households. Under such circumstances, dire nutrition and health problems would be common.

A total of 191 families were enrolled and 727 individuals were measured at baseline. At follow-up, 283 measures were completed. Results showed that despite widespread drought

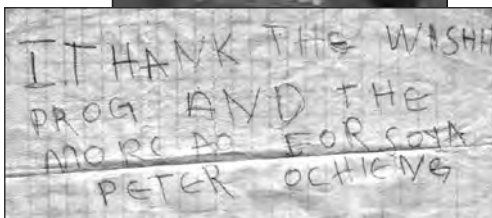
and famine, 47% gained weight and 23% were able to maintain weight. The best results occurred when children had both calorie and protein sources for maintenance and improvement in nutritional status. Children who consumed the soy products without the other rations were largely able to maintain nutritional status while those receiving beans and maize without soy products lost some ground in measures of strength and height, both protein-dependent markers.

## Ugandan Study on Corn Soy Blend and HIV Presented at Nutrition Conference

The WISHH-ACDI/VOCA collaboration in Uganda received attention during the American Dietetic Association (ADA) Food and Nutrition Conference and Exposition in Honolulu, Hawaii on September 17th. Food and nutrition specialists around the world attend the conference to network and learn about new developments and research. WISHH consultant and HIV nutrition adviser Cade Fields-Gardner described the partnership project that evaluated nutrition and health impacts of corn-soy blend (CSB) and oil distribution in a P.L. 480 Title II program targeting 60,000 people affected by HIV infection and AIDS in Uganda. Attendees commented that this work was an important contribution to the evidence that is so badly needed to support the inclusion of food and nutrition as a part of the response in the battle against HIV/AIDS. They also noted that follow-up to this research would be important to determine the role for targeted food as a part of medical nutrition therapy to improve the nutritional quality of the diet in regions most heavily impacted by HIV/AIDS. Go to [www.wishh.org](http://www.wishh.org) for a copy of the presentation.

## Honduras Pursues National Strategy on Nutrition for Weaning Sector

The Honduran Ministry of Nutrition and Food Security has requested that WISHH provide technical support for development of soy-based nutritional products to help meet the specific needs of pregnant women, lactating mothers and children 6 months to 3 years of age. In July, Dr. Armando Reyes Pacheco, WISHH's representative in Honduras accompanied Honduras' Director of Food Security and Nutrition of the Ministry of Health Dr. Samuel Mejía and Dr. Sandra Ramirez, who is in charge of Health Promotion and Assistant to the Vice Minister of Populations at Risk, to WISHH's headquarters as well as the U.S. Agency for International Development and others in Washington, D.C. They also traveled to the National Soybean Research Laboratory at the University of Illinois, in their quest to develop a "fortified - supplementary product" that will be incorporated into AIN-C (Asistencia Integral al Niño en la Comunidad), as part of the Government of Honduras' National strategy on Nutrition and Food Security. The importance of weaning foods, highlighted at WISHH conferences held in Honduras and Washington, D.C. earlier this year, is a growing area of focus for public policy makers around the world.



# WISHH

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



## WISHH Mission

*To create sustainable solutions for the protein demands of people in developing countries through the introduction and use of U.S. soy products.*

## First U.S. Food For Peace Purchase of Defatted Soy Flour

As you read this, the first shipment of U.S. defatted soy flour has recently arrived in Burkina Faso where Africare is prepared to use it to boost the nutrition of severely malnourished mothers and children at a provincial hospital and a rural health clinic. WISHH has provided technical assistance to Africare that will also use some of the defatted soy flour to help people living with HIV/AIDS.

Thanks to teamwork, the U.S. government purchased the first shipment of U.S. defatted soy flour under the Food for Peace Program. On June 1, 150 metric tons of the product— enough to provide 5 million servings of protein - flowed into bags emblazoned with the American flag at the Cargill Cedar Rapids facility. “Without everyone’s dedication, Africare’s request for the high-protein soy would not have been fulfilled,” says WISHH Director Jim Hershey.

Africare was eager to find foods that would bolster the well-being of severely malnourished infants and children.



Karl Weingartner (shown standing at far right) of the National Soybean Research Laboratory in Illinois traveled to Burkina Faso to train local food preparers and trainers in the use of the product.



photo credit: Iowa Soybean Association.

WISHH worked with Africare on possible dietary solutions and found that defatted soy flour’s high protein and other nutrients can be incorporated readily into foods already popular with Africans. Therefore, Africare requested defatted soy flour in its proposal to the Food for Peace Program, managed by the U.S. Agency for International Development (USAID).

With input from USAID and the Department of Agriculture, Cargill and other soy processors agreed to develop new bags that would withstand the severe conditions often encountered by food aid shippers. They also moved ahead on the

governments requests for signage on the bags. Africare and WISHH are collaborating to make sure the product is programmed for maximum impact for its intended beneficiaries.



A soy and sweet potato weaning food is one of the recipes that the National Soybean Research Laboratory trained Africare staff to prepare with the defatted soy flour.