

## New Ideas and Health Benefits of Soy Sauce

It is true that soy sauce is a salty food, but researchers are investigating the idea that soy sauce may be different than other high-salt foods.

- When soy sauce is fermented in the traditional way, it may respond differently with respect to our blood pressure and cardiovascular health.
- The unique fermentation process used to produce soy sauce may bring with it a long list of digestive tract benefits. Some of the microorganisms involved with soy sauce fermentation contain enzymes that can break apart unique fibers (hemicelluloses) found in soybeans. They may be able to support the growth of “friendly” bacteria in our large intestine.
- Soybeans are associated with some food allergies. However, new research in this area suggests that soy sauce may be a far less allergenic form of soy that may provide support to our immune and inflammatory systems, which are typically involved in an allergic response. There are some research results that indicate that soy sauce has been found to reduce the occurrence of seasonal allergy symptoms.
- The health benefits include great antioxidant benefits because of the unique fermentation process. It has been recommended that the soy sauce product you purchase should be traditionally made and not contain artificial colors or flavors, including caramel coloring. It should also be certified organic soy sauce.
- The production of some Korean-style soy sauces makes use of *Bacillus* bacteria to help with fermentation. If vitamin K is a nutrient of special concern in your meal plan, you may want to consider Korean-style soy sauce as a preferred choice. However, we still recommend that you contact the manufacturer to determine what information is available about fermentation and vitamin K content, since Korean-style soy sauces are not always fermented with the help of *Bacillus* bacteria.

- Soy sauce deserves special mention in the protein category, since it ranks 9th among the World's Healthiest Foods in terms of protein density.
- There has also been some preliminary research to suggest possible soy sauce benefits for prevention of type 2 diabetes. For soy foods in general, there is an association between dietary intake and risk of type 2 diabetes.

For More Information See:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=110>