**Nutrition and Health Value Of Plant Based Protein Source**

Mohd. Nazir

In recent years, plant-based proteins have gained immense attention in the food industry due to various benefits. These proteins are derived from various sources such as fruits, vegetables, grains, and legumes. They are rich in essential amino acids, vitamins, and minerals, making them a valuable addition to a balanced diet.

**Soybean**

Soybean is one of the most versatile and versatile sources of protein. It contains all nine essential amino acids, making it a complete protein source. Soybeans are also rich in vitamins, minerals, and antioxidants, making them beneficial for overall health.

**Soy Protein**

Soy protein is a popular source of protein used in various food products. It is gluten-free and suitable for vegans and vegetarians. Soy protein is also used in sports nutrition products to enhance muscle recovery.

**Soy Protein Powder**

Soy protein powder is a concentrated form of soy protein. It is used as a supplement in shakes, smoothies, and snacks to increase protein intake.

**Soy Protein Isolate**

Soy protein isolate is a high-purity, low-carbohydrate form of soy protein. It is used in weight management, athletic recovery, and general health.

**Soy Protein concentrate**

Soy protein concentrate is a low-fat, low-calorie form of soy protein. It is used in various food products to increase protein content.

**Soybean**

Soybean is harvested from soy plants and is a rich source of protein. It is used in a variety of dishes such as stir-fries, soups, and salads. Soybeans are also used in traditional foods such as tofu and tempeh.

**Soybean Oil**

Soybean oil is obtained from the seeds of soybeans. It is a versatile oil used in cooking, baking, and as a spread. Soybean oil is also used in various industries such as food, pharmaceuticals, and cosmetics.

**Soy Sauce**

Soy sauce is a savory condiment made from fermented soybeans. It is used in various Asian dishes as a flavor enhancer. Soy sauce is also used in marinades, dressings, and as a dipping sauce.

**Soy Milk**

Soy milk is a non-dairy milk alternative made from ground soybeans. It is a good source of protein and is often used in breakfast cereals, smoothies, and as a milk substitute.

**Soy Lecithin**

Soy lecithin is a chemical compound obtained from soybeans. It is used as a stabilizer, emulsifier, and food additive. Soy lecithin is also used in various industries such as cosmetics, pharmaceuticals, and as a dietary supplement.

**Soy-Based Foods**

Soy-based foods are a popular choice for vegans and vegetarians. They include tofu, tempeh, soy milk, and various soy-based snacks.

**Soy Protein Powder**

Soy protein powder is a concentrated form of soy protein. It is used in various food products and supplements to increase protein intake.

**Soy Protein Isolate**

Soy protein isolate is a high-purity, low-carbohydrate form of soy protein. It is used in weight management, athletic recovery, and general health.

**Soy Protein Concentrate**

Soy protein concentrate is a low-fat, low-calorie form of soy protein. It is used in various food products to increase protein content.

**Soybeans**

Soybeans are the seeds of soy plants and are a rich source of protein and other nutrients. They are used in various dishes and traditional foods.

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Unleashing Power Of Science, Technology, Innovation & Data

By combining external ideas, technologies, and talents with internal capabilities, organizations can accelerate the development of transformative technologies and practices.

Exploring Vertical Farming Around World – Need And Benefits

This type of farming ensures year-round production by utilizing controlled environments, resulting in continuous harvests regardless of weather conditions.

Vertical Farming: A Space-Saving Marvel

Vertical farming is a space-saving marvel that saves crop space by growing crops vertically, resulting in increased crop production in smaller spaces. This approach reduces the need for additional land and resources, making it an ideal solution for urban areas and regions facing resource constraints.

Innovative projects delivering impactful outcomes

Innovative projects around the world are delivering impactful outcomes for vertical farming. For instance, Aero Farms of the US achieved a significant milestone by growing 10,000 pounds of lettuce in a single season. This success story highlights the potential of vertical farming in addressing food security challenges.

Vertical farming promotes sustainable agricultural practices

Vertical farming promotes sustainable agricultural practices by reducing water and energy consumption, minimizing carbon footprints, and supporting biodiversity. This approach aligns with the United Nations Sustainable Development Goals (SDGs), promoting environmental sustainability and food security.

By adopting vertical farming technology, organizations can contribute to achieving the SDGs, particularly in addressing climate change and improving food security. Vertical farming offers a promising solution for sustainable agricultural development, supporting a more resilient and sustainable food system.

Dr. Mohammad Nafees Zakaria, COMSAT

Professor Dr. Mohammad Nafees Zakaria, President of COMSAT, emphasizes the critical role of innovative projects in advancing vertical farming technology. His expertise in the field underscores the potential of this approach in transforming the agriculture sector and promoting food security.

Further reading:

- "Vertical Farming: A Space-Saving Marvel"
- "Innovative projects delivering impactful outcomes"
- "Vertical farming promotes sustainable agricultural practices"
- "By adopting vertical farming technology, organizations can contribute to achieving the SDGs, particularly in addressing climate change and improving food security. Vertical farming offers a promising solution for sustainable agricultural development, supporting a more resilient and sustainable food system."
Parasitic infections are a global health concern, affecting millions of people and animals in a variety of nations. The disease Paramphistomiasis, caused by the Paramphistomum species, is a neglected disease in livestock, involving parasitic flatworms that infect various species, including cattle, sheep, and goats. This parasitic disease can have severe consequences for livestock owners and ani

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Animals become infected by ingesting infected vegetation or water sources, which contain the infective larva. Once ingested, the larva migrates to the animal’s digestive system and attaches to the lining of the stomach, where it matures and reproduces. Paramphistomiasis can cause a range of health problems, including weight loss, reduced milk production, anemia, and digestive disorders.

Effective management of Paramphistomiasis involves good animal husbandry practices, such as controlling overgrazing, providing good-quality forage, and avoiding contaminated water sources. Early detection and targeted treatment are crucial for controlling the disease.

Prevalence and control: Paramphistomiasis is common in many parts of the world, particularly in regions with tropical and subtropical climates. Control measures include the use of anthelmintics, improvements in animal husbandry practices, and the use of alternative protein sources to reduce the impact of the disease.

Impact on livestock: Paramphistomiasis can cause significant economic losses for farmers and ranchers. Infected animals may experience reduced milk production, weight loss, and decreased growth rates, leading to decreased income for farmers.

Conclusion: Paramphistomiasis is a neglected disease in livestock, with significant economic and health impacts. Effective control measures are needed to reduce the burden of this disease and improve the welfare of infected animals and farmers.

Nutrition And Health Value Of Plant Based Protein Source

Soybeans have been extensively studied as a nutritious and low-calorie source of protein, soy milk instead of cow’s milk in your baked goods. Snack on roasted soy nuts and chili. Soybeans have been shown to have anti-cancer properties. Consuming soybeans may help to reduce heart disease and diabetes. Some studies have also shown to have a cholesterol-lowering effect.

Soybeans are a low-calorie, nutrient-dense food which makes them a good food choice for people looking to reduce their cholesterol levels. The high fiber content of soybeans also helps to promote feelings of fullness, which can help to reduce overall calorie intake.

How to Incorporate Soybeans into Your Diet

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Soybeans are a rich source of protein, fiber, and minerals including iron, calcium, and vitamin C. They are also low in saturated fat and cholesterol, making them an excellent choice for individuals looking to maintain a healthy diet.

Soybeans – The Superfood: Benefits And Wider Consumption

One of the most popular ways to consume soybeans is to use it as a substitute for meat. Soy protein is a great alternative for people who want to reduce their meat intake or follow a vegetarian or vegan diet. It can be used in a variety of foods, such as tofu, tempeh, and soy milk.

Soybeans can also be used as a meat substitute in meatless dishes. Soy burgers, for example, are a great way to incorporate soybeans into a meatless diet. Soy burgers can be made using a variety of flavors, such as chicken, beef, or pork. They are also low in saturated fat and cholesterol, making them an excellent option for individuals looking to maintain a healthy diet.

Effects Of Soybean On Characteristics Of Gluten Free Bread

The shelf life of gluten free bread is an important factor to consider when selecting a gluten-free bread. According to a 2008 study, hydrogenated palm oil was added to the bread to improve the shelf life of the bread. The shelf life of the gluten-free bread was significantly longer than that of the control bread, which did not contain hydrogenated palm oil. The shelf life of the gluten-free bread was approximately 12 days, compared to only 4 days for the control bread.

Conclusion: The use of soybeans and soy-based products in the production of gluten-free bread can improve the shelf life of the bread. The addition of soy flour, soy protein, and soy sauce can also improve the flavor and texture of the bread. Adding soy flour can improve the quality and nutritional value of the bread.

OCTOBER 2019

The shelf is about one month at normal retail shelf temperature. Gandhi (2008) developed a HACCP protocol for the production of better quality full fat soy flour with product safety. The amount of protein is 35%, Fat 18%, Ash 6.5%, Crude fiber 4.5% and moisture 10.0% and 10.4%.

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Structural analysis of soy flour and soy-based products shows that adding soy flour can improve the shelf life of the bread. The addition of soy flour can also improve the flavor and texture of the bread. Adding soy flour can improve the quality and nutritional value of the bread.

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