

Reducing cholesterol with food made from soybeans and amaranth

November 5 2015



Scientists have developed a supplement to maintain optimal health that contributes to the growth and development of children and adolescents. It also prevents osteoporosis and certain cancers such as breast and

prostate.

Prosoma is a [protein supplement](#) made from soy and amaranth, which contributes to lowering cholesterol and preventing osteoporosis, is inexpensive, and was created by a group of students from the Interdisciplinary Center for Health Sciences (CICS) at the National Polytechnic Institute in Mexico City

Students Andrea Felix, Eva Fuerte, Ana Ramirez and Cesar Ramos, explained that proteins are made up of chains of [amino acids](#), and are critical to maintaining good health as they contribute to the growth of children and adolescents, also help athletes to develop muscle and optimize their performance.

This food, called Prosoma, was made with soy and amaranth, vegetables that help lower cholesterol, prevent osteoporosis and certain cancers such as breast and [prostate cancer](#), as opposed to commercial products, it contains no animal protein or chemical additives.

The team of students are specializing in nutrition at the CICS. They ensure that the mixture of these vegetables, added with small pieces of cranberry, form a functional food containing omegas 3 and 6, vitamins A, C, B1, B2, B3, B6, K, folic acid, vitamins C and E, plus calcium, magnesium, iron, zinc, iodine, copper, selenium, phosphorus, potassium, fluorine and manganese.

Prosoma could help in combating malnutrition suffered by children between five and 12 years in some regions. It can be consumed by people of all ages, particularly those athletes who wish to strengthen their muscles.

To prepare the product, polytechnic students followed the NOM 051, which refers to the general specifications of food labeling and the Codex

Alimentarius, which is a global reference point for consumers and [food](#) producers about the formation of the nutrimental table.

Provided by Investigación y Desarrollo

Citation: Reducing cholesterol with food made from soybeans and amaranth (2015, November 5) retrieved 17 May 2024 from <https://medicalxpress.com/news/2015-11-cholesterol-food-soybeans-amaranth.html>

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