

Influence of Kori-tofu on health functionality has confirmed by a joint research in the Netherlands. A paper published in the international scientific journal 『Nutrients』 .

Asahimatsu Foods Co., Ltd. (Headquarters: Osaka and Iida City, : Hirotaka Kinoshita) carried out a clinical trial on Europeans through joint research with Wageningen University. It was confirmed that the risk of diseases such as heart disease is reduced by improving metabolism by ingesting Kori-tofu. The results of this research were published in the international scientific journal 『Nutrients』 , as “Effect of 4-week consumption of soy Kori-tofu on cardiometabolic health markers: a double-blind randomized controlled cross-over trial in adults with mildly elevated cholesterol levels”.

We have been researching the health functionality of Kori-tofu for Japanese people. In 2019, we joined Food Valley in the Netherlands and have continued joint research with Wageningen University. In this study, the health functionality of Kori-tofu for Europeans was confirmed for the first time in the world. We consider that Kori-tofu contributes to the healthy and longevity life of the all people and will continue to participate in Food Valley to develop and popularize as localized foods in each region.



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• Title

Effect of 4-Week Consumption of Soy Kori-tofu on Cardiometabolic Health Markers: A Double-Blind Randomized Controlled Cross-Over Trial in Adults with Mildly Elevated Cholesterol Levels

• Authors

M Belt¹, S Haar¹, E Oosterink¹, T, Loenhort², T Ishiguro³, D Esser¹

1: Wageningen Food and Biobased Research, Wageningen University.

2: Department of Cardiology, Ziekenhuis Gelderse.

3: Food Research Laboratory, Asahimasu Foods Company Limited.

• Methods

45 subjects with mildly elevated cholesterol levels, received a four week Kori-tofu intervention or whey protein control intervention.

Cardiometabolic biomarkers were measured before and after both interventions.

• Results

	Item	Unit	Kori-tofu ingestion		
			Baseline	Change	p-value
Lipid Metabolism	Total cholesterol	$\mu\text{mol} / \text{L}$	5.7	-0.14	0.02
	LDL cholesterol		3.7	-0.27	<0.01
	Triacylglycerol		1.4	0.06	0.25
Sugar Metabolism	Glucose	$\mu\text{mol} / \text{L}$	5.4	0.04	0.36
	Fructosamine		260	-6.1	<0.01
	HbA1c	mmol / L	37	-0.42	0.02
Blood Pressure	Systolic	mmHg	122	-3.1	0.03
	Diastolic		75	-1.1	0.15

Observed improvements in cardiometabolic profiles after the Kori-tofu intervention did not significantly differ from control. However, within the Kori-tofu intervention we did observe positive effects on cardiometabolic health in participants with an impaired cardiometabolic profile. Especially the change in measures related to glycemic control can be considered interesting in this respect.