

Fermented soybean waste found to tackle obesity

Japan - An international team of scientists from Waseda University in Japan, and Nanyang Technological University in Singapore, have found that fermented soybean waste, or "okara," could improve fat metabolism and mitigate effects of diet-induced obesity.

Through laboratory experiments

reported in the peer-reviewed scientific journal *Metabolites* in February, scientists from the universities showed that mice on a high-fat diet supplemented with fermented okara gained less body mass and had lower levels of fat and cholesterol after three weeks as compared to mice on the same diet

but not fed any fermented okara.

With 14 million tonnes of okara generated every year, and nearly a third of the world's population overweight or obese, integrating fermented okara into health foods could address the prevalent problems of food waste and obesity at the same time.