Abstract

Soybean (*Glycine max L.*), a species of legumes, is a well-known source of high-quality plant-based protein widely cultivated in Asia. An intake of ≥25 g/day of soy protein has been reported to be associated with a lot of health outcomes. In Indonesia, soybean is one of the most favored protein sources. In order to understand the frequencies and amounts of macro- and/or micronutrients from soy intake and its health benefits, dietary assessment is thereby necessary. This cross-sectional study aimed to assess daily soy-based products intake and daily soy protein intake using a soy SQ-FFQ in Indonesian adults. Study participants were healthy Indonesian adults aged 18-55 years old who were regular soy consumers (≥1x a month). The selected participants (n = 109) were administered to a self-reported soy SQ-FFQ during the past one month. This study revealed that 25% of participants complied to the daily soy protein intake recommendation of ≥25 g/day with a median (IQR) intake of 59.18 (33.39-83.49) g/day, while the other 75%, with a median (IQR) intake of 7 (2.39-12.07) g/day, did not. In conclusion, a majority of the participants involved are suggested to increase their daily soy protein intake in order to adhere to the recommendation for daily protein intake and daily energy intake.

Keywords: daily soy-based products intake, daily soy protein intake, dietary assessment, semi-quantitative food frequency questionnaire (SQ-FFQ)