

Mittal Institute of Education

(Approved by NCTE, New Delhi & Affiliated to BU, Bhopal M.P.)

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Session 2020-21

Report on “Nutritional Value of Soyabean”

Dated 9th sept 2020

About the Workshop

- Mittal Institute of Education organized a **one day expert talk on nutritional value of Soyabean Products.**
- The program was arranged under expert guidance of **Central Institute of Agriculture Engineering, Bhopal [CIAE].**
- **Trainers from CIAE Bhopal** who guided our faculty on technical aspects.
- Dr Neelu Quaiyumi delivered the expert lecture
- A total of **37 students** have actively interacted and learnt new facts about nutritional values of from this one day expert lecture
- **Coordinators appointed for the Workshop were -**
 - i.** Dr. Neelu Quaiyumi [HOD of Life Sciences]
 - ii.** Ms Kalpana Verma
- **Soyabean products included in the lecture were as follows -**
 - i.** Soya Milk
 - ii.** Soya Yoghurt
 - iii.** Tofu
 - iv.** Soy Ice Cream



The nutritional values of some popular soya products are as under

S.No	Product	Quantity	Water	Protein	Energy	Fiber	Others
1	Soya Milk	100gm	93.3 gm	2.8 gm	33.3 kcal	1.3gm	Also contains Vitamins, Minerals, carbohydrates at par with normal milk
	Soy Ice Cream	1/2 Cup	10gm	2-3gm	170-220 cal	2-5gm	7-11gm fat, 25-36gm carb, 16-20gm sugar & flavor
	Soya Yogurt	100gm	89 gm	4.7gm	59 kcal	0.2gm	2.7 fat,
	Tofu	100gm	-	9.02gm	116 kcal	7.9 gm	0.38gm fat, 20.13 carb

