

## Consumption of Soy Improves Blood Lipid and Calcium Profile of Post-menopausal Women

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**ABSTRACT** This was a purposive randomized intervention trial carried out to examine the effect of soy protein isolate and calcium supplementation on blood profiles of post-menopausal women. A total of 100 post-menopausal women were selected and randomly divided in to two groups. Group I was given intervention of 40 gm soy protein isolate and Group II was given 500mg of calcium per day for 100 days. Results of soy protein intervention showed a significant decrease in total cholesterol (15.65%), triglyceride (13.33%), low density lipoprotein (19.90%), and very low density lipoprotein (13.09%). There was a significant decline in the high density lipoprotein level too (5.40%). A significant improvement was also observed in blood calcium (9.90%) and alkaline phosphatase level (11.50%). Calcium supplementation showed significant improvement in blood calcium (12.20%) and alkaline phosphatase (8.37%) level. The study reveals that soy protein isolate and calcium supplementation is beneficial for improving lipid profiles and bone health of post-menopausal women.