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## Effects of whole soymilk on metabolic disorders and digestive efficiency in high-fat diet-induced obese mice

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Obesity has been increasing with severe complications such as hyperglycemia, hypertension, and dyslipidemia. The aim of this study was to evaluate the effects of whole soymilk and nano particle-whole soymilk on metabolic disorders and digestive efficiency in high-fat diet (HFD)-fed mice. Mice (C57BL/6J, n=70) were randomly assigned to six groups, A: normal diet based on AIN-93G, B: HFD (45% kcal % fat), C: HFD containing 10% whole soymilk powder, D: HFD containing 10% whole cow milk powder, E: HFD containing 1% whole soymilk powder, F: HFD containing 1% nano particle-whole soymilk for 8 weeks. Intake of whole soymilk (Group C) did not change body weight and fat mass compared with those of HFD-diet mice, however, significantly lowered blood pressure than that of HFD-fed mice. On the other hand, we found that mice-fed nano particle-whole soymilk (Group F) had higher body weight and fat mass than those of HFD-fed groups. These results suggest intake of whole soymilk could be helpful for the regulation of obesity and its related metabolic disorders.

### Biography

Yoon-Mi Lee, Ph.D is a post doctor at the department of food bioscience, Konkuk University, South Korea. She received her BS degree in the Department of Bioscience, Sungkunkwan University and Ph.D degree in the College of Medicine, Seoul National University, South Korea. While pursuing her Ph.D. degree, she was studying identifications of drugs targeting cancer and characterizing their molecular mechanisms in cells and animal models. She is currently focusing on identifying efficacy of food bioactives in the prevention and treatment of various chronic diseases including metabolic disorders.

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