

May 2002



OHIOSTATE

A L U M N I M A G A Z I N E

form follows function

Some artful designs end up in
stores, not museums



plus

Funnyman Robert Post
The search for a new president

CHAIRPERSON
FOOD SCIENCE & TECH
122 VIVIAN HALL
2121 FYFFE RD. CAMPUS

Bread lowers risk of heart disease

Scientists at Ohio State have cooked up soy bread that tastes good and is good for your heart.

"This is the first baked good that can legitimately carry the FDA claim that consuming it is associated with a lower risk of

heart disease,"

said Yael

Vodovotz, assistant

professor of food science.

"It's a big deal."

Vodovotz and one of her students, Cory Ballard, a food scientist and baker, have been working on the soy bread recipe for months. "The problem with soy products is that they just don't taste good to a lot of people," said Vodovotz. But in taste tests around Columbus people liked the bread, which Vodovotz said is a little dense and chewy and looks much like white bread.

For a soy product to be heart-healthy, a serving needs to provide 6.25 grams of soy protein and be low in fat, saturated fat, and cholesterol. The bread meets those requirements. Ohio State currently is negotiating an agreement to license the product to a bakery for distribution to grocery stores in four states.

In the meantime, Vodovotz and colleagues are working on another project to combine foods that contain both soy and tomatoes. Soy has shown success in preventing some kinds of cancers. Likewise, tomatoes have been shown to help prevent prostate cancer.

The research team will study what happens when the two products are consumed together. "Will they work synergistically, or will they work against each other?" Vodovotz asked. "We just don't know, because no one has taken a look at that."

Researchers involved in the three-year, multidisciplinary project include Steven Schwartz, a professor of food science from Ohio State's Cancer Prevention and Control Program; Josh Bomser, assistant professor of food science and technology; Mark Failla, professor of human nutrition; David Francis, assistant professor of horticulture and crop science; Steven Clinton, associate professor of internal medicine and human nutrition; and Neal Hooker, assistant professor of agricultural, environmental, and development economics. ●

For more about research at Ohio State, see research.rf.ohio-state.edu or www.acs.ohio-state.edu/units/research



ILLUSTRATIONS BY MARIANO SANTILLAN

A woman who experiences the death of a loved one, a job loss, or some such life-altering event at a certain point in her pregnancy may have a greater chance of giving birth to a child with autism. Researchers at Ohio State's Medical Center reported that in a study of 212 women who had normal births, 92 women who had children with Down's syndrome, and 188 women who delivered autistic children, the mothers of children with autism were more likely to have experienced a major stressor during the 24th through 28th weeks of their pregnancies. David Beversdorf, neurologist and principal investigator of the study, reported that the numbers of women experiencing major stress during any particular four-week period in their pregnancies remained fairly constant during the study for normal and Down's syndrome pregnancies. However, stress levels for the mothers of autistic children were nearly twice those of other mothers in the study. "With this information there will be other studies that can hopefully determine what are the causes and influences of autism in children," Beversdorf said.