

**Question for written answer E-001966/2025
to the Commission**

Rule 144

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Subject: Health risks from consuming soya

A report from the French Agency for Food, Environmental and Occupational Health and Safety (ANSES)¹ highlights the risks posed by isoflavones, which are naturally present in some plants. Isoflavones may have adverse effects on health, in particular on the reproductive system, if too many of them are consumed.

The report states that one of the main sources of isoflavones in our diets is soya, a legume that is often presented as a meat substitute on account of its high protein content. It is now recommended that soya-based foods should not be served in large-scale catering, in particular in school canteens.

ANSES invites those in industry and manufacturing to implement agronomic techniques and manufacturing processes that would make it possible to produce food while keeping isoflavone content under control.

1. Given the health risks to consumers, does the Commission plan to review the labelling of soya-based products to highlight the dangers associated with eating them?
2. Given the need for further development of agronomic techniques and processes used to manufacture soya-based products in order to protect human health, does the Commission plan to reopen discussions with its main soya-supplying partners (Brazil, Argentina and the United States) in order to establish whether they will consider these recommendations?

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¹ <https://anses.fr/fr/content/eviter-les-isoflavones-dans-les-menus-des-restaurations-collectives>