What Happens if You Eat Raw Soybeans?

Soybeans--rich in calcium, vitamin C, fiber and protein--are healthy because of their low cholesterol content, according to Eden foods (see reference 1). However, they are toxic and can lead to sickness or even death if eaten raw (see reference 1). Experts advise against eating raw soybeans as they contain ant enzymes, phytoestrogens, phytates, goitrogens and hemagglutinin--all of which have adverse effects to the human body.

Enzyme Inhibitors

Raw soybeans contain ant enzymes--particularly a tripsin antagonist--which hider the function of your digestive enzymes. Enzyme tripsin is required in your body to digest proteins. Tripsin enzyme inhibitors interfere with digestion of proteins in your body, explains the fruits and veggies matter (see reference 2). This in turn overworks your pancreas. A report published in soy-beans.org indicates that raw soybeans flour can cause pancreatic cancer in a rat. Enzyme inhibitors in your body can therefore lead to gastric distress; reports Soy-Beans.org (see reference 4). Heating and fermentation does away with these anti enzymes in raw soybeans.

Phytoestrogens and Goitrogens

These two products are present in soybeans in form of isoflavones, according to concerns regarding soybeans (see reference 3). The two can reduce fertility in men--mostly during childhood and when taken in large quantities. In addition to this, phytoestrogens can also depress the function of thyroid leading to goiter (see reference 3). Consuming raw soybeans--which contains goitrogens and phytoestrogens will gradually lead to a decline in your sperm count and render you infertile with time, reports the Human Reproduction (see reference 5). Processing raw soybeans does not denature phytoestrogens.

Hemagglutinin

Soybeans have a high content of hemagglutinin; reports Soy-Beans.org (see reference 4). When introduced into your body, hemagglutinin bids blood cells--red and white--into clumps. These clumps can end up being blood clots within your body. Tofu--food made by coagulating soy milk and pressing dried soybeans--has low hemagglutinin content due to fermentation; reports Soy-Beans.org (see reference 4).

Phytates

Phytates are chemicals found in raw soybeans. Once introduced into your body, phytates hinder absorption of magnesium, iron; zinc and calcium in your body, according to concerns regarding soybeans (see reference 3). Phytates can therefore lead to a mineral deficiency in your body. While making soya milk eliminates cystine and amino acids lysine, it does not lower the content of phytates.

REFERENCES

1. [Eden Foods; Sorting Out Soy Confusion; September 2006](http://www.edenfoods.com/articles/view.php?articles_id=80)
2. [Fruits and Veggies Matter: Vegetable of the Month: Fresh Beans](http://www.fruitsandveggiesmatter.gov/month/fresh_beans.html)
3. [Concerns Regarding Soybeans](http://www.greatdreams.com/soybeans.htm)
4. [Soy-Beans.org: Soy Based Foods](http://www.soy-beans.org/soybasedfoods.html)
5. [Human Reproduction](http://www.jhrsonline.org/)