NUTRAFOODS Spectrum
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ASIA

# Celebrating Australian Organic Awareness Month with BENEOâ??s natural ingredients

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The demand for organic products in Australia has been gathering pace and The Land Down Under's organic industry is not showing any signs of slowing down. By 2022, Australia's organic industry is predicted to be worth $1.2 billion, a notable growth from the industry's value of $919 million in 2016.

One of the driving forces of this demand growth is an increasing number of consumers who are replacing foods that are genetically-modified and contain artificial preservatives with foods that are produced only with natural ingredients. In a survey conducted by Nielsen in Australia and New Zealand, nine out of the 10 consumers who made this dietary switch felt that artificial ingredients are harmful to their own or their family's health.

It is little wonder then that 67% of consumers in Australia are willing to pay a premium for products that are made with natural ingredients.

Held this September, the Australian Organic Awareness Month is a month-long campaign to continue raising awareness about the benefits of consuming organic products. It's a testament to the bright future of organic products in Australia and manufacturers can capitalise on the growing demand by incorporating BENEO's all-natural functional ingredients.

**BENEO's chicory fibres - Orafti Inulin and Oligofructose**

The chicory plant – an ancient vegetable - stores extra energy in its roots in the form of inulin and other carbohydrates which can be extracted and isolated for use. BENEO's Orafti inulin and oligofructose, derived from the chicory root through a gentle hot water extraction method, are used by food manufacturers to replace sugar and fat with high fibre content and are effective in boosting the digestive health of consumers.

Both Orafti inulin and oligofructose are prebiotic fibres that feed the good bacteria already existing in the gut, such as bifidobacteria and lactobacilli. These dietary fibres are not digested in the small intestine and therefore reach the large intestine almost intact.

Numerous intervention studies have shown that Orafti inulin and oligofructose support the growth of these beneficial intestinal bacteria. In turn, the development of certain potentially harmful bacteria is inhibited.

BENEO's inulin and oligofructose stand out in the market as the only existing prebiotics derived from herbal sources. These chicory root fibres appeal to food manufacturers as they can be easily incorporated into foods that we consume regularly such as chocolates, cereals, baking and dairy products.

**Palatinose - The next generation sugar**

Palatinose (isomaltulose) is a natural, non-GMO carbohydrate made from sugar beet. It is the only fully digestible and slow release carbohydrate. It is the perfect carbohydrate source for products geared towards those suffering from diabetes and offers a unique alternative to high glycemic carbohydrates, with all the nutritional and physiological advantages of a fully digestible, slow-release carbohydrate. It provides natural energy in a balanced way, with less blood glucose fluctuation and steadier insulin release. This results in an improved metabolism, helping the body to burn more fat for energy, which makes it an ideal carbohydrate in regularly-consumed products such as sports drinks, tea, cereals and energy bars.

Palatinose is also the only fully digestible carbohydrate with a low glycemic index (GI=32) that offers a fully available, balanced and prolonged energy supply in the form of glucose. At a concentration of 4 kcal/g, Palatinose provides the same amount of energy as sucrose. However, because of its stable molecular make up, this functional carbohydrate is digested more slowly and delivered in a sustained way to the body's cells. Palatinose is also the first fully digestible sugar that is kind-to-teeth.

**Remypure S52 - BENEO's new grade of functional native rice starch**

BENEO's new grade of functional native rice starch, Remypure S52, creates an opportunity for manufacturers wanting to replace condiments made from chemically modified starches with cleaner label sauces and dressings. It is characterised by its high tolerance to severe processing conditions, overcoming low pH, high temperature and high shear. Due to BENEO's unique thermal inhibition process, the functional properties of Remypure rice starches are obtained without using chemicals. Remypure S52's performance level is comparable, or superior, to modified food starches, due to its reduced granule breakdown during processing.

BENEO's clean label rice starches can help to reduce fat in products, yet still convey a creamy texture and mouthfeel. Depending on the used rice variety, rice starch obtains textures ranging from short to long, making it ideal for use as a texturiser for short texture recipes such as puddings, flans and mousses, as well as longer texture yoghurts and creamier desserts.

**Harnessing a healthy nation with BENEO's natural products**

BENEO's natural products such as Palatinose, Remypure S52 and Orafti inulin and oligofructose provide food manufacturers with the natural ingredients to produce high quality organic foods. In addition to catering to the growing demands for organic food, these ingredients offer a wide array of health benefits, satisfying the growing number of health-conscious customers in Australia.