

CUT SUGAR AND BOOST DELIGHT

Sweet and sugar-free with a taste and texture to love



Give consumers the sweet taste and familiar texture they want in your reduced-sugar and sugar-free formulations with **ERYSTA® erythritol**.

Today's health- and nutrition-conscious consumers are searching for the sweetness experiences they love in products that contain less or no sugar and fewer calories using sweeteners they recognize and trust. With 81% of U.S. adults trying to limit or avoid sugars,¹ now is the time for food and beverage manufacturers to formulate with ERYSTA erythritol. Not counted as part of total or added sugars on the nutritional label, ERYSTA erythritol has 70% of the sweetness of sucrose and only 0.2 calories per gram. Erythritol can help bring the qualities your consumers love, like a similar taste and the bulking functionality of sugar, to your beverages, bakery items, dairy products, confectionery treats and sauces and spreads.

Get the taste and bulking of sucrose without all the calories and grams of sugar

Erythritol is a polyol, or sugar alcohol, used to replace sugar in reduced-calorie, reduced-sugar and sugar-free foods and beverages. Erythritol is present in nature in fruits such as pears, melons and grapes, as well as mushrooms and fermentation-derived foods such as wine, soy sauce and cheese. Key attributes of ERYSTA® erythritol include:

- Clean, sweet taste similar to sucrose
- 70% as sweet as sugar with mouth cooling sensation
- Only 0.2 calories per gram
- Not counted as part of total and added sugars
- Functional bulking and freeze-point depression in formulations
- Two particle sizes: ERYSTA C40 and C100 erythritol
- Non-GMO

Low GI and non-cariogenic

A unique characteristic of erythritol is that the body rapidly eliminates it within 24 hours due to its small molecular size and structure.² As a result, the laxative effects associated with excessive polyol consumption are less likely.³ Clinical studies have shown that erythritol does not raise blood glucose or insulin levels.⁴

Erythritol is non-cariogenic, meaning that it is resistant to metabolism by oral bacteria that can cause tooth enamel loss and the formation of cavities.⁵



BUILD SWEET APPEAL

Work with Ingredion to replace sucrose without compromising taste or quality to create in-demand foods and beverages. Take advantage of our in-depth understanding of sweetness as an experience as well as our wide portfolio of innovative sweeteners, specialty polyols and texture solutions. Sugar reduction can present many challenges and our applications and formulation expertise can help you solve freeze-point depression and crystallization challenges, balance sweetness, and create just-right taste, texture and performance.

Innovate with HEALTH & NUTRITION
ingredion.us/polyols | 1-800-713-0208

Sources:

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3. Laxative threshold of sugar alcohol erythritol in human subjects. Oku T, Okazaki M., Nutrition Research 1996;16(4):577-89. doi: [https://doi.org/10.1016/0271-5317\(96\)00036-X](https://doi.org/10.1016/0271-5317(96)00036-X)
4. Serum glucose and insulin levels and erythritol balance after oral administration of erythritol in healthy subjects. Noda K, Nakayama K, Oku T. Eur J Clin Nutr. 1994 Apr;48(4):286-92
5. Noncariogenicity of erythritol as a substrate. Kawanabe JI, Hirasawa M, Takeuchi T, Oda T, Ikeda T. Caries Res. 1992;26(5):358-62

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