

# Nutrition starts here



Consumer interest in health and wellness continues to drive innovation in food and beverages. Sales of foods containing nutritional ingredients such as fibre, antioxidants and wholegrains keep growing year on year. Market growth is also linked to mainstream products offering fat, salt and sugar reduction, and also to foods and beverages catering for specific nutritional needs, including allergen-free and clinical and infant nutrition.

With over 15 years' experience in the health and nutrition sector, Ingredion is well placed to help you increase your products' nutritional value and enhance the consumer appeal of your products.

## The A-Z of nutrition

From fat replacement in baked goods and sugar reduction in dairy products, to fibre enhancement in everyday foods and specialised starches for infant formulas and dysphagia applications, we can help you create products that meet real consumer demands.

Our speciality starch- and flour-based solutions have been specifically developed to tackle a number of key nutrition and health topics, including:

- ✓ High fibre
- ✓ Clean label
- ✓ Cholesterol reduction
- ✓ Wholegrain
- ✓ Allergy free
- ✓ Improved swallowing
- ✓ Fat reduction
- ✓ Glycaemic control
- (clinical nutrition)
- ✓ Sugar reduction
- ✓ Digestive health
- ✓ Energy source (infant nutrition)

With our established in-depth market insights and culinary, formulation and texture expertise, we have the tools to help you create differentiated health and nutrition products *and* take them to market quickly.

Our comprehensive health and nutrition ingredient portfolio covers five key application areas:

- Bakery
- Beverages
- Dairy
- Soups, sauces and dressings
- Clinical and infant nutrition

### Seal of approval

Valid and substantiated nutrition and health claims are important in securing consumer trust in your brands. With a wealth of data supporting the use of our ingredients for improved health benefits, there is something for everyone in our diverse nutrition portfolio.

With the European Food Safety Authority (EFSA) directing the substantiation of health benefits, we're pleased to have successfully achieved positive opinions and EU authorised health claims for the nutritional ingredients which we sell:

- SUSTAGRAIN® wholegrain barley\*
- HI-MAIZE® resistant starch\*\*



	Nutrition Claims			Health Claims		
	Source of / Rich in fibre	Contains wholegrain	Gluten-free	Blood sugar maintenance	Blood cholesterol lowering	Improved digestive regularity
HI-MAIZE™ Resistant starch	✓		✓	✓		
SUSTAGRAIN® Wholegrain barley	✓	✓		✓	✓	✓

\* See detailed SUSTAGRAIN brochure for more information  
 \*\* See detailed HI-MAIZE brochure for more information

Find out more  
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 Delivering solutions.™

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