Fazer Mills offers a wide portfolio of oats, rye and wheat-based healthy ingredients for snack products. Oat beta glucan (10-30% beta glucan) makes it easy to meet the EFSA approved Heart Health and Cholesterol lowering health claim (Table 1). Oat protein (15% protein) can be used when a natural tasting, plant-based protein is needed in snack foods. Stabilized wheat germ delivers the vitality of new plants, protein, oils, vitamins and minerals. Rye Fibre is an ideal ingredient for gut health targeted snacks.

Company
Fazer Group has two mill units. One is situated in Lahti, Finland, with the other in Läcköping, Sweden. Fazer Group is a major player in the north European food market. The product portfolio of Fazer Mills Finland combines traditional flour mill products, bakery mixes and improvers, oat mill products and added value cereal based ingredients. Fazer Mills Sweden produces flour mill products along with a variety of breakfast products such as extrudates for example under the Frebaco brand name. The Finland-based Fazer Group has operations in eight countries that cover Food Service, Bakery, Confectionary, Cafes and Mills.

Fazer Mills producing a wide portfolio of cereal-based, health-oriented ingredients
Cereal Bars are traditional examples of snacks which are usually designed around oat flakes and syrup. Special ingredients such as high beta glucan (10-30% beta glucan) or high protein oat powders (up to 30% protein) may be used in such recipes to enhance the nutritional status of the final products. However, they may be extruded with expansion aiding compounds such as rice flour and taste enhancing elements like malt, sugar and salt. When extruded, the desired crisp texture can be achieved. These extrudates may then be used to deliver both nutritional elements and crunchy crisp structures. If you want to avoid high amounts

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Table 1. EU approved health claims for oat and rye fibres and conditions to use the claims

<table>
<thead>
<tr>
<th>Claim type</th>
<th>Nutrient</th>
<th>Claim</th>
<th>Conditions of use of the claim</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ar(13)(l)</td>
<td>Beta glucan</td>
<td>Beta glucan contributes to the maintenance of normal blood cholesterol levels</td>
<td>The claim may be used only for foods which contain at least 1 g of beta-glucan from oats, oat bran, barley, barley flour, or oatmeal at these sources per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 1 g of beta-glucan from oats, oat bran, barley, barley flour, or oatmeal at these sources per quantified portion.</td>
</tr>
<tr>
<td>Ar(13)(l)</td>
<td>Beta glucan from oats and barley</td>
<td>Consumption of beta-glucans from oats and barley as part of a meal is associated with a reduction in blood glucose rise after that meal</td>
<td>The claim may be used only for foods which contain at least 6 g of beta-glucan from oats and barley for each 30 g of available carbohydrates in a quantified portion per cent of the meal. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming the beta-glucans from oats and barley as part of the meal.</td>
</tr>
<tr>
<td>Ar(13)(l)</td>
<td>Oat grain fibre</td>
<td>Oat grain fibre contributes to an increase in faecal bulk</td>
<td>The claim may be used only for foods which are high in that fibre as referred to in the claim (99 FIBRE) as listed in the Annex to Regulation (EC) No 1990/2006.</td>
</tr>
<tr>
<td>Ar(14)(x)</td>
<td>Oat beta-glucan</td>
<td>Oat beta-glucan has been shown to lower secondary blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease</td>
<td>Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 0.36 g of oat beta-glucan. The claim can be used for foods which provide at least 1 g of oat beta-glucan per quantified portion.</td>
</tr>
<tr>
<td>Ar(15)(l)</td>
<td>Rye fibre</td>
<td>Rye fibre contributes to normal blood glucose level</td>
<td>The claim may be used only for foods which are high in that fibre as referred to in the claim (99 FIBRE) as listed in the Annex to Regulation (EC) No 1990/2006.</td>
</tr>
</tbody>
</table>
of starch and instead focus on making a heart-healthy claim, one option is to substitute rice crisps with oat beta glucan (around 10% beta glucan).

Rye, colour and health

Rye is in general an undervalued grain. In north-east Europe, it is an important part of baking culture, also having value in terms of healthy snacking. Fazer Rye Fibre concentrates fibres (over 40% Dietary Fibre from rye grain) and nutrients (minerals and vitamins) from rye grain and makes it possible to bring these values to snacks. Fazer Rye Fibre could be extruded with other ingredients to make crisps. It could also be included in biscuits or bars as such. It is available in different particle sizes and in native, stabilized or toasted form. When including 6% dietary fibre from rye grain, are permitted to make a gut health claim (Normal Bowel Function) in the European Union (Table 1).

Toasted Wheat Germ, health of new plant

A germ (embryo) is the nucleus of a new plant and as such has significant amounts of essential nutrients meant for building new life. Fazer Mill now offers toasted wheat germ for use in baking, biscuits and bars to differentiate products. The germ is carefully separated, cleaned and toasted to make a delicate ingredient for recipes. In fact, it can be taken as such to be used as part of a healthy breakfast or meal. Excellent quality protein is present at a level of 30%, with dietary fibre content at 14%.

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EcoVag® shows promise for perinatal outcomes

A new clinical study has shown that the vaginal probiotic EcoVag® from Bifodan A/S may prolong pregnancy in women with premature rupture of membranes.

The study, conducted by C.J. Daskalakis and A.K. Karambelas was designed to test the effect of probiotics as an adjunct to standard antibiotic treatment of women with preterm premature rupture of membranes (PPROM). 106 women with PPROM were randomized to receive either antibiotics or antibiotics plus EcoVag® for 10 days. Instillation of EcoVag® significantly prolonged the latency period resulting in a significant increase in gestational age of 3 weeks at birth. In addition, birth weight was significantly higher in the study group in comparison to controls.

Moreover, neonates in the study group had a lower chance of entering the neonatal intensive care unit, had shorter total hospitalization time, and a lower need for oxygen administration.

PPROM increases the risk of severe perinatal complications and is the major cause for preterm delivery. Standard care of PPROM involves treatment with antibiotics, which may lead to disruption of the normal vaginal microbiota resulting in overgrowth of pathogens and an increased risk of ascending infections. The new study shows that the specific probiotic product significantly improves pregnancy outcomes in women treated with antibiotics and at risk of preterm birth.

PPROM is responsible for one third of all preterm deliveries worldwide. Based on the clinical data that we have now published, the administration of vaginal probiotics, as adjunct to antibiotic treatment for PPROM, to prolong pregnancy holds great potential. We will continue our research in this field” says Dr. Daskalakis.

“Before we, we are very proud that EcoVag® was chosen for the ground breaking clinical research by Dr. Daskalakis”, says Erik Brandsborg, Chief Scientific Officer at Bifodan. “Evidence is increasing that a healthy vaginal microbiota contributes positively to conception and to overall pregnancy health. We are dedicated to continuing clinical research with EcoVag® in this important area”, concludes Erik Brandsborg.

The study has been published in Fetal Diagnosis and Therapy: Daskalakis, C.J. and Karambelas, A.K. (2016): Vaginal Probiotic Administration in the Management of Preterm Premature Rupture of Membranes.

To learn more about EcoVag®, please visit the website: www.ecovag.com

Pioneering new ingredient category sprouted by wholegrain ingredient producers Edme

The health benefits of wholegrain – reduction in the risk of heart disease, diabetes and many bowel disorders, to name but a few – have long been established. Nutritionists advise three portions of wholegrain a day1. In Britain 20% of the population eat none at all; 33% eat only three portions a week, and just 5% manage the recommended intake.2 We are eating far too little fibre. Michael Carr, Sales and Marketing director of natural ingredients producer EDME says: “It will take radical changes to address this. As well as educating people about the benefits of wholegrain, the food industry clearly needs some new ideas.”

Consumer demand is there – 45% UK consumers look to buy food containing wholegrains.3 But many people find the taste, texture and / or appearance unappealing. In response, EDME has pioneered an innovative new category of ingredients. Sprouted grains meet the demand for new wholegrain ingredients that are nutritious – at the same time as being soft and tender; more palatable and digestible. Michael Carr continues, “We’ve identified a growing interest in sprouted foods and have developed a brand new product category to help bakers and food manufacturers meet that interest and demand.”

The Essex-based, business, which has served the food industry in the UK and international markets for 135 years, has drawn on its expertise in malt to research and develop a new technique. This “WholeSoft Sprouted” technique uses the first stage of the malting process to capture the goodness of whole grains; provide them with succulence; and make them accessible to the food industry. Premium quality raw cereal grains are steeped (soaked), germinated (sprouted) – then, rather than being kilned and dried, which is what would happen in the malting process, they are pasteurised. This provides stable, succulent, tasty ingredients.

These are a much more approachable way for consumers to access whole grains, with their added benefit in terms of nutrition and fibre. The sweet, almost juicy texture provides an appealing soft bite with a slight chew. WholeSoft Sprouted Rye in particular adds notable flavour. All WholeSoft Sprouted grains have the full bran layer, so help deliver much-needed fibre; are low in starch; contain antioxidants; and offer easier absorption of nutrients such as calcium, iron and zinc.

EDME’s WholeSoft Sprouted grains have a wide range of applications in the baked goods category and other food manufacturing sectors.

For bakers, of key interest are the visible attractive-looking whole grains – which contrast with the burnt offerings that sometimes appear in loaves and rolls. However, an additional benefit is the impact they have on the texture of the overall product. As WholeSoft Sprouted grains are already hydrated, they feed moisture into the crumbs – whereas with dried flakes and kibbles draw moisture out. Says Michael Carr, “A high presence of WholeSoft undoubtedly reduces the baker’s requirement for added fat to keep their products moist: the grains do that for them. For a similar reason, consumers don’t need to use so much butter or margarine on bread made using WholeSoft grains.”

To discuss applications of WholeSoft in your business, please contact sales@edme.com or call +44 (0)1206 599544

www.edme.com