



# Making inulin work for you

Subject : Press release  
*Sweet life with less sugar*

Date : 16 June 2010

## Sweet life with less sugar

**Roosendaal, 16 June, 2010 - All traditional confectionery products contain high levels of sugar. Sugars play various roles in confectionery, contributing sweetness, mouthfeel, crunchiness or chewiness for example. However, today's customers are increasingly aware of the potential health effects of eating too much sugar. They are looking for low or reduced sugar alternatives, but without sacrificing taste and quality. Frutafit<sup>®</sup> inulin and Frutalose<sup>®</sup> oligofructose are soluble dietary fibers with a clean, sweet taste that can replace sugar in a wide range of products.**

In chocolate, Frutafit<sup>®</sup> inulin can replace part of the sugar without affecting taste or processability. For sugar-free chocolate, it is best to use a combination of Frutafit<sup>®</sup> inulin, maltitol and high-intensity sweetener to optimize the sweetness profile. In chocolate fillings like caramel or fondant, Frutalose<sup>®</sup> oligofructose is an excellent substitute for all or part of the sugars. The sugar-reduced fillings retain all of their characteristic full, creamy mouthfeel.

High sugar content is also a concern in confectionery like gummi bears, chewies and lollipops. Here the major ingredients are sucrose and glucose syrups. Polysols are often used in sugar-free alternatives, however these have a laxative effect so the consumption level has to be limited. To do this, a combination with inulin is recommended. Healthier sugar confectionery does not necessarily need to be sugar-free. Frutafit<sup>®</sup> inulin and Frutalose<sup>®</sup> oligofructose provide excellent opportunities for developing healthier sugar-reduced confectionery products.

In granola-type cereal bars, a syrup is used to bind the cereal and other solids together. The composition of the binding syrup determines the texture and the shelf life of the bars. Research at Sensus has resulted in high-fiber cereal bars with no added sugar and excellent texture and taste. Using Frutafit<sup>®</sup> inulin and/or Frutalose<sup>®</sup> oligofructose for sugar replacement also reduces the amount of calories in the products. The products will have increased fiber content and the inulin or oligofructose also contribute to gut health.

For more information please visit our website [www.sensus.nl](http://www.sensus.nl). Feel free to contact Sensus at [info@sensus.nl](mailto:info@sensus.nl) or call +31 165 582 595.