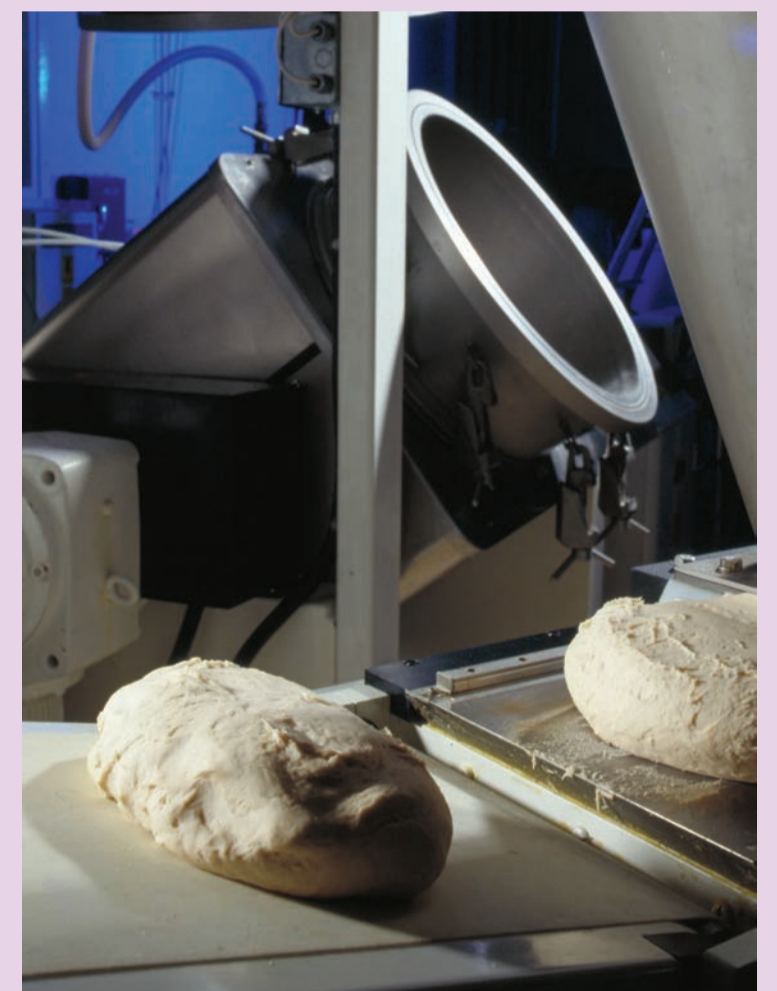


# Reformulating baked goods

## Responding to diet and health drivers

Reducing the levels of salt, fat and sugar, and increasing fibre consumption, would improve the diet and contribute to public health. The challenges in reformulating baked goods are complex. However, with the market for healthy food and drink estimated to be worth £20 bn in the UK and more than £300 bn globally\* there are potential rewards.



### Sodium reduction

- Salt replacers
- Functionality of salt in batters and doughs
- Reducing sodium in raising agents
- Managing processing and quality issues

### Sugar reduction

- Sweeteners and sugar replacement
- Bulking effect of sugar
- Glassy state and effect on texture
- The Maillard reaction and colour

### Fat replacement

- Oil/alginate gel emulsion as a fat replacer
- 50% fat reduction in cakes and biscuits
- Reduced fat functional puff pastry

### Fibre addition

- Functionality of different types of fibre
- Use of fibre as a bulking ingredient
- Effect of processing on nutritional and process functionality

Research at Campden BRI is aimed at developing an understanding of how to improve nutrition without compromising on product quality. Our well equipped laboratory and process facilities enable us to develop new products, test ingredient functionality and understand the effect of processing.

Contact: [fred.gates@campdenbri.co.uk](mailto:fred.gates@campdenbri.co.uk)

\* Source: [www.foodhealthinnovation.com](http://www.foodhealthinnovation.com)