



Food Concepts  
Cup Yogurt for  
Weight Management



## Product Highlights

# Obesity & Overweight

- According to WHO (2020), it defines overweight and obesity for adults as follows:
  - Overweight:  $BMI \geq 25$
  - Obesity:  $BMI \geq 30$
- It may lead to numerous adverse health effects & ultimately reduces life expectancy of an individual
- With obesity rates rising and the Asian population ageing, the demand for products that promote fat burning & weight management show significant growth potential





## Food Concepts



# Product Highlights

- Embracing a healthy balance from the inside out
- Keeps your mood up and body in great shape
- A healthy part of a balanced diet
- A move towards healthy indulgence
- A selection of healthy version of your favourite snack





**Simply  
Delicious**

**Yogurt with  
Collagen**

**Fibre Up**

**Smart Calories**

**Promotes Fat  
Burning**

# Food Concepts

## Shape & Immunity

- Palatinose
- Vitamin D
- Emulsifiers & Stabilisers



## Shape & Beauty

- Inulin
- Collagen
- Emulsifiers & Stabilisers



# Feel Better

## Shape & Immunity

- Palatinose
- Vitamin D
- Emulsifiers & Stabilisers



## Target Market

- Adults - For weight management & immune-boosting

## Product Highlights

- ✓ Delivers glucose & energy in a balanced & prolonged way
- ✓ Burning fat more effectively
- ✓ Supports the normal functioning of immune system
- ✓ Offers excellent sensorial taste & texture

## Flavour:

- Matcha Green Tea



# Feel Better

## Shape & Beauty

- Inulin
- Collagen
- Emulsifiers & Stabilisers



## Target Market

- Adults - For weight management & radiant beauty

## Product Highlights

- ✓ Powerful natural prebiotic dietary fibre that promotes healthy gut
- ✓ Helps control hunger pangs & improved appetite control
- ✓ Enhance our beauty from within
- ✓ Offers excellent sensorial taste & texture

## Flavour:

- White Peach



## **Benefits of Ingredients with Clinical Studies**

# Inulin

Naturally extracted from plant-based chicory roots

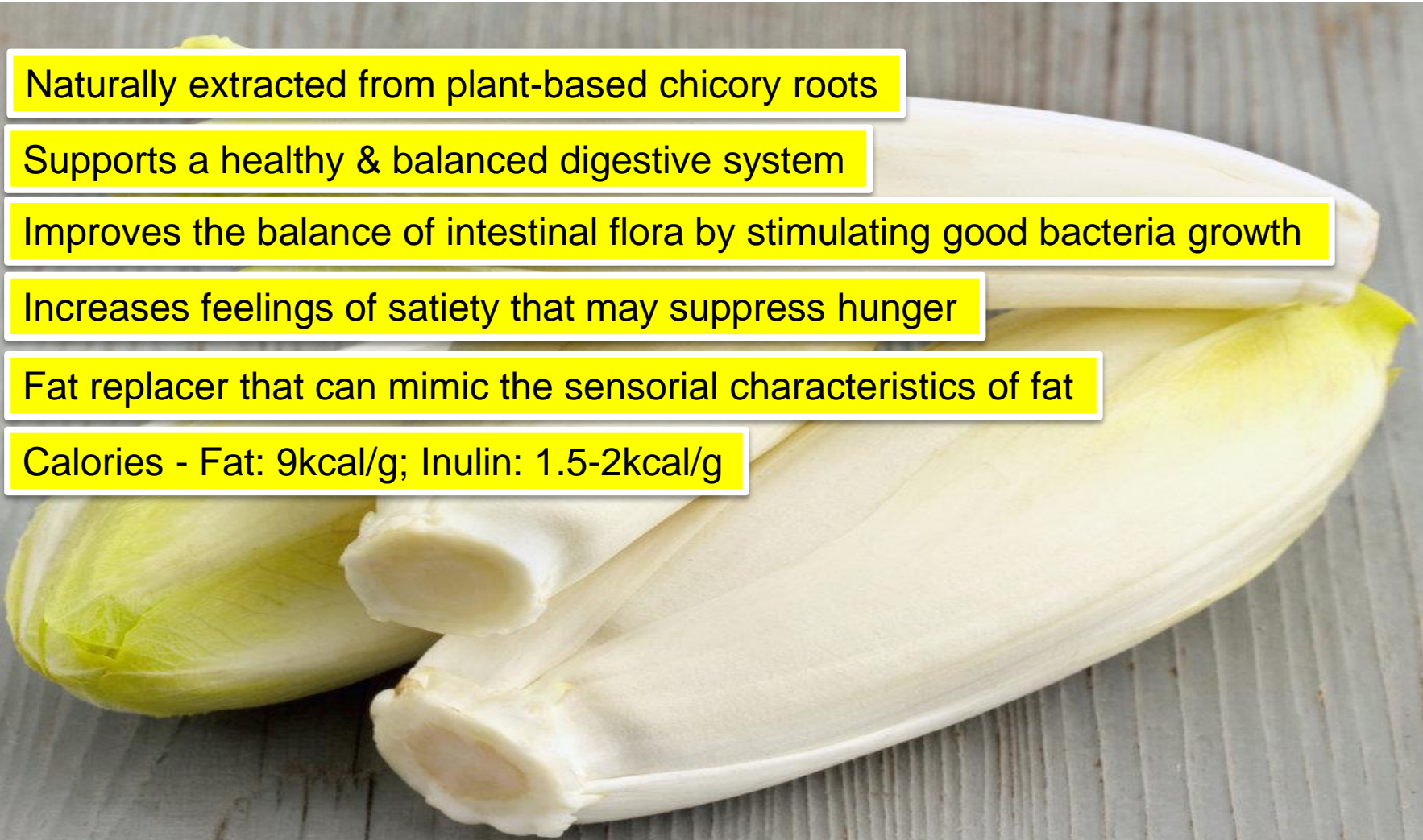
Supports a healthy & balanced digestive system

Improves the balance of intestinal flora by stimulating good bacteria growth

Increases feelings of satiety that may suppress hunger

Fat replacer that can mimic the sensorial characteristics of fat

Calories - Fat: 9kcal/g; Inulin: 1.5-2kcal/g





# Palatinose (Isomaltulose)

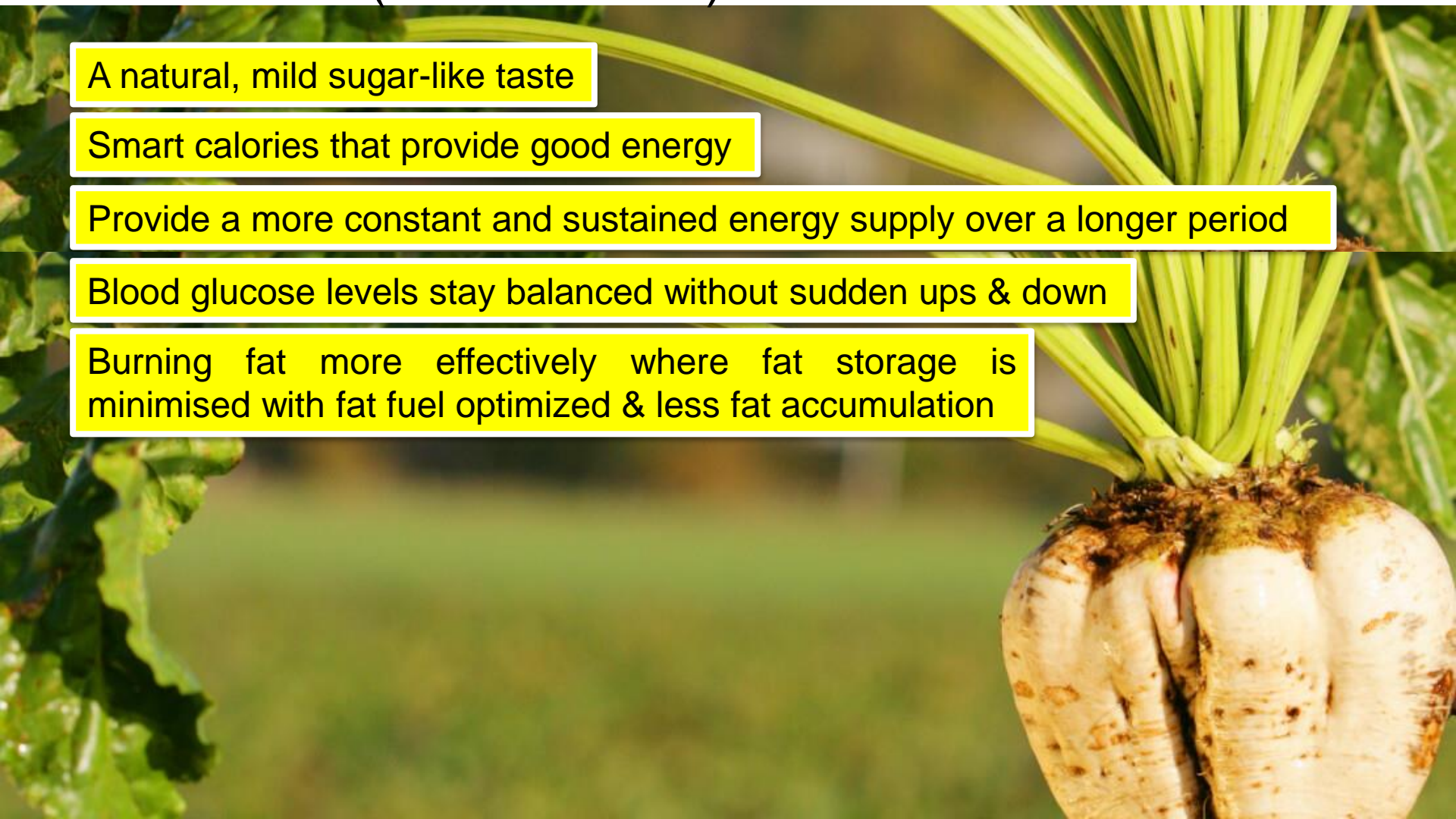
A natural, mild sugar-like taste

Smart calories that provide good energy

Provide a more constant and sustained energy supply over a longer period

Blood glucose levels stay balanced without sudden ups & down

Burning fat more effectively where fat storage is minimised with fat fuel optimized & less fat accumulation



# Collagen



The most abundant protein in your body

Say goodbye to brittle & broken nails

Elevates our beauty regime from the inside out

Improves skin elasticity & glossy hair

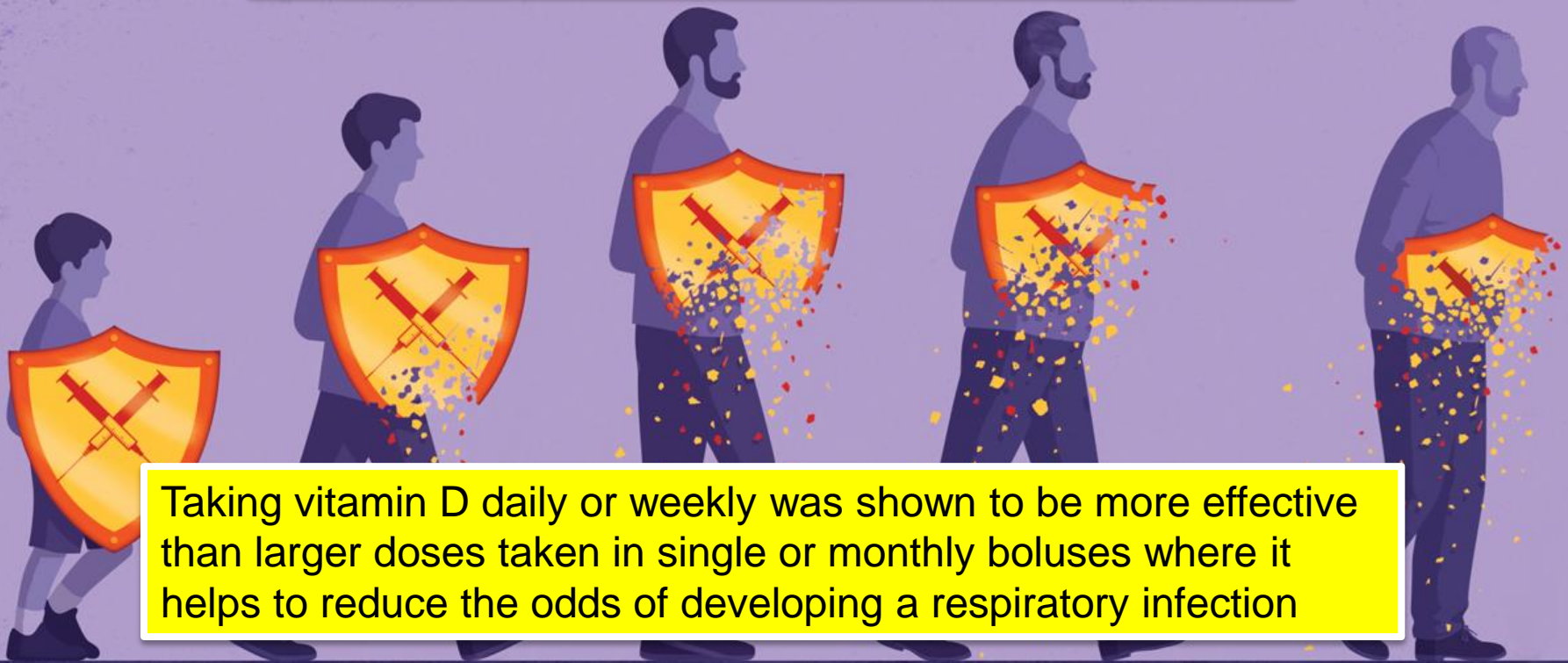
Ease joint & knee pain – provides the elasticity & regeneration of connective tissues



# Vitamin D for Immunity

A fat soluble vitamin which important for facilitating normal immune system function

It helps to control infections and reduce inflammation



Taking vitamin D daily or weekly was shown to be more effective than larger doses taken in single or monthly boluses where it helps to reduce the odds of developing a respiratory infection

# Emulsifiers & Stabilizers

Magnificently contribute to body and texture with their thickening or gelling effects

Keeps a firm structure and upholds a smooth & creamy consistency in yogurt

Prevents whey separation during distribution & storage

A right blend of emulsifiers and stabilizers helps to obtain the right viscosity, mouth-feel, texture & storage stability





## Market Examples

# Inulin

## Bieluch prebiotic Greek Style Natural Yogurt

**Ingredients:** Pasteurised Milk, Pasteurised Cream, Milk Proteins, Live Yogurt Bacteria Cultures, **Inulin**.



## The Greek Gods Non-Fat Plain Greek Style Yogurt

**Ingredients:** Cultured Pasteurised Grade A Non-Fat Milk, **Inulin**, Pectin.

Contains 7 Live and Active Cultures (*S. thermophilus*, *B. lactis*, *L. acidophilus*, *L. casei*, *L. rhamnosus*, *Lactobacillus lactis*, *L. bulgaricus*).



# Inulin

## Lilly Fresh Yogurt + Real Fruit

**Ingredients** for Mango Flavour: Grade A Pasteurised Skim Milk, Mango Fruit Blend (Naturally Milled Cane Sugar, Mangos, Mango Puree Concentrate, Natural **Flavour**, Locust Bean Gum, Pectin, **Citric Acid**, Turmeric (For Colour), Food Starch-Modified (Corn), Kosher **Gelatine**, Cream, **Inulin** (Dietary Fibre), Non-Fat Milk Solids, Live and Active Cultures.



Varieties: Mango, Peach, Pineapple, Strawberry Banana, Strawberry

## Arla Fibre Yogurt

**Ingredients** for Strawberry Flavour: Yogurt (Milk) (82%), Strawberries (6.9%), Sugar, Chicory **Inulin Fibre** (2.8%), Waxy Maize Starch, Strawberry **Juice Concentrate**, Natural **Flavouring**.



Varieties: Plain, Strawberry, Blueberry, Raspberry, Pineapple and Passionfruit



# Inulin

## Oikos Triple Zero Non-Fat Greek Yogurt

**Ingredients** for Apple Cinnamon Flavour: Cultured Grade A Non-Fat Milk, Water, **Chicory Root Fibre (Inulin)**, Contains less than 1% of **Stevia Leaf Extract**, Cinnamon, Natural **Flavours**, **Beta Carotene** & Fruit Juice (For Colour), Lemon **Juice Concentrate**, Sea Salt, **Vitamin D**.

Contains active yogurt cultures including *S. thermophilus* & *L. bulgaricus*.



Varieties: Apple Cinnamon, Banana Crème, Peach and etc.

## FAGE TruBlend Yogurt

**Ingredients** for Coconut Flavour: Strained Yogurt (Grade A Pasteurized Skimmed Milk and Cream, Cultures), Water, **Chicory Root Fibre (Inulin)**, Coconut, Fruit Pectin, Natural **Flavour**, Lemon **Juice Concentrate**.

Live yogurt cultures: *L. bulgaricus*, *S. thermophilus*, *L. acidophilus*, *Bifidus* and *L. casei*.



Varieties: Cherry, Coconut, Vanilla and etc.

# Isomaltulose

## Cherita Sucrose Free Yogurt

**Ingredients:** Raw Milk, **Isomaltulose**, Polydextrose, Milk Protein Concentrate, **Sucralose**, *Lactobacillus rhamnosus*.



## Vegut Dairy Free Coconut Yogurt

**Ingredients:** Coconut Milk (30% Coconut Extract, from Thailand), Purified Water, **Palatinose** (Sweetener), **Fructooligosaccharide**, Dextrin, *Lactobacilli*.



# Collagen

## Anlene Low Fat Yogurt

**Ingredients** for Mango Flavour: Cow's Milk Solids, Mango, Sucrose, **Tri-calcium Phosphate**, **Collagen** (Fish), Magnesium Phosphate, **Vitamin D** and Live Culture Mixture (*Streptococcus thermophilus*, *Lactobacillus bulgaricus*).



Varieties: Plain, Mango, Strawberry, Mixed Berries

## Bonne Saison Collagen Yogurt

**Ingredients** for Strawberry Flavour: Fresh Milk, Active Lactic Acid Bacteria (*L. acidophilus*, *L. rhamnosus*, *L. paracasei*, *B. longum*, *S. thermophiles*, *L. fermentum*, *L. helveticus*, *L. bulgaricus*, *K. fragilis*), In Accordance with CNS3058 Condensed Fermented Milk, Japanese Fish Scale **Collagen Peptide**, Strawberry, Lemon Juice, **Maltitol**.



Varieties: Strawberry and Mango

# Collagen



Yofarm Premium Yogurt Collagen



YOIIS Collagen Pure Yogurt

# Collagen



**Meiji Amino Collagen Yogurt**



**Danone Light & Fit Collagen + Antioxidants Yogurt**

Varieties: Cherry Blackcurrant, Raspberry Lime, Kiwi Mango, Tangerine Grapefruit





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THANK YOU