

## Plant-based Beverages - Drink up for Good Health



Plant-based beverages have been popular in both mature and emerging markets. The increasing demand for health awareness and interest in plant-based beverages from the vegan community provide lucrative opportunities for its market. The shifting of consumers' preference from high-calorie carbonated drinks to healthy plant-based beverages is expected to be the growth booster for this market. Soy milk and coconut-based beverages are among the most popular beverages with the fastest-growing segments (Grand View Research, 2020).

### **Inulin & FOS - Guardians of the Gut**

Inulin and Oligofructose are natural, non-GMO and clean label prebiotic fibres from the chicory root and are considered to be among the very few plant-based prebiotics that promote a healthy digestive system. They have been scientifically shown to support a balanced gut microbiota and overall well-being. Inulin and Oligofructose can be applied to

develop healthy and tasty plant-based beverages with fibre enrichment while improving the taste and mouthfeel (Shoaib et al., 2016).

### **Chia Seed - Tiny but Mighty**

According to the USDA (2016), the dietary fibre content in chia seeds is higher than flax seeds and quinoa seeds. Chia seeds also have a greater content of omega-3 acids than flax seeds (Kulczyński et al., 2019). In comparison to 100g of milk, chia seeds contain six times more calcium, eleven times more phosphorus and four times more potassium (Munoz et al., 2012).

Chia seeds are an excellent plant-based source of ALA omega-3 fatty acids with a remarkable source of essential minerals that includes magnesium, calcium, potassium and phosphorus (Kulczyński et al., 2019). Chia seeds are a good thickening and emulsifying agent, adding rich texture and silkiness when blended into smoothies and beverages. They exhibit good emulsion and foaming stability as well as excellent water holding capacity (Ikumi et al., 2019).

### **In A Nutshell: Plant-based Takes Centre Stage**

The demand for plant-based ingredients is growing by leaps and bounds, creating the untapped potential for manufacturers in the plant-based beverage market. Many consumers are actively seeking out more information about the products they consume so that they can make ethical and healthier purchasing choices. Plant-based beverages can successfully tap consumers' desire for both clean labels and improved nutritional profiles.

At DPO, we are honoured to be in partnership with **Beneo Orafiti** and **Benexia** to bring you a range of ingredient choices that could elevate your quality of life.

## References

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