

Tasty and Healthier Baked Goods



Baked food is evolving with the increase of health-conscious customers. They enjoy baked and packaged foods including breads, biscuits, cookies, muffins, morning goods, cakes and pastries that are produced with high-quality ingredients⁷.

Here are some popular ingredients that will enhance the nutritional value of your products.

Chia Seeds, Flour & Oil

Enrichment of baked goods with plant-based ingredients will provide high nutritional value. Looking at the health benefits of chia seeds, a muffin mix made with chia seeds has higher nutrient content in terms of antioxidants, protein, dietary fibre, calcium, phosphorus, zinc and iron. It also increases the shelf life of the muffin with acceptable sensory attributes⁸.

Chia seeds are packed with omega-3 fatty acids. Addition of chia flour in bread offers fat-free⁵ and healthier choices to consumers². Chia oil which is rich in antioxidants, omega 3 and 6 can also be used as a fat replacer in cookies to improve its quality⁹. An addition of chia ingredients into bread by 10% not only increases its nutrition profile but typically lowers its glycemic index which suitable for those on a weight control diet and reduces the risk of cardiovascular disease⁶.

Vitamins & Minerals

Vitamins and minerals provide essential nutrients to keep our body healthy and functional. Supplementation of vitamin D-fortified bread significantly improves bone health in older adults and is a feasible way to enhance vitamin D nutrition³. Eating bread incorporated with zinc is an effective way to achieve adequate zinc intake and promote absorption in zinc-deficient people, as well as improve the physical growth of children¹. While consumption of bread supplemented with vitamin B12 increases energy, improves memory, and enhances mood to stay healthy and have a productive life⁴.

Conclusion

There is no doubt that making healthier bakery products can be challenging. However, adding healthy ingredients can improve the quality of baked goods and bring health benefits to consumers.

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

References

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