

Better-For-You Beverages with Protein & Fibre



Better-for-you beverages are progressively hitting the market, as they meet consumer demands for convenience with additional nutrition benefits with greater focus on immunity-boosting ingredients at current global health conditions^{4,6}.

Protein is crucial to regulate immune system, especially for building and repairing body tissue and fighting viral and bacterial infections³. Plant proteins can be a good source of essential amino acids, complementing or even replacing animal sources as it may cause allergies or intolerances in some individuals⁸. Consumption of prebiotic fibres can have direct or indirect effect on immune cells in the gut¹².

Plant-Based Protein Sources

Chia

The chia seed is one of nature's all-star superfoods. It is plant-based, non-GMO, hormone-free, allergen-free and gluten-free, thus fulfilling transparency requirements for the clean label category. Additionally, this little seed packs a nutritional punch – high in protein, fibre, minerals and essential fatty acids⁵. Chia seeds contain around 19% protein and is loaded with all essential amino acids with great digestibility. It can be consumed in whole seeds, or in the form of chia powder when incorporated in beverages⁴.

Rice Protein

Rice protein is an alternative to the popular whey and soy protein with its hypoallergenic nature⁷. Being all natural, gluten-free and non-GMO are other plus points². Rice protein is relatively rich in lysine content and possesses a more balanced amino-acid profile compared to wheat, corn and sorghum^{10,13}.

Prebiotic Fibre Source

Chicory Inulin

Gut health is increasingly under the spotlight in the food industry. Chicory inulin is prebiotic fibre that is not digested and reaches the colon intact. It nourishes the probiotics in gut and selectively stimulates the growth of these good bacteria which promotes a healthy digestive and immune system. Studies have also suggested that inulin exerts favourable properties in decreasing risk of gastrointestinal diseases including irritable bowel diseases (IBD) and colon cancer¹¹. Likewise, it provides support in relieving constipation and increasing stool volume due to the bulking effect⁹.

It's all good for you

The plant-forward trend has shown a remarkable staying power. Plant protein and prebiotic fibre are the ideal functional ingredients that bring unique and exciting healthy beverages to consumers.

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

References

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