

## Plant-Based Snacks: Quick and Easy Nutritional Hits!



Rising awareness on health and wellness triggers consumer interest for choosing plant-based snacks. Here are two ways to make plant-based snacks healthier:

### Deliver benefits through fortification

Snack foods are often lack a balanced nutritional profile which is associated with empty calorie cravings.

A fortification of **vitamin C**, **E** and **calcium** into potato chips provides better snack choices to consumer<sup>2</sup>. A higher group content of vitamin E, such as tocopherols and tocotrienols in sunflower oil that used for frying tortilla chips not only give beneficial **antioxidant effect**, but also improve the shelf-stability of the fried chips<sup>7</sup>.

Chia is also a fantastic source of plant-based omega-3. By incorporation of chia flour in snacks, it provides an excellent **source of omega-3** while increasing **dietary fibre content**, making them healthy alternatives to common chips<sup>1</sup>.

### **Protein-Rich Bites**

A puffed snack that is made from or combines corn, rice and soy protein isolate flour blends provides an excellent source of **protein** for the health-conscious consumer. This affordable yet nutritious snack also beneficial for low-income group in developing countries<sup>4</sup>. The addition of soy protein to rice flour not only increases protein content, but it also **improves the amino acid balance** in rice-soy crisps, providing a more nutritious snack<sup>6</sup> as well.

Replacement of snacks particularly rich with **soy protein** leads to improvements in overweight people as it **improves appetite control, satiety, and diet quality**<sup>5</sup>. Snacks that are rich in **soy protein** also beneficially influenced certain aspects of **mood and cognition**<sup>5</sup>.

### **In conclusion,**

Plant-based snacks are good choice for healthy snacking. At DPO, we are honoured to be in partnership with **Hexagon, Benexia, Sinoglory** and **Matrix Fine Science** to bring you a range of ingredient choices that will elevate the quality of your snack products.

### **References**

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