

Healthier Choice of Sauce to Jazz Up Your Meals



Most people know that desserts and deep-fried delicacies are high in sugar and fat, but what about less obvious sauces? From ketchup to brown sauce, mayonnaise to pesto, we all love adding flavour to our food. Some sauces, dressings and marinades have a surprisingly hidden level of sugar and fat.

Healthy eating has become mainstream and this has raised the consumers' awareness. They want to primarily satisfy the need for taste, as well as weight management, without any health consequences⁷. Here are some approaches used to reformulate the healthier version of condiments that consumers can indulge in.

Stevia, A Natural Calorie Free Sweetener

According to Euromonitor's Voice of the Consumer: Health and Nutrition Survey in 2020, 57% of global consumers are pointing out that avoiding sugar is making them feel healthier and eating less sugar is their chosen method for weight loss. The association

between sugar and calorie reduction has brought a strong opportunity for high-intensity sweeteners in the food industry. However, consumers are keen to look for products that do not contain artificial sweeteners⁶.

In line with the demand for clean labels and natural ingredients, stevia has brought a great new occasion due to its natural origin. The sweet-tasting components of stevia called steviol glycosides are naturally present in the stevia leaf, where rebaudioside A and stevioside are the most abundant. Stevia is about 250-300 times sweeter than sucrose^{1,3}. It contains no calorie and low glycemic index thus it is suitable for diabetic and hypertensive patients, and also for health-conscious individuals⁹.

Rice Starch, Clean Label Fat Replacer

Fat contributes to technical and palatability properties like desirable texture, mouthfeel, flavour and taste in foods⁴. As a natural fat replacer, rice starch brings creaminess to low-fat versions of sauces and many other food applications^{2,8}. Due to its small granule size, neutral taste, and soft gel structure, rice starch mimics a full-bodied and creamy mouthfeel⁵. Naturally-derived rice starches have strong freeze-thaw, acid, and process stability, making them ideal for use in packaged sauces¹⁰.

Summarizing,

As a growing number of consumers forgo sugar and unhealthy fats, there is always a need to develop new or reformulate existing products to improve the population's diet. Frankly, reformulated products need to not only be better nutritionally but also equally tasty. High-intensity sweetener and starch-based fat replacer are foreseen to play crucial roles in the rapidly evolving food industry. In DPO International, we are honoured to be in partnership with **Beneo Remy** to bring you a wide range of ingredients choices that will elevate the quality of your sauces, dressings and condiments.

References

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