

PEKTOS BEET FIBER BF – Applications Overview

BEET FIBER BF Sugar Beet Fiber



PEKTOS BEET FIBER BF is a natural product with a high fibre content of more than 70%, of which 1/4th is soluble.

PEKTOS BEET FIBER BF sugar beet fiber is very suitable as a fiber with a low energy content in various types of fiber-enriched or energy-reduced ('light') products, where the high fiber content does not significantly change the character of the original product (for instance in bread).

The nutritional and physiological function of BEET FIBER BF in terms of influencing cholesterol and sugar levels, stool volume, etc., is extensively researched and documented.

However, one of the main applications of BEET FIBER BF is as a natural bread improver and freshness enhancer. Bakers all over Europe use BEET FIBER BF because they know that adding 1-2% (related to the flour) of this functional fiber can keep the bread fresh longer and naturally - without adding controversial ingredients.

Simultaneously, PEKTOS BEET FIBER BF makes the bread softer and juicier, easier to slice, and less crumbly. BEET FIBER BF can often replace swelling flour or the scald dough/soak. PEKTOS BEET FIBER BF is also used as a fiber and functional ingredient in crisp bread, rolls, and various biscuits.



Manufacturers of convenience food and ready-to-use meals use 1-2% BEET FIBER BF (usually the coarser grades BEET FIBER BF G, BEET FIBER BF H and BEET FIBER BF Flakes) in various minced meat products (such as meat loaves, meatballs or "Sauce Bolognese" for pasta), pies and blood sausage/black pudding to get a juicy character and the proper "bite". Product developers

who work with hamburgers also have found that sugar beet fiber can hold better the meat juice and the fat emulsion in the meat during frying.

The result is a juicier hamburger with a distinct meaty taste. This function is significant for 'Light'-Hamburgers. But fattier minced meat can also be improved with BEET FIBER BF (ideally the finer particle size-types like BEET FIBER BF C or BF A), which 'dries out' the fatty meat and provides a better structure).

The economic benefits of using BEET FIBER BF in meat products are apparent, but even better - the filler is healthy!

Hydrocolloids such as, e.g. pectin can be used as fat substitutes or fat imitation products. Particles that are small enough not to be perceived by the tongue, combined with the "slippery" surface (where the pectin gels with water), can give a mouth-feel similar to fat.



APPLICATION DATA SHEET

BEET FIBER BF 5 A, the superfine particle size grade, is available for such applications.

Typical applications are sauces, creams, fillings, drinks, ice cream, chocolate, cream cheese, biscuits, etc., where fat or calorie reduction, fiber enrichment and consistency improvement are desired.



PEKTOS BEET FIBER BF 5 Flakes, the steam-treated and flaked version, are often used at relatively high ratios in delicious breakfast cereals (mueslis).



PEKTOS BEET FIBER BF is inherently gluten-free (<20ppm), making it a good fiber alternative in products for people with celiac disease who cannot tolerate gluten.

PEKTOS BEET FIBER BF applications are limitless and countless. The use as pure fiber was the starting point, but today users and consumers are more focused on functional ingredients/raw materials and, of course, still on fiber. In addition, the unique water retention capacity can be used in various applications throughout the food industry.

PEKTOS BEET FIBER BF –particle sizes and shapes



BEET FIBER BF 5 C



BEET FIBER BF 5 E



BEET FIBER BF 5 G



BEET FIBER BF 5 H



BEET FIBER BF 5 FLAKE

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