

## PEKTOS BEET FIBER BF for your Health and as Food Ingredient

### BEET FIBER BF 5 for your Health

Nutrition, exercise, health and well-being are four concepts that are closely linked.

Friends of healthy eating tend to exercise well. And conversely, people who exercise a lot know how important the right composition of their food is.

Healthy nutrition and regular exercise are the prerequisites for physical and mental well-being.



If you want to do something for your health, consider your diet first. The rule of thumb is 'less fat, more fiber'. Nutritionists

recommend a daily fiber intake of at least 30 g. That's almost twice as much as an adult eats on average.

A simple way of enriching the daily diet with fiber is **PEKTOS BEET FIBER BF 5** sugar beet fiber.

**PEKTOS BEET FIBER BF 5** is a pure natural product from the fertile fields of Switzerland, with over 70% healthy fibers, approx. 1/4<sup>th</sup> of which are soluble fibers.



In comparison, ordinary oat bran only contains about 20% fiber, wheat bran 40 to 50%. With **PEKTOS BEET FIBER BF 5** (the number 5 stands for its water-

binding capacity), the user can choose from a range of particle sizes from very fine to coarse to un-milled and even rolled flakes.



### Benefits

Regular consumption of **PEKTOS BEET FIBER BF 5** helps to counteract the increase in cholesterol levels, and fluctuations in blood sugar levels are reduced – an essential factor, especially for people with diabetes.

Meals enriched with **PEKTOS BEET FIBER BF 5** saturate quickly due to the high fiber content and help cope with weight gain problems.

Also, the fibers absorb liquid and swell strongly. This prevents constipation, the widespread disease of civilization.

**PEKTOS BEET FIBER BF 5** is naturally gluten-free and contributes to a fiber-rich diet for gluten intolerance.

Unlike oats and wheat bran, **PEKTOS BEET FIBER BF 5** does not affect zinc and iron absorption.

## APPLICATION DATA SHEET

### BEET FIBER BF 5 as Food Ingredient

Use PEKTOS BEET FIBER BF 5 in minced meat and stewed dishes, soups and desserts, or mix it into your cereal or cake dough. There are no limits to your imagination.



### Baking

Add 1 to 3 dl PEKTOS BEET FIBER BF 5 per kg of flour in your usual recipe. Each cup (250 ml) of added PEKTOS BEET FIBER BF 5 requires the addition of approx. 1 cup (250 ml/2.5 dl) of extra liquid. All other ingredients remain unchanged.



### Minced Meat Dishes

Add between 2 tbsp (50 ml) and ½ cup (125 ml) of PEKTOS BEET FIBER BF 5 per 1kg of minced meat. Up to 150 ml (1/2 heaped cup) can be used when the dish is strongly seasoned, such as in Chili con Carne. As with baking, an appropriate amount of additional liquid must be added.



Keep in mind that PEKTOS BEET FIBER BF 5 absorbs liquid. Therefore, never forget to add approx. 1 cup (250 ml) extra liquid per 1 cup (250 ml) of PEKTOS BEET FIBER BF 5.

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