

Fibrex® helps cookies last longer

Study shows promising high antioxidant effect of sugar beet fibre from Nordic Sugar

Natural sugar beet fibre from Nordic Sugar has emerged as a way to prolong the shelf life of cookies in a recent study.

Produced by a clean drying process, Fibrex® was compared with treated sugar beet fibre, extracted with sulphurous acid and treated with hydrogen peroxide. The study investigated the influence of the sugar beet fibres on the functional characteristics and shelf life of cookies.

While the treated fibre displayed no ability to improved shelf life, the findings clearly highlight the benefit of using antioxidant-rich Fibrex®.

Combats lipid oxidation

Wheat flour replacement with 7%, 9% or 11% Fibrex® proved highly successful in combating lipid oxidation, extending shelf life way beyond that of cookies made using a standard recipe.

“These results are another feather in the hat for our natural sugar beet fibre, which we produce using our unique drying process without any additives,” says Lars-Erik Hansson, Business manager at Nordic Sugar.

Dietary fibre source

Fibrex® is recognised as an important source of dietary fibre, comprising an outstanding balance of soluble and insoluble fibre. In addition, it provides valuable functionality in soft and appealing gluten-free bread and burgers, which keep their succulent texture and size during frying. The sugar beet fibre further enhances the quality of ready meals.

“Fibrex® is nutritional, functional and an excellent choice for food products with a natural, clean label profile,” Lars-Erik Hansson remarks.

The study was conducted by food scientists in Serbia with the backing of the Serbian ministry of science and technology.

***Cath Mersh,
Independent journalist***

Sources: Antioxidant activity of cookies supplemented with sugarbeet dietary fibre.

Sakač, M.; Gyura, J.; Mišan, A.; Šereš, Z.; Pajin, B. Sugar Industry 2011 Vol. 136, pp. 151-157.

Antioxidant properties of sugarbeet fibers.

Sakač, M. B.; Gyura, J. F.; Mišan, A. Č.; Šereš, Sugar Industry. 2009 Vol. 134, pp. 418-425.

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