

**BENEO-Institute addresses a new functional carbohydrate
for healthy and balanced nutrition**

**International Conference on Innovations in Food Processing & Ingredients towards Healthy India
Mumbai, 4th & 5th January 2011**

December 2010, Mannheim/Germany - Wim Caers, Manager of Regulatory Affairs & Nutrition Communication at BENEEO, will be giving an introduction to the next generation carbohydrate isomaltulose (marketed under the name Palatinose™) its physiological properties and contribution to a healthy and balanced nutrition within his presentation: "Innovation in carbohydrates: Palatinose™- the better energy". It takes place on 5th January 2011 at the International Conference on Innovations in Food Processing & Ingredients towards Healthy India (IFPIHI) in Mumbai.

According to the World Health Organisation (WHO) India suffers from a prevalence of diabetes with 31.7 million cases of diabetes, accounting for nearly 19 per cent of all diabetics worldwide. Worse still, studies predict a growth rate by 2.5 until 2030. Therefore, low glycaemic ingredients are regarded as valuable contribution to a healthy nutrition.

Wim Caers will be giving an introduction to isomaltulose a naturally derived and low glycaemic functional carbohydrate. Being derived from sugar beet isomaltulose has distinct physiological properties due to an enzymatic treatment. A recent study by Holub et al¹ published in the British Journal of Nutrition showed that isomaltulose is a fully available carbohydrate irrespective if used in food or beverages, but at the same time causes a significantly low blood glucose and insulin response after consumption; a valuable nutritional property, not only for people with diabetes but for the general population. Furthermore, it was shown that the functional carbohydrate is very slowly yet completely digested. Therefore, it can be said that isomaltulose is the first disaccharide carbohydrate which has low glycaemic characteristics and delivers the full carbohydrate energy (4 kcal/g) in a more balanced way over a longer period of time.

¹ Reference: Holub I, Gostner A, Theis S, Nosek L, Kudlich T, Melcher R, Scheppach W: Novel findings on the metabolic effects of the low glycaemic carbohydrate isomaltulose (Palatinose™). British Journal of Nutrition 2010, 103, 1730-1737.

Properties that seem to be increasingly important supporting a healthy nutrition having in mind civil diseases such as diabetes but also giving the necessary and more healthy energy supply within a busy everyday life. Being approved in all continents in all major markets as safe food (approved as a nutrient not as a food additive), Wim Caers will also be discussing which effects such a new carbohydrate and its beneficial characteristics may have on the current and future development of food and beverages.

Anke Sentko, Vice President Nutrition Communication and Regulatory Affairs, BENEEO says: “We believe that balanced energy supports a healthy lifestyle. Therefore, we are delighted to attend such a recognized conference to introduce the physiological benefits of our next generation carbohydrate to an international and experienced audience.”

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The BENEEO-Institute is an organisation which brings together BENEEO’s expertise from Nutrition Science, Nutrition Communication and Regulatory Affairs teams. It acts as an advisory body for customers and partners reaching from ingredient approval, physiological effects and nutritional composition to communication and labelling. The key nutritional topics that form the basis of the **BENEEO-Institute’s** work include weight management, digestive health, bone health, physical and mental performance, the effects of a low glycaemic diet in the context of healthy eating and disease prevention, as well as dental health.

The **BENEEO-Institute** facilitates access to the latest scientific research and knowledge throughout all nutritional and regulatory topics related to BENEEO ingredients. It provides BENEEO customers and partners with substantiated guidance for some of the most critical questions in the food industry. BENEEO is a division of the Südzucker Group, employs almost 900 people and has production units in Belgium, Chile, Germany and Italy.

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