

**Photo release**

**BENE0-Institute: “Science-based functional ingredients can contribute to improved public health via prevention-orientated nutrition”**



*Photo caption: BENE0-Institute’s Anke Sentko, Vice President Regulatory Affairs & Nutrition Communication, speaking at the 29<sup>th</sup> Scientific Conference of the Nutrition Society of Malaysia in Kuala Lumpur. Ms Sentko attended the event, which was held under the theme ‘Improving lives through public health nutrition’, to present evidence-based insights into the role of functional ingredients in healthier, prevention-orientated diets.*

Addressing participants at the annual Nutrition Society of Malaysia Conference in a BENE0-Institute sponsored symposium during the two-day event, Ms Sentko spoke about how common health challenges, such as overweight and obesity, impaired insulin sensitivity and diabetes as well as osteoporosis can all be addressed via prevention-orientated nutrition:

**Anke Sentko, Vice President Regulatory Affairs & Nutrition Communication, BENE0:**

“BENE0’s way of contributing to public health nutrition is by offering functional carbohydrates and fibres to food manufacturers that support healthy nutrition and healthy ageing from early on. At BENE0-Institute, we conduct extensive research on the physiological characteristics of functional ingredients. Our findings show that BENE0’s functional ingredients have the potential

to be a key part of the solution to many of today's public health concerns. They can make our daily diet more healthy in a pleasant, tasteful way."

Ms Sentko highlighted examples of functional ingredients, such as prebiotic fibres from the chicory plant (inulin, oligofructose) and the slow release carbohydrate Palatinose™, and their proven metabolic benefits with the potential in delaying and/or avoiding the onset of common non-communicable diseases.

"Doing small things wrong in nutrition over a long period of time may result in disease development. This is typical for diet related challenges. A good choice of foods from early on make our life more healthy. Fruits and vegetables contribute to a healthy choice, functional ingredients can make food better for you as well." Ms Sentko explained to the audience.

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### **About BENEEO**

BENEEO offers functional ingredients derived from chicory roots, beet sugar, rice and wheat. BENEEO is the ideal partner to help improve a product in its nutritional and technological characteristics. Key nutritional benefits are 'less fat,' 'less sugar,' 'fewer calories,' 'added fiber,' 'gluten-free' and dairy alternatives as well as energy management and digestive, bone and dental health. Key technological benefits focus on taste and texture improvements. Through a unique chain of expertise, including the BENEEO-Institute that provides decisive insights into nutrition science and legislation, and the BENEEO-Technology Center that consults in application technology, BENEEO actively supports customers in the development of balanced and healthy food products.

BENEEO is a division of the Südzucker Group, employs almost 900 people and has production units in Belgium, Chile, Germany and Italy.

[www.BENEEO.com](http://www.BENEEO.com)