

Photo release

BENEO: The right choice of functional ingredients contributes to a balanced blood sugar level



Photo caption: Nicole Kellow, Monash University & Baker IDI Heart & Diabetes Institute, Melbourne, Australia speaking at the Asian Pacific Conference on Clinical Nutrition 2015. Kellow shared with the audience the benefits of prebiotic inulin-type fructans for blood glucose management in line with this year's theme for the conference, which is 'prevention and management of diseases through the life cycle: the role of nutrition and physical activity'.

The 9th Asia Pacific Conference on Clinical Nutrition (26 – 29 January 2015) is now on in Kuala Lumpur, Malaysia. Nutrition experts congregated at the event to share on the latest in food and nutrition research. Several international speakers spoke about how certain food can impact blood sugar management, focusing on the short and long-term health benefits of specific carbohydrate and dietary fibre choices.

Presenting under the lunch symposium "Blood Sugar Management" sponsored by the BENE0-Institute Professor Jeyakumar Henry from Singapore Institute for Clinical Science, Singapore and Nicole Kellow from Monash University & Baker IDI Heart & Diabetes Institute, Melbourne, Australia discussed how low glycaemic carbohydrates and dietary fibres help to manage blood sugar levels but also contribute to satiety and fat oxidation.



Photo caption: Professor David Benton from Swansea University, Swansea, Wales, United Kingdom, speaking at the Asian Pacific Conference on Clinical Nutrition 2015. Professor Benton presented the effects of using BENE0's Palatinose™ in breakfast meals on children's cognition and mood.

Nicole Kellow, Monash University & Baker IDI Heart & Diabetes Institute, Melbourne, Australia:

“Inulin-type fructans such as inulin, oligofructose and fructo-oligosaccharide are plant fibres with an established prebiotic effect. A meta-analysis of randomised controlled trials involving prebiotic supplementation in human subjects revealed that dietary inulin-type fructans significantly increased self-reported feelings of reduced post-prandial glucose concentrations and reduced insulin concentrations in trial participants. These findings support the use of inulin-type fructans as a potential glucose management strategy for individuals with diabetes.”

Within the main programme **Professor Glenn Gibson from University of Reading, United Kingdom**, presented recent scientific data supporting the beneficial effects of the prebiotic fibre inulin and oligofructose on digestive health, weight management and bone health.

Professor David Benton from Swansea University, Wales, United Kingdom, shared recent research findings that the slow, prolonged and low glycaemic benefits of Palatinose™ (isomaltulose) positively influence children’s cognition and mood:

“Recent studies showed that lowering the glycaemic load of breakfasts by using Palatinose™ triggered a better mood and cognitive function in children as compared to using glucose. This exemplifies the impact of the glycaemic properties of a meal, rather than the energy provided, or the nature of the macro-nutrients.”

BENEO is committed to the highest quality science related to prebiotic fibres from chicory (inulin, oligofructose), and functional carbohydrates (Palatinose™, Isomalt), which make the difference to food composition and open new doors to healthy eating. Consequently, diets including the right ingredients contribute to a healthy metabolism.

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The BENE0-Institute is an organisation which brings together BENE0’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 **BENE0-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 **BENE0-Institute** facilitates access to the latest scientific research and knowledge throughout all nutritional and regulatory topics related to BENE0 ingredients. It provides BENE0 customers and partners with substantiated guidance for some of the most critical questions in the food industry. BENE0 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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