

Fiber remains a consumer-favored and health-imparting nutrient and although more consumers are becoming interested in fiber, research indicates that an average person consumes only half the recommended intake of 25g of fiber daily. There is lots of room for improvement.

Further Covid 19 pandemic has evolved eating behaviours as consumers look for immunity boosting food that improves gut health pointing to fibers with prebiotic benefits. What are the fiber types (soluble vs. insoluble), which foods contain fiber and how much fiber [a person] needs, such as recommended intake is still not clearly understood.

Many food companies are adding fiber into their products from breakfast, snacking to dinner meals categories. Food processors/ fiber suppliers are delivering novel fiber concepts from different feedstocks to demonstrate their beneficial effects to human health. Some recent developments are from chicory root, beet sugar, cocoa shells, pea fiber, soluble corn fiber, soy fiber, acacia gum etc. What if the addition of cocoa fiber can make up the missing bulk from reduced sugar with no negative sensory impact? What if usage of citrus fiber can improve the taste & texture of plant-based ingredients while being natural?

Sign up for CMT's virtual event on Fiber Enrichment and find out more on the innovative ingredients being developed to and the broad range of food applications from texturizing to sugar and fat replacement to gut health! Email hafizah@cmtsp.com.sg if you require more information and/or wish to register.



FIBER ENRICHMENT

Trending applications in sugar reduction, gut health & alternative protein markets

22 FEB 2021, 15:00 CET (GMT +1) / 09:00 EST (GMT -5)

SPEAKERS



CAROLE BINGLEY
Technical Specialist
Reading Scientific
Services Ltd – RSSL



DR. FERNANDO SCHVED
VP Strategic R&D and
Chief Scientist
Galam



DR. PAUL SHELDRAKE
Group Technical &
Applications Director
Healy Group



DR. ISABELLE JAOUEN
R&D Director
Alland & Robert



DR. BROCK LUNDBERG
Division President of R&D
Fiberstar

22 FEB 2021, MONDAY

14:00-15:00 PRE-NETWORKING (Participants are strongly encouraged to Log on to get acquainted with CMT MEET Platform)

15:00 Welcome Remarks by CMT

15:05 **Formulating with fiber for nutrition claims, sugar reduction and functionality**

- Fiber intake, sources of fiber in the diet against recommendations and health benefits
 - Different types of fibers and market applications including fiber enrichment, sugar replacement and technical benefits
 - Challenges of incorporating fiber into food and drink formulations including market examples
- Carole Bingley, Sr. Associate Principal Scientist - Product & Ingredient Innovation, **Reading Scientific Services Ltd - RSSL**

15:25 Live Q&A

15:30 **Beet sugar derived sc-FOS as a supreme prebiotic dietary soluble fiber**

Dr. Fernando Schved, VP Strategic R&D and Chief Scientist
Galam Group Ltd.

15:50 Live Q&A

15:55 **Upcycling cocoa shells into micronised cocoa fiber for sugar reduction applications**

Dr. Paul Sheldrake, Group Technical & Applications Director
Healy Group

16:15 Live Q&A

16:20-16:50 (30 min) - NETWORKING BREAK (Participants are encouraged to visit CMT Connect and Networking Rooms)

16:50 **Formulating with acacia fiber**

Dr. Isabelle Jaouen, R&D Director, **Alland & Robert**

17:10 Live Q&A

17:15 **New texturizing clean label citrus fiber meat alternative solution**

Dr. Brock Lundberg, Division President-R&D, **Fiberstar, Inc.**

17:35 Live Q&A

17:40 Final Discussions. Closing Remarks. End of Watch Live CMT Meet will continue to remain open for the next 24 hours to allow participants to enjoy extended networking time.

SUPPLEMENTARY WEBINAR:

10TH STARCH INNOVATIONS ASIA | 23 FEB

Register for both webinars:

10th Starch Innovations ASIA & Fiber Enrichment
at only **€200.**

(promo valid till 15 Feb)

More details [here](#)

More info on webinar

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Live Q&A with Speakers



Virtual Networking Interactions