

LET'S START SOMETHING

Call 866.547.2122 to learn more about the many ways MGP can help turn your ideas into reality.

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THE PERFECT CHOICE FOR A HEALTHIER OPTION.

Fibersym® RW resistant wheat starch is a rich source of dietary fiber that's easily incorporated into foods focused on health and wellness. With clean flavor, smooth texture, white appearance and low water-holding properties, it boosts fiber content in a wide variety of products, including:



PASTA AND NOODLES



FLOUR TORTILLAS, PIZZA CRUST, BREAD



BAKERY MIXES, COOKIES, MUFFINS

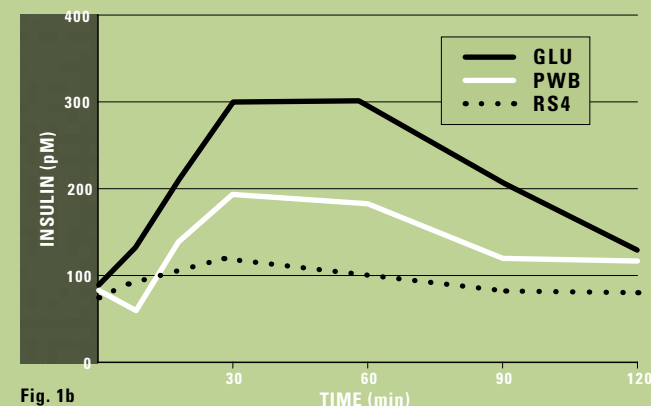
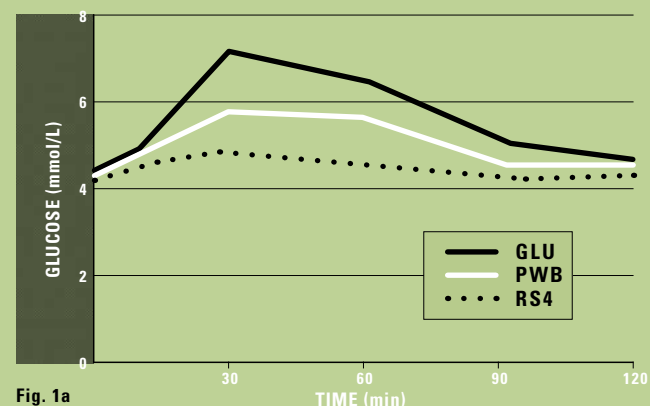


SNACKS AND BREAKFAST CEREALS

RESEARCH PROVEN.

In a human clinical study, researchers at Kansas State University compared a nutritional bar formulated with puffed wheat and a second nutritional bar formulated with Fibersym RW (an RS4-type) by totally replacing puffed wheat in the formula. All other ingredients were kept identical. Both bars and the glucose drink (control) delivered 50 grams of available carbohydrates.

The incremental areas under the curve for glucose and insulin were significantly lower ($P < 0.55$) following ingestion of the bar containing Fibersym RW compared to the puffed wheat bar and the control glucose drink, confirming that Fibersym RW lowers post-prandial blood glucose and insulin levels.



Depiction of the glucose (Fig. 1a) and insulin (Fig. 1b) responses over two hours following the consumption of each (Glucose, Puffed Wheat Bar, and RS4 Bar) treatment. Reproduced with permission from Al-Tamimi, E.K., Seib, P.A., Snyder, B.S., and Haub, M.D. 2010. Consumption of cross-linked resistant starch (RS4XL) on glucose and insulin responses in humans, J. Nutr. Metab. 2010. Article ID 651063.

LET'S START WITH EXCEPTIONAL FORM & EXCEPTIONAL FUNCTION.

A Texas A&M University study used 5%, 10% and 15% levels of Fibersym RW in flour tortillas. Versus the control tortillas, Fibersym RW resulted in:

FAVORABLE DIMENSIONAL COMPARISONS

- Soft, extensible, easy to press dough
- Significantly larger diameters
- Practically similar weights

SUBSTANTIAL SENSORY RESULTS

- Significantly more tender (with 10% and 15%)
- Comparable appearance and flavor
- Significantly higher overall acceptability scores

PROPERTIES OF FLOUR TORTILLAS FORTIFIED WITH FIBERSYM RW				
PARAMETER	CONTROL	LEVEL OF FIBERSYM RW		
		5%	10%	15%
WEIGHT (g)	40.5	40.8	40.2	39.3
THICKNESS (mm)	3.00	3.00	2.82	2.81
DIAMETER (mm)	164	169	177 [†]	176 [†]
SPECIFIC VOLUME (cc/g)	1.57	1.64	1.72	1.74
OPACITY (%)	75	85	88	90
TEXTURE SCORE	6.7	7.1	7.8 [†]	8.2 [†]
OVERALL ACCEPTABILITY SCORE	6.6	6.3	7.0	7.5 [†]

[†] Indicates significant difference from control ($P < 0.05$). Adapted from Alviola, J.N., Jondiko, T., and Awika, J.M. 2010. Effect of cross-linked resistant starch on wheat tortilla quality. Cereal Chem. 87:221-225. Used with permission.

EXCEPTIONAL PERFORMANCE.

In a study conducted at the American Institute of Baking International, high-protein, high-fiber (HPHF) white or whole wheat bread dough formulated with 11.6% (based on total formula weight) Fibersym RW out-performed control breads in several areas:

SIGNIFICANT PRODUCT IMPROVEMENTS

- High water absorption and less mixing time (3-5 minutes shorter)
- Greater volume (260-325cc higher)
- Large increases in moisture, protein, and dietary fiber
- Caloric reduction, adequate to meet requirements for labeling as "reduced calorie"
- Improved crumb softness

BENEFITS OF FIBERSYM RW:

- Fiber fortification (Good/Excellent source)
- Monash University Low FODMAP Certified™ ingredient
- Low glycemic/insulin response
- Low caloric contribution
- Cholesterol level reduction
- Reduces risk of being overweight or obese
- Increases colonic fermentation/short-chain fatty acid production
- Positive modulation of colonic microflora
- A non-GMO Project Verified solution
- Convenient one-to-one partial flour replacement
- Low water-holding capacity
- Smooth, non-gritty texture
- White, "invisible" fiber source
- Process tolerant
- Imparts crispiness
- Compatibility with wheat-based products



Monash University Low FODMAP Certified trade marks used under license by MGP Ingredients, Inc. A strict low FODMAP diet should not be commenced without supervision from a healthcare professional. A low FODMAP diet does not treat a disease but may help to meet nutritional needs with reduced gastrointestinal symptoms. Monash University receives a license fee for use of the Monash University Low FODMAP Certified trade marks.

