

Consumers want and need fibre. Ingredion helps you deliver.



Consumers are hungry for **fibre-filled products** that taste good and are easy to digest.

1 in 5

Australians believe they are **not getting enough fibre** in their diets¹.



MOST AUSTRALIANS FALL SHORT ON THEIR **RESISTANT STARCH TARGETS BY AT LEAST**

55%²

HI-MAIZE[®]
resistant starch
is a **UNIQUE**
FIBRE made from **CORN**

THAT HELPS PEOPLE

steady their

BLOOD SUGAR AND INSULIN LEVELS

manage their hunger,
and boost their **DIGESTIVE DEFENCES**.

Replacing up to

20%

of flour with **HI-MAIZE**[®]
in your baked goods,
noodles, cereals
and snacks



significantly **improves**
their **NUTRITION** profile.

One of the **richest** natural sources of resistant starch (RS2)



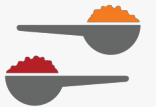
Made from traditionally bred **Australian-grown corn**



Easy to use, it doesn't **change the taste or texture** of foods they love

3 types of fibre:

- soluble
- insoluble
- resistant starch



We need a **mix** of **ALL THREE** for **good health**.

20g a day

HI-MAIZE[®]
resistant starch supports a **healthy digestive SYSTEM**.

More than **350**



published studies demonstrate a range of **potential health benefits**.

“A clean label, gluten free, gentle and effective fibre... Where can I buy it?”



1. NewsPoll 2014, on behalf of Sanitarium Health & Wellbeing.
2. Landon S, Colyer CGB, Salman H, The Resistant Starch Report, Food Australia 2012.

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Ingredion



Contact **Ingredion** to **make more fibre-filled products than ever**.

e: apac@ingredion.com

w: apac.ingredion.com/himaize