



HI-MAIZE® 260 resistant starch

Factsheet

Add more fibre to your baked goods without changing taste or texture

With HI-MAIZE® 260 resistant starch, you can enhance the nutritional profile of every day foods such as white bread, muffins, crackers, cakes and pasta. This ingredient is high in dietary fibre but does not impact taste, appearance or texture, so consumers can enjoy the foods they love with the added benefit of getting the nutritional goodness they need. As well as meeting the criteria for dietary fibre in the EU, it can be formulated into clean label and gluten-free bakery products.



What approved health claims can I make with HI-MAIZE® 260 resistant starch?

A wealth of published research studies demonstrates that HI-MAIZE® 260 helps maintain healthy blood sugar levels. Compromising of around 53% resistant starch (dietary fibre) and 40% digestible starch, HI-MAIZE® 260 has the following EU authorised health claim:



Replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal.²



The result is that food manufacturers can do much more with HI-MAIZE® 260, with front of pack marketing positions¹ that appeal to health conscious consumers.

Helps maintain healthy blood sugar levels

Reduced glycaemic response

FEATURES

- Meets criteria for dietary fibre in the EU
- Partial replacement for flour
- Ideal for clean label and gluten-free products
- Helps maintain healthy blood sugar levels

BENEFITS

- Improves nutritional profile
- Easy to incorporate
- Highly versatile
- Does not affect taste, appearance or texture
- Requires no processing changes

How to formulate with HI-MAIZE® 260 resistant starch to achieve a health claim

Use the below guide to find out how much HI-MAIZE® 260 resistant starch you need to make a blood glucose claim. With a working example to achieve a blood glucose claim in bread using HI-MAIZE® 260 resistant starch.

Step 1

Calculate the total starch content for your product

For example in bread per 100g serving: Total carbohydrate content = 45.6g of which is starch content = 44.7g

Step 2

Work out 14% of this total starch to assess the resistant starch (RS) content required

As a result 14% of 44.7g in 100g serving of bread is 6.2g resistant starch

Step 3

Divide this by 0.53 (53%) to get the amount of HI-MAIZE® 260 needed for the claim

As a result a 100g serving of bread required 11.2g of HI-MAIZE® 260 resistant starch

¹Front of pack claims are the responsibility of the final manufacturer, the suggestions given are our interpretation of the claim and should be confirmed with the authorities prior to use

²This claim may be used only for food in which digestible starch has been replaced by resistant starch so that the final content of resistant starch is at least 14 % of total starch.



Get more from HI-MAIZE® 260 resistant starch

As well as providing authorised EU health claim positioning, HI-MAIZE® 260 also offers textural and processing benefits for a wide range of applications. Here are some suggestions on how to get the best from HI-MAIZE® 260 in every day foods.

PRODUCT CATEGORY	TECHNICAL FEATURES AND BENEFITS	RECOMMENDED USAGE LEVEL
White bread	<ul style="list-style-type: none"> Improves yield Delivers excellent crumb characteristics Reduces staling Improves shelf-life stability Improves keeping, freezing and toasting quality 	Up to 20% flour replacement
Muffins, cakes, cake bars, pastries	<ul style="list-style-type: none"> Reduces calorific value (in combination with fat and sugar replacers) Maintains batter viscosity (due to low water-holding capacity) 	Up to 50% flour replacement
Sweet and savoury biscuits including snacks, crackers and crispbreads	<ul style="list-style-type: none"> Offers high versatility in wide range of biscuit formats Improves crunchiness 	Up to 50% flour replacement
Nutrition bars (cold extruded)	<ul style="list-style-type: none"> Simple to incorporate Requires no processing changes Does not change taste or texture 	3 – 5% addition
Pasta (chilled and extruded)	<ul style="list-style-type: none"> Improves tolerance to overcooking Maintains 'al dente' texture Helps to avoid pasta sogginess in ready meals 	Up to 20% flour replacement
Pizza dough	<ul style="list-style-type: none"> Improves texture (crunchier bite) Offers high process tolerance 	Up to 20% flour replacement

To find out more about how HI-MAIZE® 260 resistant starch can help you add fibre to your baked goods, contact us below.

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