



# SUSTAGRAIN<sup>®</sup> wholegrain barley

## Factsheet

### Benefit from **three times more fibre** than oats

Part of our extensive portfolio of proven nutritional ingredients, SUSTAGRAIN<sup>®</sup> wholegrain barley is the highest quality natural wholegrain fibre currently on the market. Made from waxy hull-less barley, SUSTAGRAIN<sup>®</sup>:

- delivers 30% total fibre (three times more than oats) – almost half of this fibre comes from soluble beta-glucans (12%)
- is available in two easy-to-use formats; ready-to-eat flakes and fine milled flour
- is perfect for use in breads, cereal bars, luxury breakfast cereals and muesli.

SUSTAGRAIN<sup>®</sup> also carries three EFSA authorised health claims which allow food manufacturers to add front-of-pack marketing positions that have real appeal to health-conscious consumers.



**Ingredion**<sup>™</sup>



## What **approved health claims** can I make with SUSTAGRAIN<sup>®</sup> wholegrain barley?

SUSTAGRAIN<sup>®</sup> wholegrain barley flakes and flour deliver digestive, glycaemic and heart health benefits to consumers. By using SUSTAGRAIN<sup>®</sup>, food manufacturers can ensure that front-of-pack marketing positions have real appeal for health conscious consumers.

### 1) Improves digestive transit

*This claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE, listed in the Annex to Regulation (EC) No 1924/2006. Commission Regulation (EU) 432/2012*

*“Barley grain fibre contributes to an increase in faecal bulk”*

### 2) Helps to maintain healthy cholesterol

*Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3g of barley beta-glucan. The claim can be used for foods which provide at least 1g of barley beta-glucan per quantified portion. Commission Regulation (EU) 1048/2012.*

*“Barley beta-glucan has been shown to lower / reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease”*

### 3) Helps maintain healthy blood sugar levels

*This claim may be used only for food which contains at least 4g of beta-glucans from oats or barley for each 30g of available carbohydrates in a quantified portion as part of a meal. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming the beta-glucans from oats or barley as part of the meal. Commission Regulation (EU) 432/2012.*

*“Consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal”*

## Formulating with SUSTAGRAIN<sup>®</sup> wholegrain barley for health claims

Depending on the application and the health claim you wish to include, you must follow the conditions of use set out by the authorising legislation<sup>1</sup> to ensure you have sufficient wholegrain barley SUSTAGRAIN<sup>®</sup> in your recipes to make a health claim. Please refer to our technical product data sheet for information on the beta-glucan and fibre content of SUSTAGRAIN<sup>®</sup> to help you apply the claims to your product.

<sup>1</sup> Commission Regulation (EU) 432/2012 of 15/5/2012 and Commission Regulation (EU) 1048/2012 of 8/11/2012.

\* Where appropriate, multiple claims may be met. Suitable in applications in which SUSTAGRAIN<sup>®</sup> is used as the sole carbohydrate source, e.g. cereal bars, barley cereal. Please note this information is given as a guide only. Manufacturers should review each recipe to ascertain the appropriate amount of SUSTAGRAIN<sup>®</sup> required to achieve a health claim.

If you're looking for added differentiation for your healthy and nutritious recipes, our technical experts can help you to 'formulate for success' with SUSTAGRAIN<sup>®</sup> health claims.

HEALTH CLAIM CATEGORY	SUGGESTED SUSTAGRAIN <sup>®</sup> INCLUSION RATES*
<b>Digestive transit</b>	
High in fibre (6g fibre per 100g)	Approx. 20g / 100g
<b>Cholesterol lowering</b>	
3g / day	Approx. 25g / day
<b>Blood sugar management</b>	
4g of Beta glucan per 30g of carbohydrate	Approx. 30g full carbohydrate source

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