



HEALTHY PROBIOTIC IN FUNCTIONAL FOODS

A new research conducted by UAS Labs, shows that *Lactobacillus reuteri* NCIMB 30242 has the potential to act on cardiovascular biomarkers and potential to be included in a range of functional foods. Now, the owner of LRC, UAS Labs The Probiotic Company, is looking to license the strain by channel around the world.

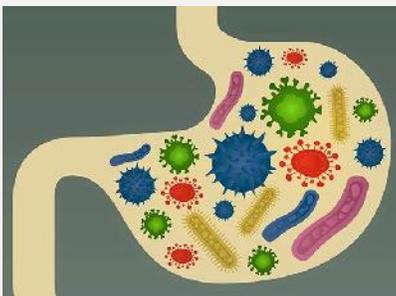
A probiotic strain can be effective when it is freeze-dried in capsule form, but ill-suited for use in foods. Problems with quality, quantity and storage can make probiotics ineffective or non-viable in foods. Equally, some strains affect the taste and texture of the food, making it undesirable. LRC has come through multiple tests suggesting it is unaffected by these shortcomings. The first randomized controlled trial showed LRC supports healthy levels of cardiovascular health biomarkers when formulated in a yogurt. One study showed levels of LRC remain high throughout the shelf life of yogurts when kept in real-world conditions. Another project found LRC, a hardy strain in capsule form, survives simulated gastrointestinal transit even better when formulated in yogurt. This performance is the result of the extra buffering from stomach acid provided by the yogurt.

As fruit juice is acidic and soy-based beverages are alkaline, these formulations present contrasting challenges to probiotic strains, LRC coped well with both these environments.

UAS Labs also views LRC as a good candidate for formulation into chocolate, cheese, frozen dairy desserts and fats and oils.

Health Benefits of L Reuteri :

- It reduces Cholesterol
- It is anti-inflammatory
- Lowers stress
- Increases Vit D
- Keeps stomach healthy
- Good for Thyroid
- Facilitates quick wound healing
- Protects against infections
- Keeps the gums healthy
- Produces Vit B12



Word to the Wise!



- Despite a generally negative perception, with the help of slow cooking methods like Sous Vide, ready meals are becoming more nutritious than the home cooked meals because with the advancement in the technology these products are packaged prior to heat treatment therefore they do not lose the essential Vitamins and Minerals that are usually lost in home cooking due to heating of raw products. A survey by Orka last year, eight out of ten Norwegians believe using wholly or partially cooked meals. The awareness of food and nutrition continues to rise but the future for 'Ready Meals' seems to be bright!



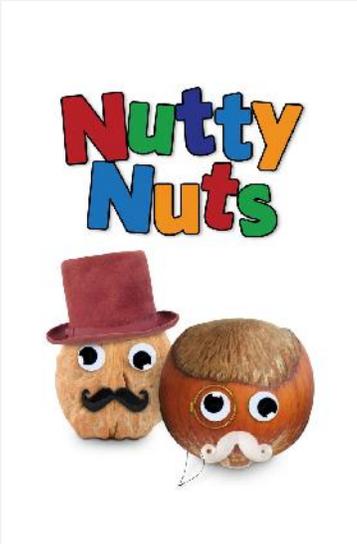
- Deep down, we always knew it, but science is proving that cocoa and caffeine are indeed the best marriage ever. Researchers examined the acute effects of brewed cocoa consumption on attention, motivation to perform cognitive work and feelings of anxiety, energy and fatigue. "Cocoa increases cerebral blood flow, which increases cognition and attention. Caffeine alone can increase anxiety. Cocoa lessens caffeine's anxiety-producing effects. "The results of the tests are definitely promising and show that cocoa and caffeine are good choices for who needs to improve sustained attention,"



- A handful of nuts a day could significantly cut the risk of heart disease, cancer and early death, major research suggests. "Nuts and peanuts are high in fibre, magnesium, and polyunsaturated fats - nutrients that are beneficial for cutting cardiovascular disease risk and which can reduce cholesterol levels." "Some nuts, particularly walnuts and pecan nuts are also high in antioxidants, which can fight oxidative stress and possibly reduce cancer risk." Although nuts are high in fat, there was also evidence they could reduce the risk of obesity.

NUTTY FACTS

- Walnuts are the oldest known tree food — they date all the way back to 10,000 BC.
- Pistachios are actually seeds of a grape-like fruit.
- Cashews are actually fruit, too.
- The shell of the cashew is toxic and can't be eaten. Cashews are in the same plant family as poison ivy and poison sumac and their itchy oil is primarily contained in their shell.
- Macadamia nuts are never picked. They are harvested from the ground after they fall off the tree. They also have the hardest shell of any nut, taking 300 PSI of pressure to crack it open.
- Brazil nuts are a truly special nut. They require a specific bee to be pollinated and take as long as 10 to 30 years to mature.
- The only thing is, peanuts aren't actually nuts – they're legumes.
- Almonds have a long storage life and can be refrigerated for up to 2 years. The longer shelf life is due to the fact that they are rich in Vitamin E.



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