



## “TRANS FATS”

Before 1990, very little was known about how *trans* fat can harm your health. In the 1990s, research began identifying the adverse health effects of *trans* fats. Based on these findings, FDA instituted labelling regulations for *trans* fat and consumption has decreased in the US in recent decades, however some individuals may consume high levels of *trans* fats based on their food choices.

Trans fat is considered by many doctors to be the worst type of fat you can eat.

There are two sources of trans fat, also known as trans fatty acids:

**Trans fat formed naturally** – This type of trans fat is produced in the gut of some grazing animals. That's why small quantities of trans fat can be found in animal products like meat, milk, and milk products.

**Trans fat formed during food processing** – This type of trans fat is created when hydrogen is added to vegetable oil (a process called hydrogenation) to make it more solid. Partially hydrogenated oils are used by food manufacturers to improve the texture, shelf life, and flavour stability of foods. About half of the trans fat Indians consume is formed during food processing, and partially hydrogenated oils are the main source of this type of trans fat in India.

It is found in a variety of food products, including:

**Baked goods:** Most cakes, cookies, pie crusts and crackers contain shortening, which is usually made from partially hydrogenated vegetable oil. Ready-made frosting is another source of trans fat.

**Fried food:** Foods that require deep frying — french fries, doughnuts and fried chicken — can contain trans fat from the oil used in the cooking process.

**Refrigerator dough:** Products such as canned biscuits and cinnamon rolls often contain trans fat, as do frozen pizza crusts.



**Creamer and margarine:** Non-dairy coffee creamer and stick margarines also may contain partially hydrogenated vegetable oils.

.Eating trans fat raises the level of low-density lipoprotein (LDL or "bad") cholesterol in the blood. An elevated LDL blood cholesterol level can increase your risk of developing cardiovascular disease. Cardiovascular disease is the leading cause of death in both men and women in the India. Therefore, you should keep your intake of trans fat as low as possible.

### **“Acrylamide in fried foods & its solutions”**

Since 2002, scientist studies have shown a correlation between high intake of acrylamide and an increase in potential health risks. Based on several warning from independent research institutes about health risks, there is reason to believe that governmental authorities, manufacturers and restaurants must now take action to reduce acrylamide formation.

The toxic compound acrylamide is a suspected carcinogen that is formed during the heat-induced reaction between sugar and an amino acid called asparagines. Using Zeracryl's patented process, which includes Lactic Acid Bacteria, a fermentation process converts the simple sugar to lactic acid, thus avoiding to a large extent the formation of acrylamide. Some strains of the Zeracryl Lactic Acid Bacteria also consume asparagine, further hindering acrylamide formation.

“The quality of food products appears to remain stable. Blind tests show that the taste and texture are not changed, “CTO Hans Blom stated. “Zeracryl AS will support customers at their locations with trials in order to adapt necessary know-how and make the technology available and most cost-efficient.”





## “DEFOAMING”

Foam formation in potato processing needs to be controlled. This is a known fact and it needs to be done efficiently, economically and in an environmentally friendly manner. Application points for defoaming can vary in a typical potato processing line but they will be useful from the rock/stone catch to the flume system and steam or abrasive peeling applications through to hydro transport, wash tanks, starch recovery and waste water treatment.

But processors are faced with other concerns, too. These range from acrylamide prevention and lower water usage to changing regulation in US, Europe and elsewhere.

Foam needs to be removed from Food Processing. As processors are challenged with new concerns, suppliers should be proactive in recognising the effects on their product as associated with the potato industry. Washing, baking and frying conditions may be altered to reduce natural formation of acrylamide.

The impact on foam was that the more starch washed out of potato, the more potential there was for foam generation. Similar issues were faced as recycled or lower water usage (including fewer rinses) was introduced. There needs to be perfect blend of foam and defamer to make the processing of potato products work efficiently and economically.

## “SALTY SNACKS”

A consumer trend, and perhaps the one that impacts potato snack manufacturers the most, is in taste adventure. With an overall healthier approach to diet, new generations of consumers have been raised within a truly global age, and as such they are actively seeking out new and exotic taste experiences.

From salty Indian namkeen to English beef and ale flavoured chips (crisps) and even organic vegetable chips, the world flavouring and seasoning market seems to be ever growing and changing. But, at the same time, the global battle against too much salt in snack food is also being fought on ever-widening front.

Salty snacks taste salty because the salt is on the surface of the chip, not because they are high in sodium. Other foods like crackers have the salt mixed and baked in so they don't taste as salty. The primary source of sodium in the Indian diet comes from common foods like bread and butter.



Much of the salt reduction has been taken forward in key sectors such as bread, biscuits and cakes, breakfast cereals, soups and sauces, crisps and savoury snacks.

Healthier qualities like lower fat, salt or calories hold only minority appeal, each seen as important by fewer than one in five adults who eat crisps and snacks, though with higher appeal among older age groups.

High quality ingredients are popular with more than one in four while more unusual and extreme flavours have become more common, new flavours still appeal to one in five people, and one in four under-35s, the most likely daily users. But salt is still an issue- Mintel survey.



**FTI is pleased to inform that we have a New Business Address now.**

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