

HOW SPECIALTY FOOD INGREDIENTS HELP MEET SPECIFIC DIETARY NEEDS

specialtyfoodingredients.eu

Specialty food ingredients play a key role in the food value chain. They typically help preserve, texturise, emulsify and colour food, and can add health benefits as part of an overall balanced diet and lifestyle.

These ingredients allow food and drink manufacturers to create products tailored to specific dietary needs, all of which are safe, healthy and convenient.

NON-COMMUNICABLE DISEASES (NCDs)



OVERWEIGHT & OBESITY

Almost 1 adult in 6 in the EU is considered to be obese ¹



DIABETES

60 million people with diabetes in the European Region ²

REFORMULATION

Recipe changes can help prevent and manage NCDs without compromising on taste, choice and convenience, for example:



Alternative sweeteners allow for sugar-reduced or sugar-free products that have fewer calories, are tooth-friendly and don't affect blood glucose levels



Ingredients such as fibres, starches, seaweed extracts and gelatine help reduce fat while providing pleasant texture and mouthfeel



Flavour enhancers allow for full-flavoured foods with less salt

HEALTHY AGEING

76.5 YEARS OLD IN 1998

80.9 YEARS OLD IN 2018

BETWEEN 1998 AND 2018

Life expectancies in the EU increased from 76.5 to 80.9 years ³

19% 65+ YEARS OLD IN 2018

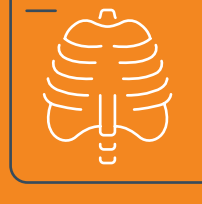
29% 65+ YEARS OLD BY 2070

IN 2018

Nearly one fifth (19%) of the EU population was aged 65+, expected to grow to 29% by 2070 ⁵

FORTIFICATION & SUPPLEMENTATION

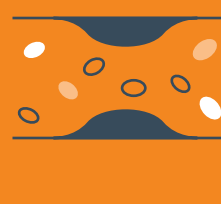
Adding essential nutrients to food and beverages can help reduce age-related risk factors and deficiencies, for example:



Calcium and vitamin D help maintain strong bones



OMEGA 3 (such as DHA) may contribute to maintenance of normal brain function



Plant sterols can help lower blood cholesterol levels



Fibres can have beneficial effects for digestive health

ALLERGIES & INTOLERANCES



7 MILLION

Europeans live with a food allergy ⁶

INNOVATION

Alternative innovative ingredients offer consumers a wider choice of products, for example:



Novel recipes based on rice and corn instead of wheat and rye, for example, can be used to create tasty, gluten-free foods



Lactase and plant-based ingredients allow for the production of lactose-free food and drink

REFERENCES

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