

MIGHTY FRUITS

FTI FOOD TECH PVT. LTD.

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EXTRACTING NATURAL SUGAR FROM GRAPES & DATES

Extracting and crystallizing sugars from grapes to introduce a new natural sweetener- a chromatographic process is used to separate liquid glucose and fructose syrups from concentrated and deionized grape juice. The last step in the process crystallizes fructose and dextrose to create solid natural sweeteners. Dextrose and fructose also work harmoniously after they are consumed, with the former delivering a quick hit of energy and the latter releasing energy over a longer period of time.

The result is Non-Genetically Modified Organism (GMO) derived sweeteners of fully-natural origin that are naturally free from allergens and gluten.

A similar process is followed with date fruits in which, the sugars are not modified by the process, nor is radiation used. Both materials and the product obtained are non-GMO.



People from ancient times have grown dates for their nutritional and health promoting properties, establishing the plant as the linchpin of desert and pre-desert agricultural systems.

The nutritional value of the fruit explains why the plant was adopted by people in the new places. The date palm's hardiness, particularly its ability to survive wide ranges of temperatures and to grow in marginal soils, has also helped it to spread.

There are several nutritional benefits of date fruit. The studies have shown date fruit to be a good source of dietary fiber and important minerals, such as potassium, magnesium, copper, calcium and iron.

BERRY POWERFUL



Raspberry- Diabetes Superfood

Type- 2 diabetes is a condition wherein the body is incapable of processing blood sugar normally. The condition either affects the body's ability to produce insulin or it resists insulin.

The diabetics may benefit from including this red berry in their diet. Berries also have antioxidant properties of anthocyanins and their regulation of inflammatory responses. Dietary intakes of anthocyanins and berries are associated with lower risk of type 2 diabetes mellitus.



The condition may be regulated with the help of diet therapy, exercise and medication. The red Raspberries may help obese people with pre-diabetes as well as insulin resistance, as they are low in calories. There are polyphenols and other nutrients in Raspberries for lowering "postprandial hyperglycemia and inflammation". It also contains ellagic acid, a phenolic compound that helps lower risk of cancer. The oil from raspberries has a sun protection factor.

GOJIBERRIES

Black gojiberries have been identified as a potential natural colourant source that is able to produce red, purple, and blue colours depending on the pH levels.

Black goji pigments are extracted from dried fruit.

The extracts exhibit a similar 'red-purple-blue' pattern of colour expression as the pH increased from acidic to alkaline.

Red hues are expressed in acidic conditions, which gradually turns colourless in mildly acidic condition.

When in neutral to alkaline pH conditions, the extracts exhibit vivid purple, blue, and greenish-blue colours. At pH 10, all of the extracts quickly fade in colour.

Colour Stability

The stability of black goji colour is greatly influenced by its composition, acylation, and pH level.

Acylation not only strengthens the colour retention in mildly acidic condition, but also enhances the tinctorial strength and stability of pigments.

Catering to current trends of shifting from artificial colorant to natural alternatives.



BRAN FACT

A natural antioxidant found in grain Bran could preserve food longer and replace synthetic antioxidants currently used by the food industry.

Currently, there's a big push within the food industry to replace synthetic ingredients with natural alternatives. Consumers want clean labels- they want synthetic chemical-sounding ingredients removed because of the fact that they don't recognize them, and that some of them (the ingredients) have purported toxicity. A class of compounds called alkyl resorcinols (AR) is produced by plants such as Wheat, Rye and Barley naturally to prevent mold, bacteria and other organisms from growing on the grain kernels.

ARs have health benefits for humans as well and can help protect against cancer, according to a review published in European Food Research and Technology, making them ideal natural additives. ARs also come from the bran layer of cereal plants, which the food industry usually discards or uses for animal feed.



FTI Updates



JULY
NATIONAL BLUEBERRY
MONTH



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