

Checklist to Assess Fibres as Functional Ingredients

“THE ART AND SCIENCE OF ASKING QUESTIONS IS THE SOURCE OF ALL KNOWLEDGE”

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Toolkit from iNewtrition

Property	Attribute	Important	Somewhat relevant	Irrelevant	
Physico-Chemical	Granulometry / Particle size (powder)				
	Water binding capacity				
	Water Activity (Aw)				
	Solubility				
	State (amorphous/crystalline)				
	Viscosity (liquid)				
	Wettability				
	Chemical structure: - Short/long chain of carbohydrates - Branched - Glucose polymers - Degree of polymerisation - % starch - Sugar profile - % fibre				
	Molecular weight				
	Stability (heat, pH, processing)				
	Binder				
Sensory	Texture: - Crunchy - Gritty - Chewy - Soft - Creamy				
	Browning effect (i.e. reducing sugars)				
	Taste				
	Sweetness index				
	Synergy with high intensity sweeteners				
	Nutrition	Caloric value / Digestibility			
		Glycaemic index / response			
Fermentability					
Fibre fortification and nutrition claim					
Max tolerance level (tolerability)					
Other	Cost in use				
	Label (ingredient list)				
	Shelf life (moisture control, humectant, moisture retention)				
	Halal				
	Organic				
	Kosher				
	GMO-free				

THIS CHECKLIST, CREATED BY INEWTRITION, IS A NON-EXHAUSTIVE LIST OF EXAMPLE QUESTIONS TO ASSESS KEY ATTRIBUTES OF FIBRES. IT WILL NEED TO BE TAILORED TO SUIT YOUR RECIPE, PRODUCT PORTFOLIO AND/OR BUSINESS STRATEGY.