

# Dietary Indulgence:

## Product Development Possibilities Expand With Sugar-Free Inclusion Options

Sugar-free inclusions using Isomalt are practical and easy to use solutions for maintaining interesting confectionery flavours and textures while reducing the caloric load of finished food products. As the general health and diet habits of our society come under pressure, there is increasing consumer demand for products that have a lower caloric impact from sugar and other sources while maintaining or improving on factors such as flavour, texture, and finished product presentation.

Sugar (sucrose) has been used as the base for confectionery products for centuries, with regionalised variances and advances in commercial production of these items to become quality food ingredients over the later part of the 20th century. Traditional confectionery manufacturing and inclusions products based around sugar-based formulations have become an exciting way to enhance food products.

Consumers have become more aware of their sugar consumption and have stated their intent to reduce various ingredients in their diet. Studies have shown that consumers want to continue to enjoy their indulgent and appealing foods, while some consumers want all of the above in a less caloric heavy option that suits their lifestyle. Replaced at a 1:1 ratio of traditional sugar products by volume, Isomalt provides a low calorie and sugar-free alternative to traditional sugar confectionery.

This product is derived from beet sugar during a two-step process that transforms the traditional white crystal into a translucent and lighter calorie sweetener. The properties of the resulting Isomalt, mean that many of the traditional favourites of boiled kibbles, honeycombs and other confectionery inclusions are also available in a sugar-free option for products.

One of the benefits of Isomalt over other traditionally more intense sweeteners is the ability for the subtleness of flavours to come out thanks to the less intense natural sweetness characteristics of the product.

Our technical, production and quality teams have closely worked to develop processes and systems that replicate finished results to traditional sugar products, with the benefits of a reduced Maillard reaction for crystal clear colours. This is a benefit as low sugar shopper demand for quality products increases.

Isomalt is a premium ingredient by comparison to sugar, and as a result, sugar-free inclusions are a premium-priced product in comparison to our standard sugar based range of the same boiled and honeycomb offerings.

*For more information about using confectionery inclusions in your upcoming product development, or replacing a current supply, contact the FoodFlo International team on + 64 6 376 8774 or [info@foodflo.co.nz](mailto:info@foodflo.co.nz).*

### Summary

Quality confectionery ingredients do not have to mean compromising dietary targets or requirements.

We work with our customers to develop quality products if their needs are outside of our existing range.

Thanks to our in-house team of food quality expertise and confectionery experience, we are able to help our customers navigate the available options to provide solutions for their needs.



### Sources/Further Reading

<https://foodflo.co.nz/sugar-free-inclusions-using-isomalt-as-a-sugar-replacement/>

<https://foodflo.co.nz/inclusions/sugar-free/>

<https://caloriecontrol.org/polyols/>

[http://www.beneoneews.com/Background\\_Information/Products/Sugar\\_Beet/isomalt/isomalt\\_short\\_brochure\\_ENGL.pdf](http://www.beneoneews.com/Background_Information/Products/Sugar_Beet/isomalt/isomalt_short_brochure_ENGL.pdf)

<http://polyols-eu.org/polyols/isomalt/>

<https://www.candyindustry.com/articles/88687-half-of-baby-boomers-are-reducing-sugar-intake-innova-market-insights-reports>