

# VIDOFIBRES®



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VIDOFIBRES BF is a new generation of fibre. A pure natural product of the fertile fields of Switzerland. With more than 70 % healthy fibres, approx. 1/4<sup>th</sup> of which are soluble fibres.

VIDOFIBRES BF offers commercial kitchens excellent ways to enrich a wide variety of foods with fibre simply and naturally without compromising the original taste or product characteristics.

VIDOFIBRES BF is economical - often, the food becomes even cheaper.

VIDOFIBRES BF binds water particularly well. This property is not affected by the preparation method or by freezing or thawing.

VIDOFIBRES BF is very productive and therefore economical.

The user has the choice between VIDOFIBRES BF 5 and BF 10, representing 2 grades in WBC (Water Binding Capacity), and also can choose among a range of particle size from very fine to coarse to un-milled and even rolled flakes.

## VIDOFIBRES BF in Minced Meat Dishes, Soups and Porridge

The water-binding properties of VIDOFIBRES BF 5 or BF 10 make the food juicy and maintain a pleasant chewing resistance. Take 50 – 150 ml of VIDOFIBRES BF for each kilo of minced meat and add 50 – 150 ml of additional liquid. If necessary, season.

## VIDOFIBRES BF in Muesli

With muesli, you can increase the fibre content with VIDOFIBRES BF 5 - whether you put the muesli together yourself or use a consumer product.



## VIDOFIBRES BF in Bread

An increased water content means that the bread does not dry out as quickly and thus stays fresh for longer and is easier to warm up in the microwave. In addition, the bread becomes softer, making it even fresher.

VIDOFIBRES BF 5 is almost tasteless and can be used with other fibre-rich foods and ingredients.

VIDOFIBRES BF 5 is equally suitable for light and dark loaves of bread. To achieve increased freshness, add 1-3% of VIDOFIBRES BF 5 on the amount of flour. Per gram of added VIDOFIBRES BF, reduce the amount of flour by 6 grams, so you don't need to change the amount of liquid or other ingredients. For fibre enrichment, use 5-10% VIDOFIBRES BF 5 on the amount of flour.

## Other Benefits

Unlike oats and wheat bran, VIDOFIBRES BF does not contain phytic acid, which hinders the absorption of minerals (iron and zinc) in the body. Besides, VIDOFIBRES BF is gluten-free and thus offers the optimal fibre intake for gluten intolerance.

## Health-promoting Effects

By balancing insoluble and soluble fibre, VIDOFIBRES BF promotes digestion and metabolism.

The regular consumption of sugar beet fibre has a positive effect on cholesterol levels. Fluctuations in blood sugar levels are reduced - an important factor for diabetics. Meals that have added VIDOFIBRES BF saturate faster, as the stomach has to process a lot of fibre. Also, VIDOFIBRES BF prevents constipation, an often common disease, by binding moisture and swelling.

## Product Suitability

The information and advice contained in this document are provided by UNIPEKTIN Ingredients AG as a courtesy only and is intended to be general. Any uses suggested in this brochure are presented only to assist our customers in exploring possible applications.

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It is in the interest of the customer and user to determine whether our products are suitable for the intended use and if they do comply with all applicable laws and regulations valid for the food industry in their country and also observe all third-party rights



## *Know-How and Experience*



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