

VIDOFIBRES®



VIDOFIBRES BF and your Health

VIDOFIBRES BF for the Health

Nutrition, exercise, health and well-being are four concepts that are closely linked. Friends of healthy eating tend to exercise well. And conversely, people who exercise a lot know how important the right composition of their food is.

Healthy nutrition and regular exercise are the prerequisites for physical and mental well-being.

If you want to do something for your health, you should first look at your diet. The rule of thumb is 'less fat, more fibre'. Nutritionists recommend a daily fibre intake of at least 30 g. That's almost twice as much as an adult eats on average. A simple means of enriching the daily diet with fibre is VIDOFIBRES BF 5 sugar beet fibre.

VIDOFIBRES BF 5 is a pure natural product of the fertile fields of Switzerland. With 73% healthy fibres, approx. 1/4th of which are soluble fibres. In comparison, ordinary oat bran only contains about 20% fibre, wheat bran 40 to 50%.

With VIDOFIBRES BF 5 (5 times its weight in water binding), the user chooses between a range of particle sizes from very fine to coarse to un-milled and even rolled flakes.

Many advantages

Regular consumption of VIDOFIBRES BF 5 helps to counteract the increase in cholesterol levels. Fluctuations in blood sugar levels are reduced — an essential factor, especially for people with diabetes.

Meals enriched with VIDOFIBRES BF 5 saturate particularly quickly due to the high fibre content and help cope with weight gain problems. Also, the fibres absorb liquid and swell strongly. This prevents constipation, the widespread disease of civilization.

VIDOFIBRES BF 5 is naturally gluten-free and offers a valuable contribution to a fibre-rich diet for gluten intolerance.

Unlike oats and wheat bran, VIDOFIBRES BF 5 does not affect the absorption of zinc and iron.



VIDOFIBRES BF as Food Additive

Use VIDOFIBRES BF 5 to prepare minced meat and stewed dishes, soups and desserts, or mix it into your cereal or cake dough.

There are no limits to your imagination.



Baking

When baking, add 1 to 3 dl VIDOFIBRES BF 5 per kg of flour to your usual recipe. Each cup (250 ml) of added



VIDOFIBRES BF 5 requires the addition of approx. 1 cup (250 ml) of liquid. All other ingredients remain unchanged.

Minced meat dishes

Add between 2 tbsp (50 ml) and ½ cup (125 ml) of VIDOFIBRES BF 5 per kg of minced meat. Up to 150 ml (1/2 heaped cup) can be used when the dish is strongly seasoned, such as in Chili con Carne. As with baking, the appropriate amount of additional liquid must be added.



Don't forget

Keep in mind that VIDOFIBRES BF 5 absorbs liquid. Therefore, never forget to add approx. 1 cup (250 ml) extra liquid per 1 cup (250 ml) of VIDOFIBRES BF.

Product Suitability

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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



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Know-How and Experience



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