

Australian grain innovation delivers healthier diets to Japan

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AUSTRALIAN wheat producers are growing a new type of bread wheat that delivers up to 10 times more fibre than standard wheat flour.

Selected growers will soon harvest this season's crop for export to Japan where the country's leading miller, Nisshin Flour Milling Inc., will produce the high fibre flour for local food manufacturers.

Nisshin is committed to innovation and scours the world for new opportunities in flour and wheat. The company has evaluated the new high fibre wheat in various food products and, in April, formalized an agreement to distribute the flour in Japan.

"Wheat-based products are widely used in Japan and we intend to promote Australia's high fibre wheat to all food industries seeking a health benefit for their consumers," Nisshin said in a statement.

The high fibre wheat is the result of a 20-year research project by Arista Cereal Technologies, a joint venture between Australia's national science agency, CSIRO, and the French farmer-led cooperative Limagrain.

"The breakthrough means food companies can offer consumers the benefits of high fibre in foods like bread, cakes, pastry and noodles, while retaining the preferred taste and texture of a white flour," Arista CEO Eric Vaschalde said.

The high fibre content is provided by a much higher level of resistant starch in the wheat grain. This resistant starch is a **fermentable fibre** that resists digestion in the small intestine. As a result, the fibre content can move into the large intestine where it **contributes to gut health**.

Resistant starch is widely recognised as being beneficial to the health of the large intestine microbiome, hence to a wide range of health benefits, such as a better immune system and colon cancer prevention.

Consumer products made with the new flour, including pizza crusts, tortillas and noodles, have already been launched in the USA.

CSIRO researchers are delighted to see their innovation reaching global markets and being promoted by important international partners such as Nisshin Flour Milling.

About Arista Cereal Technologies Pty Ltd

Arista is a joint venture company formed by Limagrain, a cooperative founded and directed by farmers and a world player in wheat breeding, and CSIRO, Australia's national science agency and one of the largest research agencies in the world. The companies began collaborating in fundamental research in wheat starch more than 20 years ago and joined their efforts and expertise in 2006 to develop and commercialise wheat with direct consumer health benefits.

<http://www.aristacereals.com/>

About Nisshin Flour Mills

Nisshin Flour Milling Inc., one of the core companies of the Nisshin Seifun Group, is the flour milling arm of the company. It supplies basic food materials such as wheat flour for manufacturing use, as well as other related products such as wheat bran, wheat germ and rye. As one of the leading companies in the milling industry in Japan it is making broad efforts to contribute to food culture and the development of new methods of doing business in the food industry. <https://www.nisshin.com/english/>