

## Limagrain Ingredients Launches Fiber-Rich Wheat Flour

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Limagrain Ingredients has launched a new fiber-rich wheat flour called LifyWheat that “helps fill the fiber gap,” according to the company. The white wheat flour is reportedly ten times richer in fibers than standard fibers and contains resistant starch. Two decades in the making, LifyWheat allows for an increase in cereal products’ fiber content “without any compromise on taste texture or diet habits.”

The ingredient will make it easier to formulate tasty fiber-rich products and furthermore bring specific health benefits not just related to the amount of fiber but also the type of fiber beneficial for gut health. The white wheat flour contains 40% fiber of which 30% is resistant starch, compared to an average of 13% and 5% respectively for standard wheat. This means that replacing e.g. 60% of standard white flour with LifyWheat flour in a white sandwich loaf will result in a three- to fivefold increase in resistant starch. The result is a white bread rich in fiber.

Thanks to its high content of resistant starch, LifyWheat can replace part of the digestible starch and thereby contribute to reduce the after-meal blood sugar response.

LifyWheat is used in a wide range of foods, including bread, biscuits, pasta and breakfast cereals. It can be used as a partial or full substitution for the wheat flour used with no significant modification of the processes required.