


# FOOD PRODUCT

## DESIGN

science ■ concepts ■ applications

### Yes glu-can!

Soluble fibers, specifically beta-glucans, improve cardiac health by lowering LDL. Also referred to as a viscous fiber, beta-glucan forms a thick gel that reduces intestinal absorption of cholesterol, fatty acids, biliary cholesterol and bile acids. Found in yeast, mushrooms, bacteria and algae, beta-glucan is especially prominent in oats, barley, Oatrim and psyllium husk.

"Recently the FDA expanded the soluble fiber health claim (Title 21 of the *Code of Federal Regulations*, Section 101.81) to include barley betafiber," says Pam Stauffer, global marketing programs & communications manager, Cargill Foods, Minneapolis, MN. Defined by FDA as the ethanol-precipitated soluble fraction of cellulase-hydrolyzed and alpha-amylase-hydrolyzed whole grain barley flour, betafiber contains 70% or more beta-glucan. "High purity reduced-molecular-weight beta-glucan soluble fiber has some very exciting product formulation attributes," she notes, "including the ability to formulate into clear beverages." 

Healthy  
up



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