

Uelzena expands its range of ingredients

Development focuses on healthy fatty acids



“Healthy fats” are a nutritional issue that is gaining more and more importance. In particular, vegetable fat components such as omega 3 and omega 6 fatty acids as well as MCT are considered nutritionally valuable because of the natural fatty acid composition. In view of the often discussed group of fats, consumers are more conscious than ever regarding food ingredients and their properties. The demand for functional products is growing - health and wellness without compromise are important aspects for food purchases.

The **HEALTH ingredients range** developed by Uelzena comprises various products, which contain valuable functional fat components. High in unsaturated fatty acids or MCT from vegetable origin, these products combine health benefits with excellent sensory properties and easy application technology.

HEALTH 500, HEALTH 510, HEALTH 520 and HEALTH 630 convince with their nutritional value and broad application potential.

Health benefits

Omega fatty acids belong to the group of unsaturated fatty acids; they play an important role in the daily diet. The key members of this group, alpha linolenic acid (omega 3 fatty acid) and linoleic acid (omega 6 fatty acid) are considered essential fatty acids. The body cannot synthesize them; they have to be taken in via food. The well-proven health benefits of omega fatty acids include protection of the cardiovascular system (positive influence on vascular health and blood fat values), reduction of blood pressure and cholesterol level, anti-inflammatory properties as well as support of brain health.

Many healthy fats can be obtained from vegetables. For example, walnuts or linseeds are rich in alpha linolenic acid while sunflower seed oil contains considerable amounts of linoleic acid. Medium-chain triglycerides (MCT) are fats with a certain molecular structure. They are an energy-reduced alternative to long-chained fatty acids; they do not accumulate in the body's fat tissue. Compared to other fats they are characterized by a quick absorption; they provide immediate energy and have a higher thermogenesis rate.



Areas of application

Because of their easy use and dosing and their nutritional and functional fat content, the Uelzena HEALTH range is suitable for various applications, including

- Baked goods
- Cereals
- Ice cream
- Dairy products
- Beverages
- Ready meals
- Dietary supplements
- Dietary food
- Balanced diets
- Sports nutrition

Uelzena HEALTH range of “functional lipids”:

HEALTH 500

Omega 3 linseed oil powder

HEALTH 510

Omega 6 sunflower oil powder

→ high loads of essential omega fatty acids for effective use

HEALTH 520

MCT oil powder → functional energy and excellent absorption

HEALTH 630

Walnut paste on oats fibre → healthy nutritional profile and unique sensory properties

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