

Sugar beet fiber – is just right for you!

Consumers are very aware of the health benefits of higher fiber intake; it is often unknown that different fibers have various advantages.

PEKTOS BF - sugar beet fiber - produced from sugar beets after the sugar extraction, has a low remaining sugar content (< 5%). The fiber is a mix of insoluble and soluble fiber, the insoluble part is mainly hemicellulose, and the soluble component is pectin. Several clinical studies with sugar beet fiber describe its advantages for the human body. On top of this, it has functional properties, e.g., prolonging freshness in bread and reducing frying losses in minced meat due to thermo-stable water holding. Furthermore, PEKTOS BF sugar beet fiber is gluten-free and works well in gluten-free bread and cakes. Also, it is free from phytic acid, which could act as a mineral blocker.



Digestive Health

Sugar beet fiber is extensively documented because it was used as the fiber of choice in many nutritional and functional studies*. Clinical studies confirm that several gastrointestinal problems can be helped by consuming sugar beet fiber**. It counteracts constipation and promotes regularity. According to some studies, it can prevent inflammatory conditions since the insoluble fiber/pectin flushes out waste products collected in pockets inside the gut system. The waste matter in the colon could contain toxins, and the longer it stays in the intestines, the higher the risk of developing dangerous diseases.

The soluble fiber part increases short-chain fatty acid (SCFA) production. SCFAs are essential for a healthy environment in the gut system, e.g. they have been shown to protect the colon mucosa.

Weight management

Because of its water-absorbing capabilities, PEKTOS BF sugar beet fiber functions as a filler, slowing gastric emptying and prolonging satiety. Noteworthy is the pectin fermentation in the gut system and increased concentration of organic acids, mainly acetate, which can reduce the appetite, according to a study by the Imperial College in London.

Health claims

PEKTOS BF sugar beet fiber allows an EU health claim on increased fecal bulk ***. The homogeneous network of polysaccharides, with its high microporosity and water retention capacity, results in a high fermentability by human gut bacteria, increasing the wet and dry fecal output. Pectin, the soluble part in this fiber, has two EU health claims: normalizing the bad LDL cholesterol and stabilizing the blood sugar after a meal.

"Many large bowel disorders may be attributed to lack of fecal bulk (Kritchevsky 2001)".

** Handbook of Dietary Fibre 2001.*

***Lampe et al 1993, Castiglia et al 1998, Giacosa et al 1990.*

**** EU 13.5 claim "SBF contributes to increased fecal bulk."*