

ANNEX H

Examples of Food Products Containing Phosphated Distarch Phosphate as a Source of Dietary Fibre

Fibersym™ 70 wheat starches



Fibersym™ 70 is a modified resistant wheat starch that can be used to increase total dietary fiber while also reducing available carbohydrate levels in many food systems. A typical food starch consists of nearly 100% carbohydrates. When Fibersym™ 70 is used in food applications, 70% of the usage level can be declared as fiber. Possessing low water-holding properties, smooth texture, white color and neutral flavor, Fibersym™ 70 can be added to many foods not typically associated with high fiber levels. Fibersym™ 70 delivers a minimum 70% total dietary fiber which can help achieve labeling claims including “good source of fiber” and “high source of fiber.”

Ingredient Labeling Statement:
Food Starch-Modified or Modified Wheat Starch

Click [Here](#) for Ingredients Specification Information

For more information on how Fibersym™ 70 starches can be used to meet your specific formulation needs, please contact us at kiml@midwestgrain.com.



Low-carb, high-protein ingredients that deliver on taste and texture



We help turn your innovations into results consumers want.

Today's carb-conscious consumers want foods that not only complement their desire to stay fit and active, but also provide satisfying taste and texture. To help you deliver these results, we provide highly functional ingredient solutions for creating delicious low-carbohydrate, high-protein products, including breads, rolls, pizza crust, tortillas, cookies, snack products, pasta and more.

These remarkable ingredients include our unique lines of **Arise**[®] wheat protein isolates and **Fibersym**[™] resistant starches which can be easily incorporated into multiple food systems and are backed by technical support to help you turn your innovations into results consumers want.

To deliver the very best in low-carbohydrate, high-protein products, work with the very best ingredient solutions partner—MGP Ingredients[™]. Call 800-255-0302 today for complete product details.



800.255.0302 WWW.MGPINGREDIENTS.COM

SUPPORTING YOUR INNOVATIONS

The best fiber enhancer
you'll never notice!



Fibersym[™]

We help turn your innovations into results consumers want.

To help you deliver great tasting, fiber enhanced products, we offer Fibersym[™] ingredient solutions.

Fibersym[™] (formerly MGPI FiberStar[™]) is a family of highly functional resistant starches that contain total dietary fiber ranging from 70% to 80%. For carb-conscious consumers, this means greatly reduced net carbohydrate levels. Derived from **wheat, potatoes and high amylose corn**, these unique ingredients possess a neutral flavor, white color and smooth texture. As a result, they can be easily incorporated into a wide range of foods to deliver the taste, texture and appearance that consumers desire.

Fibersym[™] resistant starches possess low water-holding capacity and can be used to partially or completely replace flour in food formulations. Applications include breads, tortillas, muffins, waffles, breakfast cereals, cookies, nutritional bars, snack products and more.

To enhance fiber content, work with the very best ingredient solutions partner—MGP Ingredients[™]. Call 800-255-0302 today for complete product details.

MGP[™]
INGREDIENTS, INC.

800.255.0302 WWW.MGPINGREDIENTS.COM

SUPPORTING YOUR INNOVATIONS

Company: S.B. Thomas
Item ID: 10191591
Brand: Thomas Sahara Carb Counting
Product: Wheat Pita Bread
Category: Bakery
Sub-Category: Bread & Bread Products
Country: USA
Launch Type: New Product
Date Published: 16-Oct-04
Price in US Dollars: 2.99
Storage: Shelf stable
Bar Code: 048121265410
Distribution Type: Supermarket
New Product Count: 1



Product Variant

-

Flavours

-

Positioning Claims

Low/No/Reduced Cholesterol
Low/No/Reduced Carb

Product Description

Thomas Sahara Carb Counting Wheat Pita Bread contains zero cholesterol and only 10 grams of net carbs per serving.

Ingredients

Modified food starch, water, wheat protein [isolate, whole wheat flour, oat fiber, wheat gluten, polydextrose, yeast, soybean oil, salt, caramel color, preservatives (calcium propionate, sorbic acid), grain vinegar, monoglycerides, guar gum, sodium stearoyl lactylate, citric acid, natural & artificial flavor, soy lecithin, sucralose

Nutrition

Serving size 1 loaf (50g), servings per container 6, calories 90, calories from fat 20, total fat 2g, saturated fat 0.5g, polyunsaturated fat 1g, monounsaturated fat 0g, cholesterol 0mg, sodium 330mg, total carbohydrate 20g, dietary fiber 10g, sugars less than 1g, protein 10g, vitamin A 0%, vitamin C 0%, calcium 6%, iron 4%

Company: Nutritious Creations Ltd.
Item ID: 10181226
Brand: Nutritious Creations
Product: New York Style Black & White
Cookie
Category: Bakery
Sub-Category: Sweet Biscuits/Cookies
Country: USA
Launch Type: New Product
Date Published: 11-Aug-04
Price in US Dollars: 1.59
Pack Size: 2.50oz
Package Type: Flexible
Package Material: Plastic
Storage: Shelf stable
Bar Code: 649164012759
Distribution Type: Drug store
New Product Count: 1



Product Variant

-

Flavours

-

Positioning Claims

Low/No/Reduced Sugar
Low/No/Reduced Carb

Product Description

Nutritious Creations New York Style Black & White Cookie is made for low carb diets and contains 0 sugar carbs. The sugar-free product is available at drug stores.

Ingredients

Cookie: soy protein isolate, water, resistant starch, vegetable shortening, maltitol, whole eggs, inulin (chicory root), wheat flour, wheat gluten, salt, baking powder, vanilla flavor, cellulose gum powder; chocolate topping: palm kernel oil, cocoa, inulin (chicory root), partially hydrogenated palm oil, soy lecithin (emulsifier), butter oil, acesulfame k, natural flavors, sucralose; vanilla topping: lactitol, palm kernel oil, milk protein isolate, milk fat, partially hydrogenated palm oil, soy lecithin (emulsifier), artificial flavor, acesulfame k, sucralose

Nutrition

Serving size 1 cookie 2.5 oz. (70g), calories 246, fat calories 126, total fat 14g, saturated fat 4g, cholesterol 5mg, sodium 140mg, total carbohydrate 17g, fiber 5g, sugars 0g, sugar alcohol 10g, protein 13g

Company: Continental Mills
Item ID: 10184655
Brand: Krusteaz CarbSimple
Product: Pancake Mix
Category: Bakery
Sub-Category: Baking Ingredients & Mixes
Country: USA
Launch Type: New Variety/Range Extension
Date Published: Sep-2004
Price in US Dollars: \$4.97
Pack Size: 39.90oz
Package Type: Carton
Package Material: Board
Storage: Shelf stable
Bar Code: 041449404004
Distribution Type (US records only): Club stores
New Product Count: 1



Product Variant

-

Flavours

-

Positioning Claims

Low Carb

Product Description

Krusteaz CarbSimple Pancake Mix contains 9g of net carbs per serving and requires only the addition of water and eggs. Each 39.9-oz. package makes 90 pancakes.

Ingredients

Enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), cellulose, wheat protein isolate (contains sulfites), maltitol, **food starch-modified**, egg whites, arabic gum, canola or soybean oil, leavening (sodium bicarbonate, monocalcium phosphate, sodium aluminum phosphate), guar gum, salt, sucralose, natural and artificial flavors (contains milk derivatives)

Nutrition

Serving size 1/3 cup mix (38g) (amount for three, 4-inch pancakes), servings per container about 30, calories 150, calories from fat 30, total fat 3g, saturated fat 0.5g, trans fat 0g, cholesterol 0mg, sodium 490mg, total carbohydrate 23g, dietary fiber 10g, sugars <1g, sugar alcohol 4g, protein 8g, vitamin A 0%, vitamin C 0%, calcium 15%, iron 6%

Parent Company: Quaker Foods & Beverages

Company: Golden Grain

Item ID: 10180873

Brand: Golden Grain Mission

Product: Reduced Carb Rotini

Category: Side Dishes

Sub-Category: Pasta

Country: USA

Launch Type: New Variety/Range Extension

Date Published: Aug-2004

Pack Size: 12.00oz

Package Type: Carton

Package Material: Board

Bar Code: 047325007222

Distribution Type (US records only):

Supermarket

New Product Count: 1



Product Variant

-

Flavours

-

Positioning Claims

Low Cholesterol
Added Fiber
Low Fat
Low Carb_

Product Description

Golden Grain Mission Reduced Carb Rotini is lowfat, high in fiber, free of cholesterol, and contains half the carbs of the company's original pasta.

Ingredients

Enriched semolina [semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid], **modified wheat starch**, powdered wheat protein, wheat protein isolate

Nutrition

Serving size 1 cup (56g), servings per container 6, calories 200, calories from fat 10, total fat 1g, saturated fat 0g, trans fat 0g, polyunsaturated fat 0.5g, monounsaturated fat 0g, cholesterol 0mg, sodium 180mg, total carbohydrate 31g, dietary fiber 12g, sugars 1g, protein 16g, vitamin A 0%, calcium 4%, thiamine 10%, niacin 10%, vitamin C 0%, iron 8%, riboflavin 4%, folate 15%

Company: American Italian Pasta
Item ID: 10179396
Brand: Luxury
Product: Reduced Carb Penne Rigate Pasta
Category: Side Dishes
Sub-Category: Pasta
Country: USA
Launch Type: New Variety/Range Extension
Date Published: Jul-2004
Price in local currency: \$2.19
Price in Euros: €1.80
Price in US Dollars: \$2.19
Pack Size: 12.00oz
Package Type: Carton
Package Material: Board
Storage: Shelf stable
Bar Code: 047325007314
Distribution Type: Supermarket
Distribution: National
New Product Count: 1



Product Variant

-

Flavours

-

Positioning Claims

Low Cholesterol
 Low Fat
 Low Carb_

Product Description

Luxury Brand Reduced Carb Penne Rigate Pasta is said to be high in fiber, low in fat, and cholesterol-free. It contains 1/2 the carbs of the company's regular pasta.

Ingredients

Enriched semolina (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), **modified wheat starch**, powdered wheat protein, wheat protein isolate, contains wheat ingredients

Nutrition

Serving size 56g, servings per container 6, calories 200, calories from fat 10, total fat 1g, saturated fat 0g, trans fat 0g, polyunsaturated fat 0.5g, monounsaturated fat 0g, cholesterol 0mg, sodium 180mg, total carbohydrate 31g, dietary fiber 12g, sugars 1g, protein 16g

Company: American Italian Pasta
Item ID: 10171701
Brand: R&F
Product: Reduced Carb Lasagna
Category: Side Dishes
Sub-Category: Pasta
Country: USA
Launch Type: New Product
Date Published: Jun-2004
Price in local currency: \$2.19
Price in Euros: €1.84
Price in US Dollars: \$2.19
Pack Size: 12.00oz
Package Type: Carton
Package Material: Board
Storage: Shelf stable
Bar Code: 047325007642
Distribution Type: Supermarket
New Product Count: 1



Product Variant

-

Flavours

-

Positioning Claims

Low Cholesterol
Convenient
Low Fat
Low Carb_

Product Description

The company introduces its R&F Reduced Carb Lasagna. This pasta has a half the carbs of regular pasta, but still the same taste. It also is high in fiber, low in fat, cholesterol free, and does not need to be boiled. The product retails in Safeway stores.

Ingredients

Enriched semolina [semolina, niacin, ferrous sulfate (iron), thiamine monontrate, riboflavin, folic acid], **modified wheat starch**, powdered wheat protein, wheat protein isolate; contains wheat ingredients

Nutrition

Serving size 2 oz. (56g/1/6 pkg), servings per container 6, calories 200, calories from fat 10, total fat 1g, saturated fat 0g, trans fat 0g, polyunsaturated fat 0.5g, monounsaturated fat 0g, cholesterol 0mg, sodium 180mg, total carbohydrate 31g, dietary fiber 12g, sugars 1g, protein 16g, vitamin A 0%, vitamin C 0%, calcium 4%, iron 8%, thiamine 10%, riboflavin 4%, niacin 10%, folate 15%

Company: Geo Weston
Item ID:
Brand: Dutch Country Carb Consider
Product: Wheat Hot Dog Rolls
Category: Bakery
Sub-Category: Bread & Bread Products
Country: USA
Launch Type: New Variety/Range Extension
Date Published: Apr-2004 ?? purchased locally
Price in local currency: \$
Price in Euros: €
Price in US Dollars: \$
Pack Size: 12.00oz
Package Type: Flexible
Package Material: Plastic
Storage: Shelf stable
Bar Code: 07167303113
Distribution Type: Supermarket
New Product Count: 1

Product Description

Net carbs 12 grams rolls

Ingredients

Whole wheat flour, water, wheat gluten, modified food starch, wheat protein isolate, yeast, oat fiber, polydextrose, high fructose corn syrup, soybean oil, salt, grain vinegar, monocalcium phosphate, mono- and diglycerides, calcium propionate (preservative), natural & artificial flavor, soy lecithin.

Nutrition

Serving size 1 roll (43g), servings per container 8, calories 90, calories from fat 20, total fat 2g, saturated fat 0g, trans fat 0g, cholesterol 0mg, sodium 220 mg, total carbohydrate 16g, dietary fiber 4g, sugars 1g, protein 7g, vitamin A 0%, vitamin C 0%, calcium 8%, iron 4%, thiamine 4%, riboflavin 0%, niacin 4%, folate 4%.

Ingredients White (purchased April, 2004):

Water, enriched wheat flour [(flour, barley malt, ferrous sulfate (iron), "B" vitamins (niacin, thiamine,