ANNEX H

Examples of Food Products Containing Phosphated Distarch Phosphate as a Source of Dietary Fibre
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.
The best fiber enhancer you'll never notice!

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 amylase 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.
**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

<table>
<thead>
<tr>
<th>Product Variant</th>
<th>Flavours</th>
<th>Positioning Claims</th>
</tr>
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</table>
| -               | -        | 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, caloires 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

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<td>Low/No/Reduced Sugar</td>
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<td>Low/No/Reduced Carb</td>
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**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 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

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

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<td>Low Carb</td>
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**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,