

عنوان مقاله:

Effect of hydrocolloids-based fat replacers on low-fat products

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خلاصه مقاله:

Fat intake in high-fat diets has been linked to obesity and some cancers. To prevent these problems, people should reduce the amount of fat and oil consumed. On the other hand, fats and oils have beneficial roles in the diet, including key sensory and physiological benefits, and as a result, fat loss can lead to sensory properties and poor appearance of the final product. Today, the scientific and industrial communities are paying attention to the development of low-fat food products using substances called fat replacers. Hydrocolloids, especially gums, are among these substances that are known as carbohydrate-based fat substitutes and can be used in cases such as gel formation, film formation, tissue correction, etc. These ingredients create products with the same sensory and physical properties as a full-fat product. The only difference is that they have fewer calories and prevent many diseases caused by eating high-fat foods. In this study, the effects of some hydrocolloids (such as xanthan gums, inulin, carrageenan, guar gum, etc.) as fat replacers in food products are investigated.

کلمات کلیدی:

low-fat food products, fat replacers, hydrocolloids, gum

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