FINDING THE SWEET SPOT
with the KetoseSweet® line

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with the KetoseSweet® line of clean label sweetening systems

The KetoseSweet® line is a game changer. KetoseSweet+® contains allulose which is a “rare” sugar that occurs naturally in wheat, figs, raisins, jackfruit and more, for instance, ketchup naturally contains nearly 40 mg/100 g of allulose. Brown sugar naturally contains approximately 71.1 mg/100 g allulose. Also called D-Psicose. Allulose is a low-energy monosaccharide sugar. It is a C-3 epimer of fructose and has the same molecular formula as fructose and glucose. Unlike fructose and glucose, allulose is not rapidly digested and absorbed making it safe for diabetics, those who follow a low sugar or low carb diet and even those who have adopted a ketogenic lifestyle. KetoseSweet® passes through the body without being metabolized and behaves similarly to the polyol, erythritol. Unlike erythritol, the KetoseSweet® line does not have a laxative effect.

Non-digestible carbohydrates are associated with body weight reduction. Compared to sugar’s 4 calories per gram, The KetoseSweet® + line has only 0.2 calories per gram. Even though allulose on its own is only 70 percent as sweet, it has the same temporal profile as sugar. It provides the expected mouthfeel that sugar imparts, leading to a more satisfying flavor without requiring the addition of bulking ingredients.

Considered GRAS (Generally Recognized as Safe) by The FDA (Food and Drug Administration), allulose may be used as a sole source of sweetness or in combination with other sweeteners such as stevia and monk fruit. Allulose exhibits a synergistic effect with other sweeteners, so optimal flavor development and cost benefits are realized when formulating reduced, low, or calorie-free foods and beverages. Although it is comparable to erythritol in calorie delivery, the KetoseSweet® line does not present the cooling effect of erythritol, making it another option in many applications. The FDA allows the use of the KetoseSweet® line in a wide range of food products including: carbonated and non-carbonated beverages; baked goods such as frostings, cakes, pies, pastries, biscuits and rolls; frozen dairy desserts; jams and jellies; sweet sauces; syrups; chewing gum; hard and soft candies; and puddings and fillings.
Maximum proposed use levels range from 3.5% in non-alcoholic beverages, to 5% in yogurt, frozen dairy desserts and salad dressings, and up to 50% in hard candies or chewing gum.

Because the KetoseSweet+® line function like sugar, it is easily used in food applications. The KetoseSweet+® line has a number of functional benefits that are important to bakers. In aerated food systems, foaming properties of egg whites are improved. Participation in the Maillard reaction supports browning and adds a golden hue to breads and rolls. Along with a desirable crust color, researchers find increased antioxidant activity through this reaction. Moisture-binding also contributes to extended shelf-life. Brownies and cookies will not harden over time. In frozen desserts, texture, palatability and scoopability are dependent on the dynamics between ice and water. The KetoseSweet+® line aids the process by depressing the freezing point. In high solid systems, The KetoseSweet+® line has a low tendency to crystallize. It is highly soluble at low or high temperature solutions. The KetoseSweet+® line is available in powder or liquid syrup formats from Icon Foods, Portland, OR, a company dedicated to natural sweeteners. KetoseSweet+ is available as a blend of allulose and stevia, allulose and monk fruit, or all three combined. Consumers recognize the pleasing taste and the calorie savings in products formulated with allulose compared to full-sugar versions, yet there are other health benefits as well. The KetoseSweet+® line does not impact blood glucose or insulin levels. This is critical to those suffering from diabetes, nearly 10 percent of the U.S. population. Maintaining moderate blood glucose levels is also important to a wider audience. The American Heart Association considers high blood glucose a factor in metabolic syndrome and increased risk of heart disease, stroke and other health problems. No matter how good the buyer feels at purchasing products that are good for their health, they are only likely to repeat their purchase if the food tastes good. Thanks to the KetoseSweet+® line’s similarities to sugar, it can bring a sea of change to the obesity crisis and to improving overall health. All because it tastes good. What’s in a name... the KetoseSweet+® line, is an example of a ketose. A ketose is a monosaccharide containing one ketone group per molecule. With three carbon atoms, dihydroxyacetone is the simplest of all ketoses and is the only one having no optical activity. Ketoses can isomerize into an aldose when the carbonyl group is located at the end of the molecule. Such ketoses are reducing sugars. There may be some confusion with Ketosis, lets set the record straight. Vast amounts of research has conclusively shown that use of allulose will not take the body out of a state of ketosis. This indicates that the KetoseSweet+® line is not metabolized as a sugar.
ABOUT

Icon Foods works with food manufacturers to create plugin and custom sweetening systems of all particle sizes that function as a replacement for sucrose, invert sugar and high fructose corn syrup. When you collaborate with Icon Foods, you can be assured of chemical-free processing and 100% natural products with ingredients that are clean label, GMO-free in most cases, gluten-free diabetic safe and kosher.

Icon Foods has an extensive system in place for ensuring the highest possible standards for quality control and food safety. These standards include stringent ingredient oversight, adherence to good manufacturing practices with strict microbiological standards and ongoing heavy metal and pesticide testing. Icon Foods is a Level II SQF facility certified organic by Oregon Tilth and certified kosher by Oregon Kosher.

For spec sheets, documentation and samples of Clean Label Sugar Replacements, call your Icon Foods sales representative at 310-455-9876 or email sales@iconfoods.com.