

A STAR FOR THE TERIFIQ PROJECT COORDINATED BY CHRISTIAN SALLES!

On the 5th of December 2016, the jury for European Star Awards granted a star to the European project TeRiFiQ coordinated by Christian Salles, Research Director at the CSGA. The aim of the project was to couple technologies to reduce the content of sodium, fats and sugars in foods, while preserving the maximum possible acceptability for the consumer.

Many health organizations are aware of the consequences of excessive consumption of salt, fats, sugars in developed countries that lead to serious pathologies such as obesity, cardiovascular disease, diabetes. Thus, many countries encourage the food-processing industry to reduce the amount of salt, fats and sugars in their products and to improve the quality in fats (notably enriching the content in unsaturated fatty acids).

TeRiFiQ (17 partners of which 11 are PME) aimed at reducing sodium, fats and sugars in frequently eaten foods through research and technological innovation. Different strategies were applied to each type of food (cheeses, cooked meats, cakes, sauces). They enabled the reduction of salt and fats on the one hand and sugar and fats on the other hand. For example, for dried sausages, the use of potassium chloride, yeast extract, and aromas allowed the amount of salt (sodium chloride) to be reduced by 35%. The use of multiple emulsions, fibres and lean meat permitted the amount of fatty material to be reduced by 70%. Furthermore, the substitution of animal fats by sunflower oil significantly increased the content in unsaturated fatty acids. In the case of muffins, the use of inuline and double emulsions with the jellified internal phase respectively led to a reduction of 25% of sugar and 40% of fats.

In the great majority, the reformulated products are highly appreciated by the consumers and are well-placed compared to commercial products of the same category. Certain of the products were commercialized less than one year after the end of the project. Most of the PMEs involved in the project are pursuing, alone or in the context of other collaborative projects, the axes of research undertaken with TeRiFiQ.

Key Words

Composition, food, salt, sodium, fat, sugar, reformation, health, consumer, European project.

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To know more

<http://www.terifiq.fr>

<http://multimedia.enseignementsup-recherche.gouv.fr/H2020/index.html#28>

