Food Expo Offers Up Healthy Bites

Functional and healthful food ingredients highlighted at IFT18 address such consumer concerns as immunity, protein enrichment, sustained energy, and more.

The IFT food expo is always a place to be fed information, insights, innovations, and, of course, food. This year there was no shortage of food and beverage product concepts showcasing exhibitors’ latest ingredient and formulation expertise. Through these product concepts, attendees experienced some of the industry’s responses to health trends such as the proliferation of plant-based foods and beverages, protein’s reign, fiber’s defined status, and more.

Beverages continued to be a great vehicle to showcase innovation catering to consumer demands. Plant-based beverages were especially popular. **Balchem** served a plant-based (pea and brown rice protein) coffee-flavored meal replacement drink with **VitaCholine** choline and magnesium from Albion Minerals. **Blue Diamond Almonds Global Ingredients Division** served smoothies created with the company’s new **Almond Protein Powder**.

**Kerry** developed product concepts that addressed the immune system: **Honeysuckle Lime Specialty Immunity Beverage** fortified with **Wellmune** yeast beta-glucan extract and **Probiotic Cheese Puffs** fortified with **Ganeden BC30**. **Stern Vitamin** addressed heart health with a **Bones & Heart** vitamin water featuring a vitamin premix made with its vitamin D3 (derived from vegan source) and vitamin K2.

**DSM Nutritional**s served a variety of product concepts featuring its broad portfolio of ingredients. A vanilla-cinnamon heart-healthy breakfast shake featured **life’sOmega EPA & DHA omega-3** and **Quali-C & E** for antioxidant protection. **DHA Omega-3**, as well as the company’s vitamins and minerals, were used in **Super Kids Strawberry Milk** and **Almond Milk Frappe** beverage concepts.

Here is an overview of some research and information about ingredients that fed attendees’ minds and the healthy food and beverage product concepts that fed their stomachs.

**Dietary Fiber**

Dietary fiber suppliers were celebrating the U.S. Food and Drug Administration’s recent announcement of the addition of eight more isolated or synthetic nondigestible carbohydrates to the regulatory definition of fiber. According to the newest definition of fiber, nondigestible carbohydrates that are either synthetic or isolated from plants must have a health benefit to be
Food Expo Offers Up Healthy Bites continued...

This year, there was no shortage of food and beverage product concepts showcasing ingredient exhibitors’ latest ingredients and formulation expertise.

...new prebiotic study demonstrating chicory root fiber’s health benefits in children aged 3–6 years.

ADM/Matsutani stated that its Fibersol prebiotic fiber is on the list of approved dietary fibers. To showcase its versatility and functionality as well as health benefits, the company created a cultured beverage and a vanilla frozen novelty. The coconut-caramel plant-based beverage was formulated with probiotics and Fibersol prebiotic fiber for digestive health benefits and featured 5 g of protein per serving. The frozen novelty was a no-sugar-added treat with only 5 g of sugar and 100 calories per 2/3 cup serving. Fibersol provided a smooth, creamy texture and 6 g of fiber per serving. Fibersol is a digestion resistant maltodextrin and can be labeled as “soluble corn fiber,” “soluble vegetable fiber (corn),” “digestion resistant maltodextrin,” “resistant maltodextrin,” or “maltodextrin.”

A beetroot vegetable dip with snack crackers featured PromOat Beta Glucan from Tate & Lyle. It had 0.75 g of beta-glucan per 30 g serving. Dessert yogurts with either strawberry fruit topping or chipotle honey topping were also available. Both featured PROMITOR Soluble Fiber, which provided a good source of fiber. Tate & Lyle also confirmed that PROMITOR Soluble Fiber resistant maltodextrin and STA-LITE polydextrose have been included under the FDA’s new definition of dietary fiber. They join the company’s PromOat Beta Glucan under the new definition. PromOat Beta Glucan is said to help maintain blood cholesterol levels that are in the healthy range and promote healthy glycemic response. STA-LITE Polydextrose offers benefits of laxation and satiety, with reductions in appetite. New research from Purdue University found that consuming soluble corn fiber (PROMITOR) during adolescence increased calcium absorption and during the post-menopause period it increased bone calcium retention; both are critical periods for bone health in a woman’s life.

J. Rettenmaier developed several dietary fiber applications. Gluten-free double chocolate chip cookies formulated with Canadian Harvest Oat Fiber and VITACEL Psyllium were a good source of fiber. Artisan rolls and breadsticks fortified with Canadian Harvest Oat Fiber were excellent sources of fiber. A high-fiber clean label rye bread featured VITACEL FL 611-100, a powdered cellulose that provides fiber fortification without impacting flavor or texture.

Bio Neutra served fiber-fortified cookies made with VitaFiber LMO, a naturally derived isomaltooligosaccharide made by enzymatic conversion of starch. It provides three-in-one functionality as a soluble dietary fiber, a prebiotic, and a low-calorie sweetener. Other announcements about fiber ingredients came from Ingredion, Grain Millers, and Sensus. Ingredion announced that three of its fiber ingredients meet the new dietary fiber definition; NUTRAFLORA short-chain fructooligosaccharide, HI-MAIZE 260 high-amylose maize resistant starch 2, and BIOLIGO GL 5700 galactooligosaccharide. NUTRAFLORA helps to promote the growth of beneficial bacteria in the large intestine. HI-MAIZE 260 supports balanced energy by reducing the glycemic response to foods and...
improving carbohydrate metabolism. It is the subject of an FDA-authorized qualified health claim for reduced risk of type 2 diabetes. BİOLİGO GL 5700 supports immune and digestive health.

Oat fiber from Grain Millers also qualifies as an official dietary fiber. Grain Millers utilizes a proprietary, chemical-free, environmentally sound processing technique for its oat fiber ingredients, including the market’s first chemical-free and organically certified oat fiber. Sensus, manufacturer of FrutaFit and Frutalose chicory root fibers, also acknowledged the FDA announcement.

Taiyo discussed a new Rutgers University human clinical study regarding SunCran Naturelle, made with Sunfiber guar fiber and Fruit d’Or’s Cran Naturelle organic cranberry juice powder. SunCran Naturelle contains standardized, soluble cranberry proanthocyanidins (PACs), which have been shown to have an anti-adhesion effect against pathogenic bacteria that lead to urinary tract issues. This cranberry and soluble guar fiber combination improves gut health and minimizes harmful bacteria before they find their way to the urinary tract. The study found that SunCran Naturelle, standardized to soluble PACs, may be the best choice for limiting the ability of pathogenic bacteria to adhere to the urinary tract.

AIDP introduced a new ingredient, NeoGOS, a clinically proven, next-generation, patented form of prebiotic that promotes healthy bacterial growth. It is believed to support digestive health, prevent colonization by pathogens, and balance beneficial and non-beneficial bacteria in the gut. NeoGOS joins AIDP’s flagship prebiotic, PreticX, a clinically proven xylooligosaccharide prebiotic ingredient that can selectively boost digestive flora at low dosages.

**Plant Protein**

There is no denying the growing presence of plant-based proteins in the food industry. Why the growing interest? Plant proteins satisfy the call for clean and simple labels, sustainability, and healthier eating by adding more plant-based foods to the diet. Innovia Market Insights reported that plant-based product claims increased by 62% globally (CAGR, 2013–2017) with growth occurring on platforms such as plant proteins, active botanicals, sweeteners, herbs and seasonings, and coloring foodstuffs. Although beverages, particularly dairy alternative beverages, are a big application for plant-based proteins, other food and drink categories offer opportunities, including nondairy yogurts, baked goods, and snacks. And while pea and soy proteins seem to be top plant-based proteins, almonds, grains, and other pulses are emerging.

Educational sessions that focused on plant proteins were well attended, an indication of growing interest in this area. Axiom Foods sponsored Alternative Protein Deep Dive, a full-day education program. Speakers shared advances, utilization innovations, applications, challenges, approaches, and the newest developments in the $7.5 billion plant protein world. At the food expo, Axiom Foods indulged attendees with VegoTein Pea Protein Brownies, CannaTein Plus Hemp Protein Brownies, and Oryzatein Rice Protein Popsicles. The company also launched a virtually neutral-flavored hemp protein and a premier pea starch.

DuPont Nutrition & Health took part in three educational sessions on plant-based proteins, “The Challenge of Meat Alternatives: Stepping Up to the Center of the Plate,” “Protein: Understanding Consumer Interest and Attitudes to Develop Impactful Messaging,” and “Flavors of Food Protein Ingredients and Their Applications in Product Formulation.” DuPont’s speakers shared their knowledge of health benefits of plant-based proteins as well as flavors associated with these proteins. On the show floor, DuPont highlighted RESPONSE textured soy protein concentrates, SUPRO Max structured vegetable proteins, SUPRO isolated soy proteins, and ALPHA functional soy protein concentrates. RESPONSE textured soy protein concentrates simulate ground meat products when hydrated. SUPRO MAX structured vegetable proteins are combinations of soy protein and other ingredients that when hydrated deliver a neutral flavor and unique meat-like texture. SUPRO isolated soy proteins have a minimum 90% protein content.

New plant-based protein ingredients were introduced, giving food formulators more options. Blue Diamond Almonds Global Ingredients Division debuted Almond Protein Powder, which can serve as an essential component of a protein ingredient blend. It is an excellent source of fiber, magnesium, phosphorous, manganese, and copper, and a good source of potassium and calcium. Product concepts made with the new protein powder included Chocolate Brownies with High Protein Almond Flour and Candied Almond French Macarons with High Protein Almond Flour.

PLT Health and Nutriati introduced Artesa chickpea protein. Artesa has a very small, uniform particle size that helps it function like dairy proteins in...
Food Expo Offers Up Healthy Bites continued...

Plant proteins satisfy the call for clean and simple labels, sustainability, and healthier eating by adding more plant-based foods to the diet.

Food, supplement, and beverage applications. It also has high water-binding capacity and foaming and emulsification properties, which can be critical to processing efficiency, shelf life, and final product quality. PLT Health sampled three food and beverage concepts made with Artesa chickpea protein and Artesa chickpea flour. They were a 2x protein hummus with a gluten-free cracker; a high-protein, vegan cookie; and a high-protein vegan chai latte. The gluten-free hummus cracker featured Artesa chickpea flour, quinoa, and flax. The hummus included Artesa chickpea protein derived only from the cold pressing of cranberry seed. Fingerprint analysis indicates that it contains 50% fiber, 25% protein, 16 essential amino acids, phospholipids, potassium, and fatty acids such as omega-3, -6, and -9.

Tasty food and beverage concepts displayed the work that companies have conducted to create neutral-flavored plant-based proteins. PURIS combined U.S.-grown and produced PURIS Pea Protein and PURIS Pea Starch to formulate a nondairy yogurt product concept. “As more consumers explore nondairy, we believe the growth will come from an

starch also contains less than 20 ppm of gluten.

Product concepts made with pea and other plant-based protein could be found throughout the show floor. Roquette featured Nutralys pea protein isolates and textured pea protein. They are extracted from the yellow pea through a patented pure water process. Pea protein isolates and textured pea proteins provide a high protein content, excellent digestibility, balanced amino acid profile, and a high protein digestibility-corrected amino acid score of 0.93.

AIDP’s plant protein portfolio was front and center, featuring a variety of rice protein and pea protein ingredients, hemp protein, pumpkin seed protein, sacha inchi, and more. Cosucra exhibited PISANE, a range of highly pure pea protein isolates that provide high levels of nutrition and functionality. High in protein content (86%–88%) and high digestibility (98%), PISANE pea protein is rich in leucine, which supports muscle synthesis. It is also rich in arginine and lysine, which are good for bone health.

Whole Grains and Pulses
Back to basics, whole food nutrition, and a focus on familiar ingredients are current consumer trends that create ample opportunity for the use of whole grains and pulse-based ingredients. Product concepts at IFT18 demonstrated how these wholesome ingredients can be used in a variety of products while maintaining simple, familiar ingredient statements.

Ardent Mills showcased its versatile grain portfolio in several product concepts. Attendees saw firsthand how to use spelt, pulses, North American–grown quinoa, IQF grains, crisps, and other grain innovations to meet the demand for simple, delicious, safe, and wholesome foods. Build Your Own Bowls with IQF grains and a variety of breakfast toppings and savory toppings were served throughout the day. In the afternoon, for example, attendees could top IQF grain bowls with fajita chicken, Korean barbecue, or globally inspired curries. Another product concept,
Food Expo Offers Up Healthy Bites continued...

Quinoa Falafel, was made with IQF Great Plains Quinoa and IQF Red Quinoa and served with tzatziki sauce. Chilaquiles featured White Sonora Flour, IQF Red Quinoa, and IQF Great Plains Quinoa. Ardent Mills also introduced The Annex, a team of experts dedicated to bringing a broad portfolio of plant and specialty grain innovations to the industry, including ancient and heirloom grains, pulses, barley, and organic ingredients available in formats such as crisps and IQF grains, perfectly cooked and ready for culinary inspiration. Ardent Mills has a deep history of cultivating lasting relationships with farmers, university research teams, customers, and partners to identify, source, grow, and pioneer leading-edge ingredients. Some of the company’s new developments include innovative formats (IQF and crisps); ancient and heirloom grains (spelt, flours, crisps, and IQF); Pulseful (a new line of pulses, including chickpeas, available whole and in the form of flour and blends); Sustagrain Barley; Great Plains Quinoa (whole seeds, whole grain flour, crisps, IQF, and flakes); Ultragrain Whole Wheat Flour; and mixes and blends (bakery and pizza mixes and premixed/custom grain and seed blends).
Heartland Harvest distributed samples of the company’s plant-based pastas, including red lentil penne and black bean rotini. Pastas made from pulses, such as lentils, chickpeas, and beans, or from blends of ancient grains and pulses are high in protein and fiber. Basic American Inc. acquired Heartland Harvest, a producer of plant-based pasta in 2017. From organic varieties to versions that contain no genetically modified ingredients, the plant-based pastas are always gluten-free. Pasta shapes include penne, rotini, fusilli, mini fettuccine, elbows, and shells.

Chicken nuggets and pea flour fries product concepts illustrated the versatility of pea flour from AGT. The fries were potato free, and the nuggets were gluten-free. The company’s defavored faba bean protein was also featured in a pulse-fortified pasta that was high in protein.

The Lupin Co. educated attendees on lupin, a legume that is from the same family as chickpeas and lentils. TLC Lupin Flakes are a rich source of protein and dietary fiber, gluten-free, low GI, and low in carbohydrates. One serving of lupin flakes delivers 50% of recommended daily fiber intake, plus calcium, potassium, magnesium, and iron. Lupins are 40% protein, 37% fiber, and rich in prebiotic fibers.

Healthy Food Ingredients highlighted its Suntava purple corn ingredients, which are high in health-promoting anthocyanins. The company recently added flakes to its lineup of purple corn ingredients, which includes flour, meal, and grits. The flakes can be used in a variety of applications, such as baking, snacks, clusters, granolas, and pressed bars. In addition to anthocyanins, Suntava purple corn contains polyphenols and flavonoids.

Dairy, Egg, Gelatin, and Collagen Peptides
Despite the hype around plant-based proteins, dairy, gelatin, and egg proteins have proven to be equally popular and functional. In fact, they also satisfy today’s calls for nutritious and simple labels. In the dairy arena, companies not only demonstrated how dairy proteins can be used in nontraditional dairy applications, but also novel dairy ingredient forms that can create better texture in nutrition bars and clean protein-enhanced beverages.

The U.S. Dairy Export Council (USDEC) stressed the large and growing body of published nutrition research that affirms dairy protein’s benefits across life stages, such as supporting weight management, enhancing post-exercise recovery, and assisting in muscle maintenance for healthy aging. Proteins naturally found in milk are unmatched in the delivery of essential amino acids for the body, including leucine which is important to kick-start muscle protein synthesis. To help attendees think outside the box, USDEC presented two unique product concepts. Lemon Ginger Ice Pops with Whey Protein (by the Institute for Dairy Ingredient Processing at South Dakota State University) contained 10 g of protein per serving and less than 100 calories. The pops were fortified with whey protein isolate. Savory Asian Granola with Whey Permeate and Protein Crisps (by the Wisconsin Center for Dairy Research) provided 6 g of protein in each serving. There was no added sugar in the product concept, and with the help of whey permeate, there was less sodium.

To help attendees sleep better at night, Ingredia created a Happy Night Milk with LACTIUM milk protein hydrolysate, which contains a bioactive decapptide with soothing properties. It has been shown to reduce stress-related symptoms such as sleep disorders. The company also featured Prodiet fluid, which is rich in protein and can be used in high-protein beverages. It is targeted for post-workout muscle recovery, offering native micellar casein, slow amino acids release, and heat resistance.

Another product concept that featured dairy proteins was a premeal shot for natural blood sugar control from Arla Foods Ingredients. The fiber and whey protein shot contained Lacprodan whey protein. A clinical trial has shown that consuming 15 g of Lacprodan whey protein before a meal improved blood sugar control in type 2 diabetics. The premeal shot was high in protein and fiber and contained no added sugar.

Arla also featured Lacprodan TexturePro to showcase the ability of dairy proteins to enhance the texture of...
Food Expo Offers Up Healthy Bites continued...

nutritional bars. The whey ingredient helps provide softening effects, improves chewiness, and maintains the texture of protein bars during shelf life.

Milk Specialty Global distributed samples of blueberry cheesecake protein bars made with BARsoft 2000, a highly functional dairy protein designed to provide a soft texture and extended shelf life in high-protein bars. BARsoft limits moisture migration in the bar, which significantly reduces browning and hardening over the shelf life of the bar. The company also featured PROhob, a heat-stable acidified whey protein isolate in an apple mango–flavored drink. It is produced using a proprietary filtration process and has an extremely clean taste.

Glanbia Nutritional also offers a dairy protein ingredient to help make bars soft throughout shelf life. OptiSol 1005 is a heat-stable concentrated whey protein that allows for an increase in protein by as much as 12% in a high heat processed environment to produce products with a range of viscosities from thicker gels to thin and creamy. It can also be used to formulate beverages with no gritty texture. OptiSol 1005 can withstand retort, ultra-high-temperature processing, and high-temperature short-time processing conditions, while maintaining the nutritional and functional integrity of the protein. The level of heat stability is dependent on the percentage of protein and the pH level of the product. The viscosity level achieved is dependent on the percentage of protein and the pH level of the product, and the heat processing condition applied to the product. The functionalities of OptiSol 1005 make it useful in formulating soups and sauces, shelf-stable high pH beverages, shelf-stable yogurts, refrigerated beverages, ice creams, fruit purees, protein gels, and other applications.

Clear protein beverage concepts were also popular, addressing areas such as the sports nutrition and functional beverage markets. AgroPur featured its BiPro Crystal Clear functional whey protein isolate designed for high clarity and solubility in acidified protein beverages. Purified from fresh, sweet dairy whey, it is rich in branched-chain amino acids and consists of individual whey protein components such as beta-lactoglobulin, alpha-lactalbumin, bovine serum albumin, lactoferrin, and immunoglobulins.

Body image, including weight and appearance, are addressed by diets that target overall health and wellness. Collagen peptides play a role in these areas. GELITA offered samples of Body Balance beverage mix. The collagen-based powdered protein beverage mix is suited for general protein enrichment and other health benefits. Collagen protein comprises about 30% of our total body protein, making it a vital component. Scientific evidence confirms that the highest efficacy can be achieved when collagen is ingested orally. So it is said that protein supplementation with collagen protein—generally in the form of collagen peptides—helps bodies stay strong, mobile, flexible, and beautiful for longer. Research shows that GELITA Bioactive Collagen Peptides are optimized to maximize the stimulatory effects on specific cells in the body, and the level of stimulation is different for varying collagen peptide compositions. GELITA offers a diverse and versatile portfolio of Bioactive Collagen Peptides to support bone, joint, muscle, skin, ligament, and tendon health.

AIDP addressed the booming concept at IFT18. ElevAIDP’s ingredient, KOaCT, a patented collagen calcium combination. The company recently added Kappa Bioscience’s patented K2 MK-7 ingredient, K2VITAL, to its portfolio. K2 MK-7 plays an important role in bone and heart health by activating key proteins that bind calcium to bone and directing free calcium away from the arteries to maintain healthy circulation. A variety of vitamin- and protein-enriched mango-, lemon-, and orange–flavored gummies were made with ProTake B from Rousselot. ProTake B is a hydrolyzed gelatin that helps product developers achieve high protein levels in products.

Rembrandt Foods discussed using hydrolysis with egg proteins, which allows them to be used in more applications. They can be highly soluble, aid in softness of nutrition bars, and control water. REMPRO egg protein isolate is a highly concentrated protein that is deflavored and ideal for clean label and paleo diet products.

Energy Energy throughout the day and during workouts is important to many consumers. But with the call for simple, understandable ingredients, clean energy in ingredient statements is now also sought by consumers. Freeze-dried apples and blueberries made with elevAIDP from Futureceuticals were examples of clean energy product concepts at IFT18. ElevAIDP is a proprietary, clinically researched combination of a water extract of “ancient peat” (fossilized plants) and apple extract that works...
Food Expo Offers Up Healthy Bites continued...

with the body’s natural energy-producing mechanisms to stimulate production of ATP, the energy currency of the body. It has been shown to help improve athletic performance and body composition, promote increased power output and training volume, help reduce performance decrements associated with overreaching, and support increased lean muscle and strength.

BENE0’s functional carbohydrate Palatinose can be labeled as isomaltulose. The fully digestible carbohydrate sourced from sugar beet has a low glycemic index that provides a prolonged and balanced energy supply.

PLT Health Solutions kept attendees going with a chocolate energy supplement concept made with zümXR Targeted Release Caffeine. Developed by leading biochemists from the pharmaceutical industry, zümXR Targeted Release Caffeine combines instant-release (conventional) caffeine with the company’s delayed- or extended-release ingredients. The company offers an extended-release caffeine for truly long-lasting energy and a delayed-release caffeine that can help create a unique energy profile for customers. By using a blend of immediate-release, delayed-release, and/or extended-release caffeine ingredients to make zümXR Targeted Release Caffeine, the ingredient can create a truly customized caffeine release profile in products.

Other New Ingredients and News

Other companies offered tasty bites and drinks to announce anniversaries and show off new ingredients. BI, a global full-service manufacturer of plant-based ingredients, celebrated its 40th anniversary, its “ruby” milestone. In honor of this, BI served two rose-colored beverages: an apple cider vinegar lemonade and a hibiscus and beet green tea. The company’s offerings include plant-based powders and teas, standardized and ratio extracts, proteins, fibers, vitamin and mineral premixes, custom blends, granular ingredients, and more. BI is recognized as a pioneer of a steam sterilization process known as Protexx HP Green Steam, which is the industry’s only species-specific, organic sterilization method with a validated kill step.

Watson addressed the healthy snacking trend and introduced three new custom nutritional premixes in nutritional bars, showcasing the company’s vitamins and minerals as well as its microencapsulation technology, which masks the flavors associated with certain nutrients. The first, Brilliant bar, contained a custom nutrient premix for brain health. It included choline bitartrate, potassium iodide, and vitamin E, and is considered an excellent source of both choline and iodine.

Watson’s Get Up Bar was fortified with a premix that provides caffeine, theacrine, cyanocobalamin, pyridoxine hydrochloride, and folic acid. This bar was designed to appeal to the consumer looking for more energy during the day. The Get Up Bar is an excellent source of vitamin B6, vitamin B12, and folate. It contained 30 mg of caffeine per serving and 3 mg of theacrine per serving. Both caffeine and theacrine have strong flavors, but Watson masked them using its microencapsulation technology. The resulting bar had no off-flavors or after-notes detracting from its natural berry flavor.

The Earth Bar contained a premix that comes from plant and whole food sources, appealing to consumers looking for whole food nutrition and convenience. Watson’s premix is made entirely of plant-based nutrients and contains sweet potato flour, acerola cherry extract, vitamin E from sunflowers, and mushroom powder. All three of the product concept bars were dairy-free and vegan, contained whole-some nuts and seeds, and had no artificial colors or flavors. These examples of healthy snack bars were also free of genetically modified ingredients and low in sodium.

Omya launched Omyafood for use in powdered protein and vitamin premixes. Omyafood 100-OG provides multiple functional benefits to powdered sport nutrition products and vitamin supplements. It acts as a flow aid and anti-caking agent while minimizing dusting. The consistent porosity of the particles provides a carrier functionality of up to 55% loading capacity for vitamins, flavors, and other actives. Moreover, Omyafood 100-OG has a very high elemental calcium content of approximately 40%. As such, it can be used as an efficient fortification agent, allowing calcium-related claims to be made. In addition, Omyafood 100-OG particles are not in a nanosize range and are neutral in taste. Omya-Cal is the company’s high-quality calcium carbonate sustainably sourced in California. It is certified organic and available in a variety of sizes, adding nutritional and processing benefits to both food and pharmaceutical applications.

Linda Milo Ohr is a contributing editor for Food Technology magazine (linda.ohr@gmail.com).