

Fructooligosaccharides and Galactooligosaccharides as functional sweeteners

David Alonso Cano - June 22

Introduction

Health awareness has increased during the last few decades

Demand calls for new types of products to be released to the market in order to satisfy the needs of the population

Objectives

- To define the different benefits FOS and GOS can offer to the human organism
- To explore the potential uses FOS and GOS have got within the food industry
- To discuss the practicality of the uses described above

Health benefits

- Stimulation of the gut microbiota
- IBS treatment
- Weight Control
- Blood Stream Lipid Regulation
- Mineral absorption
- Hunger Regulation
- pH Lowering
- Antipathogenic Phenomena

Potential Uses

Low Calorie Sweetening Agent
Stabilization on Water-Based Mediums
Baby Milk Formulas
Energetic Precursor



**Universitat Autònoma
de Barcelona**