

# SWEETNESS: THE EVOLUTION OF PERCEPTION



Head of research and development, Novel Foods, UAE









#### A TRUE INSPIRATION



- A conference that gathered more than 40 international professionals from all over the world, to discuss challenges and solutions about future of food.
- Sessions about food security and how important are alternative proteins in this aspect.
- Food as a humanitarian mission to provide all humanity tasty, affordable and healthy foods, produced in harmony with nature



#### A TRUE INSPIRATION



The world cannot decarbonize without alternative proteins

The global alternative protein sector has made huge progress (35% growth between 2020 and 2022)

Shockingly interesting insights: If all countries adopt the nutritional dietary guidelines, 1 earth will not be enough to produce our food. We will need 4 more!

































#### SUGAR: A MAJOR BURDEN ON EARTH



#### 1 ton of CO2e represents

1,961



vegetarian meals

138



meat-based meals

one-way trip



from Paris to New York by plane

192



cotton T-shirts

4,300 kWh



electricity consumption in Belgium

143,190 hours



usage of a 30w LED TV

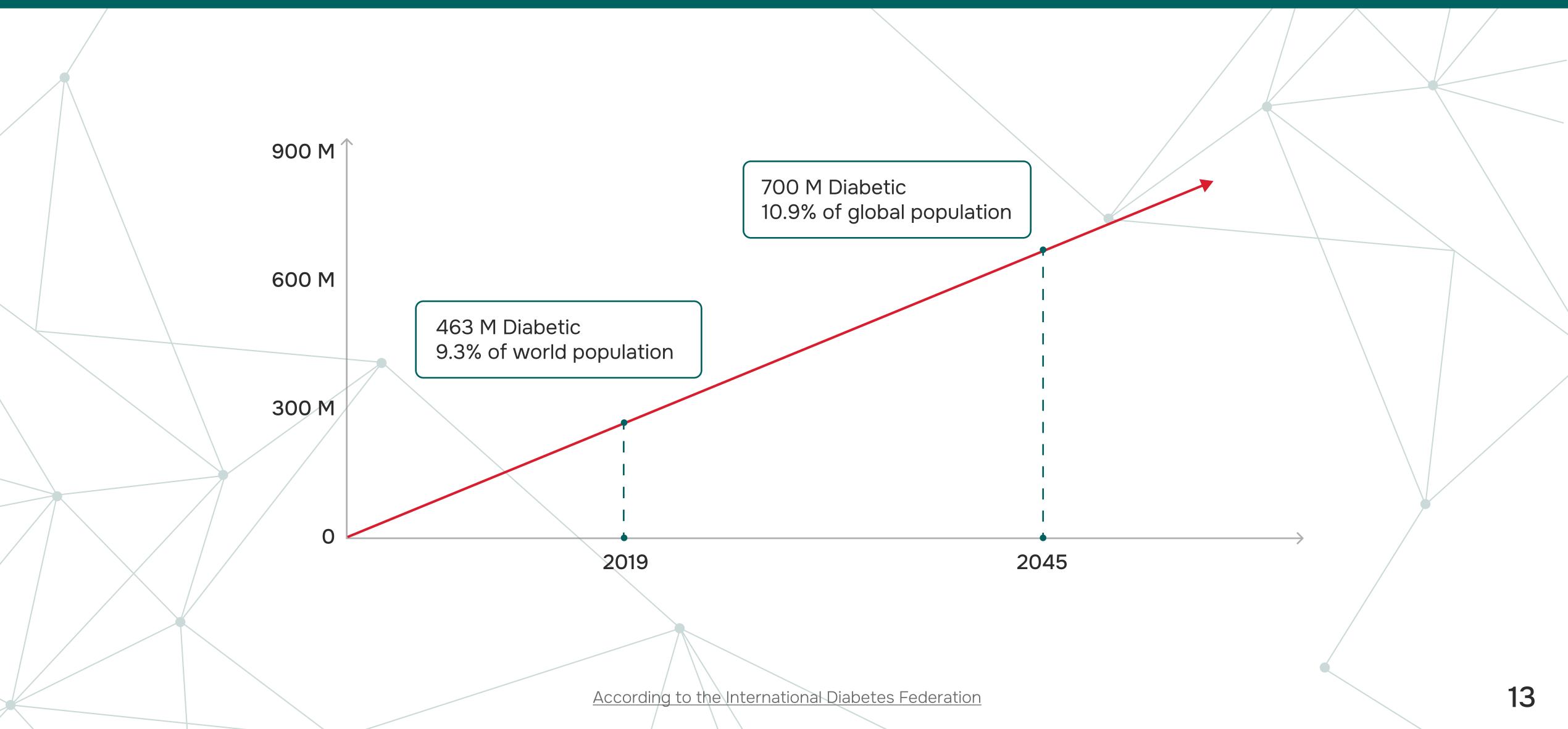






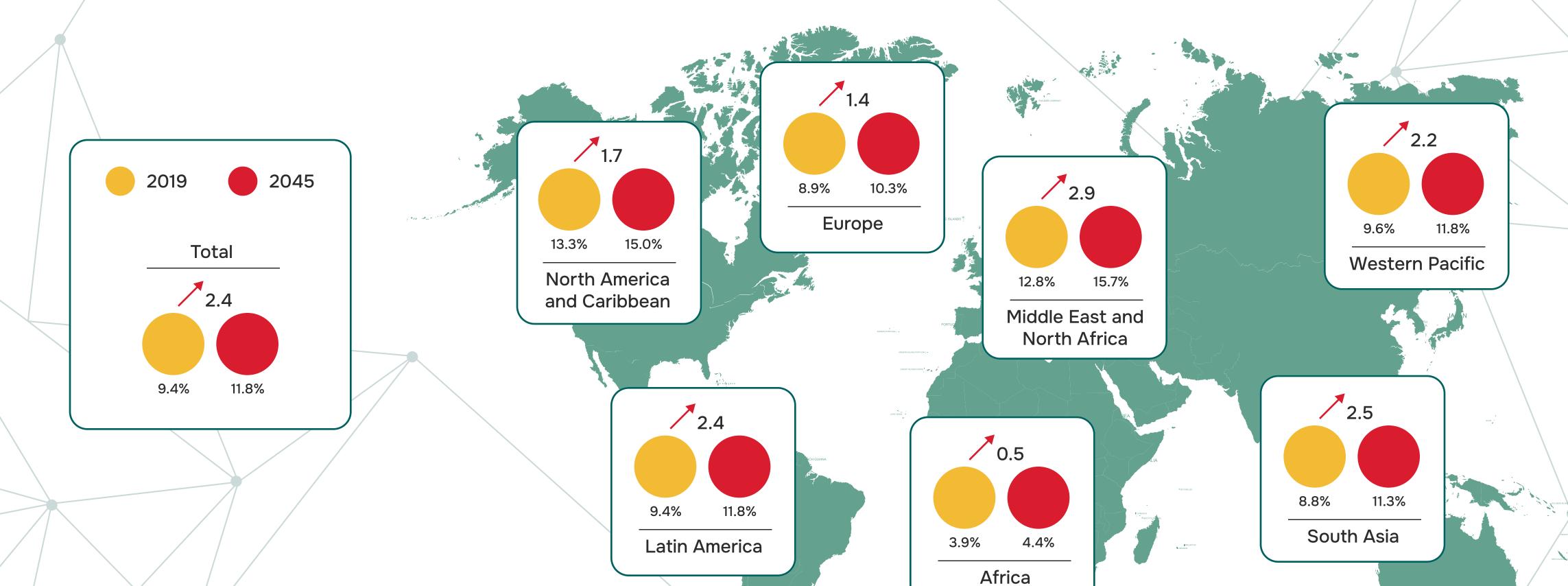
#### SUGAR: A MAJOR BURDEN ON HEALTH





#### SUGAR: AN INTERNATIONAL HEALTH CONCERN





#### Where Diabetes Burdens Are Rising

Estimated share of people 20-79 y/o with diabetes by region in 2019 and 2045 (in percent)

#### THE HEALTH PROBLEM



#### 17.3%

of UAE population affected by type 2 diabetes

High diabetes prevalence in UAE

#### \$2 bln

diabetes-related healthcare expenses in the UAE

Financial burden on UAE health system

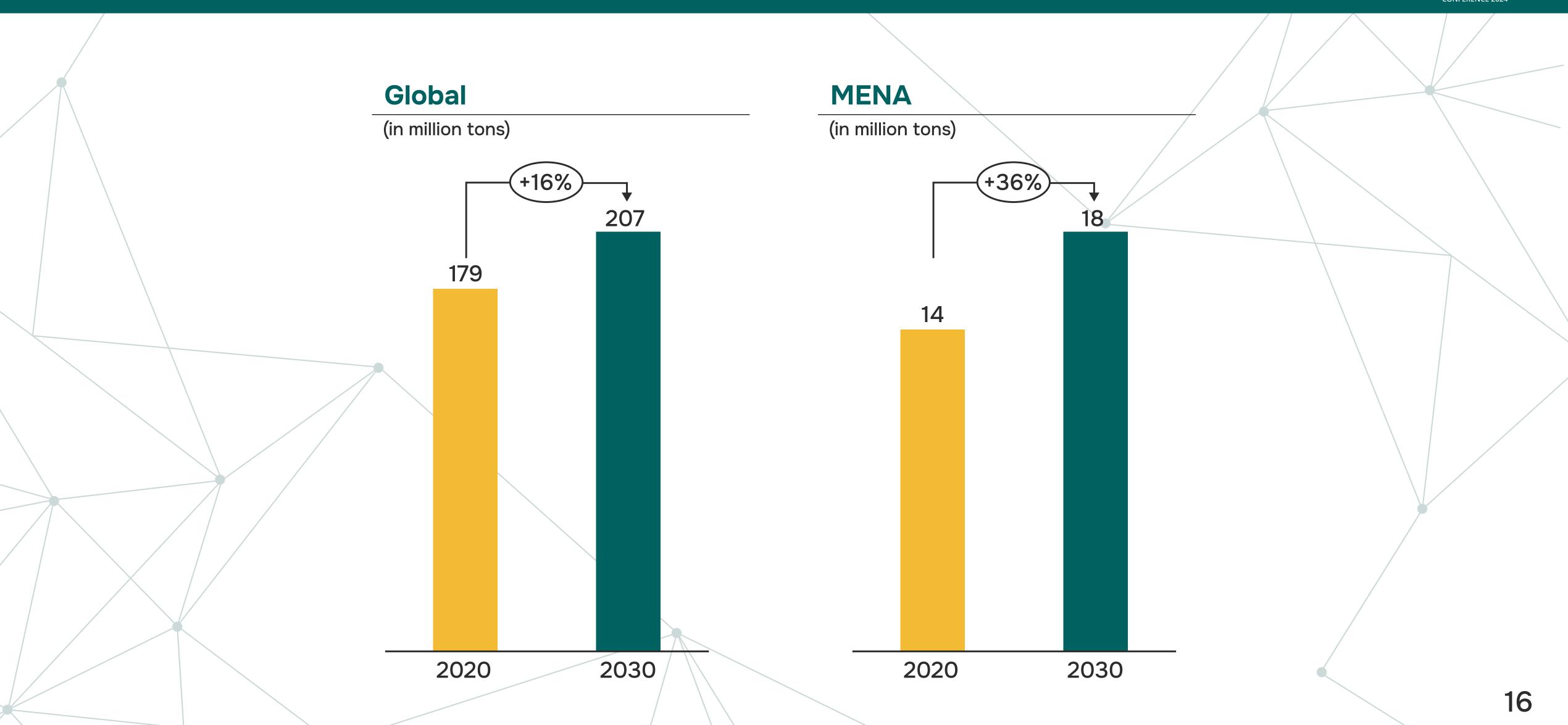
#### **Top 20**

worldwide for diabetes prevalence: Saudi Arabia, UAE, Bahrain, Kuwait and Qatar

Silent pandemic

#### SUGAR CONSUMPTION





#### SUGAR: A GROWING THREAT



Significant growth in global sugar consumption, with a particularly strong increase in the MENA region

Finding alternatives to replace sugar is key of effectively reducing diabetes and obesity



#### WE NEED TO REPLACE THE 75 NAMES OF SUGAR!





















- Agave nectar
- Anhydrous dextrose
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar

- Dextrin
- Dextrose
- Diastatic malt
- Diatase
- Ethyl maltol
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Galactose
- Glucose
- Glucose syrup solids
- Golden sugar

- Maltol
- Maltose
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Nectar
- Palm sugar
- Pancake syrup
- Panela
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup

#### SWEET IMPACT











MOUTHFEEL

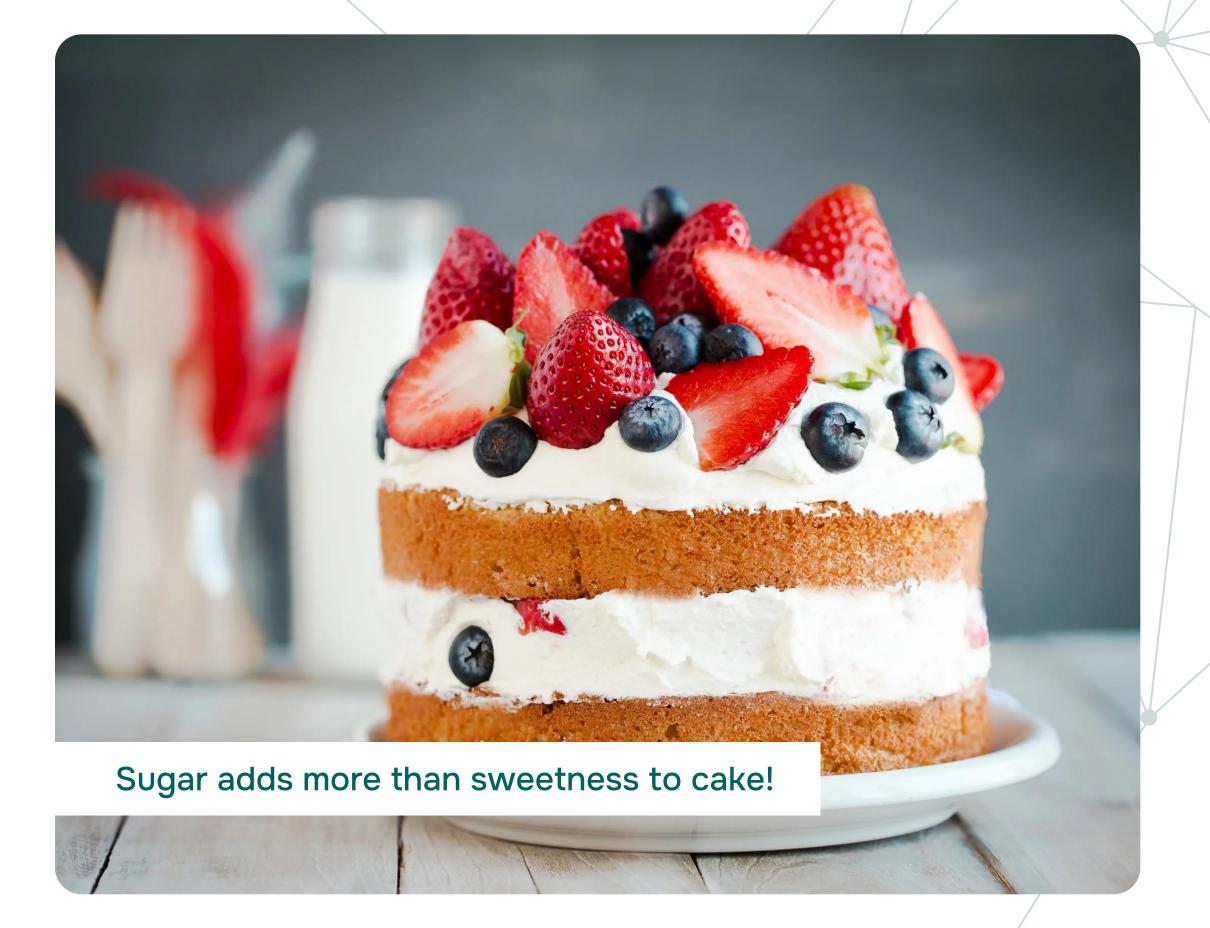




PERCEPTION







#### SUGAR REPLACEMENT STRATEGY



Concentrated Sweeteners: usually used at minor dosages to increase the sweetness level and reflect on the overall taste profile Aspartam, Acesulfam-K, Stevia etc

Backbone building sweeteners: play major role in texture and bulking properties in food application

- Sugar alcohols: Xylitol, Sorbitol, Maltitol, Mannitol, Erythritol etc
- Isomalt, sucralose, allulose, oligofructose, inulin etc





# WHY CURRENT ARTIFICIAL SUGAR ALTERNATIVES ARE NOT THE SOLUTION?



#### **Bad Taste**

Artificial sweeteners have unpleasant tastes or leave a metallic aftertaste, altering the flavor of foods and drinks compared to natural sugar

### Negative impact on health

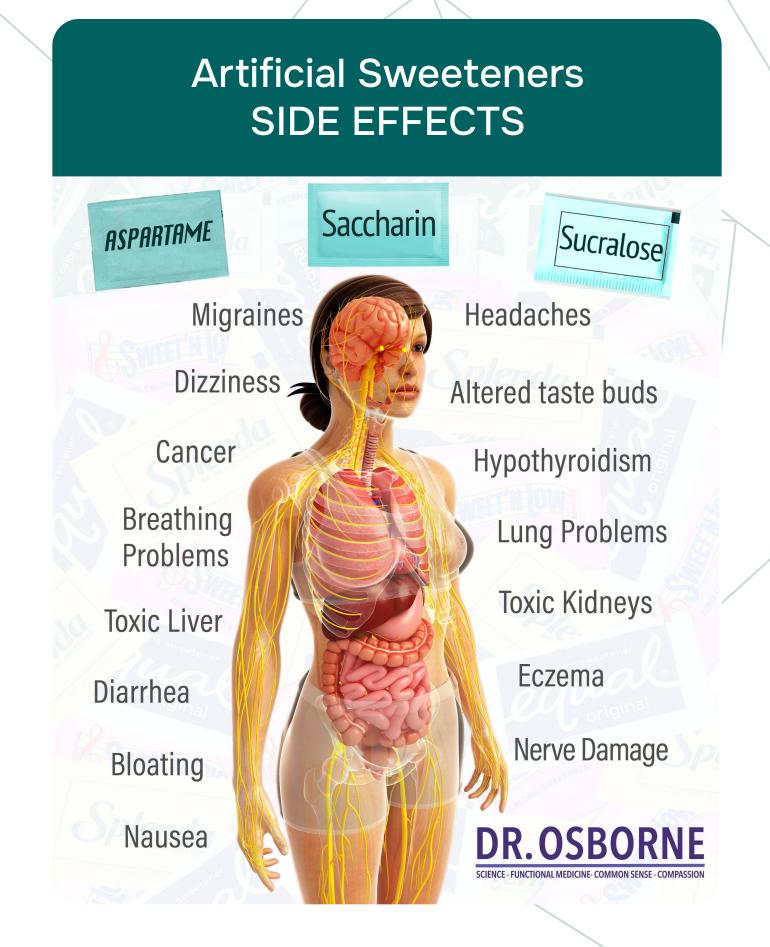
Artificial sweeteners affect blood sugar levels and insulin response, potentially impacting metabolism in the long term. Additionally, they have a negative impact on gut health by disrupting the balance of gut flora

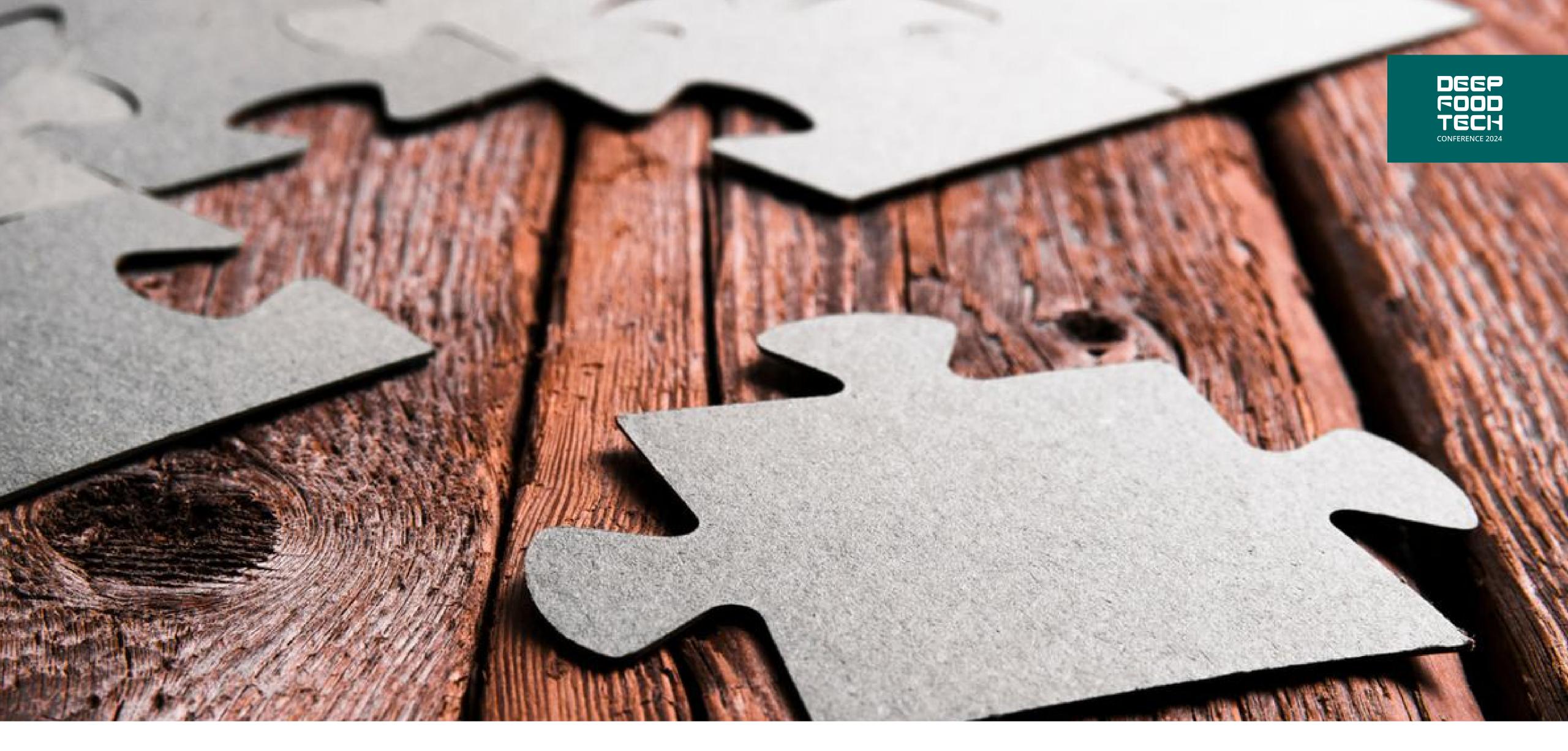
## Increasing — appetite feeling

Studies suggest consuming sugarfree products with artificial sweeteners lead people to later consume more calories to compensate for the missing sugar substitute, potentially affecting weight

### Negative impact on health

Studies show a link between artificial sweetener consumption and mental health issues such as depression and anxiety, possibly due to their effects on neurotransmitters in the brain





The missing piece of the puzzle Sweet Proteins Brazzein

#### WHAT IS BRAZZEIN?





The sweet protein Brazzein naturally originates from the Oublie berry in West Africa (pentadiplandra-brazzeana)



**Challenging** to harvest



Not a sustainable source



#### SWEET PROTEINS



## Importance for Global Health & Sustainability Challenges



No adverse health impact



1500 times sweeter than sugar



No habituation effect



**Natural Sweet Taste** 



Low GI impact



Sustainable solution



pH & heat stable



# A MISSION I HAVE SIGNED UP FOR...

Looking at sweetness from a totally new, different & unique perspective...



#### INNOVATING INDULGENT SUGAR FREE FOOD PRODUCTS



















# SWEETNESS: THE EVOLUTION OF PERCEPTION



Head of research and development, Novel Foods, UAE

