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Erythritol

What is it?

[Erythritol](#) is a naturally sourced, zero-calorie bulk sweetener that looks and tastes like sugar, making it ideal for food and beverage applications promoting sugar reduction and weight management. Erythritol has the highest digestive tolerance compared to other polyols (also known as sugar alcohols) and masks the aftertaste of high intensity sweeteners such as stevia. Compared to conventional sweeteners like sucrose, erythritol offers similar sweetness but with significantly fewer calories. It is 60-70% as sweet as sucrose, making it a viable alternative for reducing caloric content without sacrificing taste.

Erythritol occurs naturally in a variety of fruits and fermented foods. However, the quantities present in these sources are relatively small. For commercial use, erythritol is produced by fermentation.

Where is it used?

Erythritol is a great option for sugar reduction in a variety of products:

Bakery: cookies, cakes, and bakery fillings

Beverages: Dietetic beverages, dairy beverages, fruit beverages, carbonated water, powdered beverages and alcoholic drinks

Cereals: ready-to-eat cereals

Confectionery: soft candies, hard candies, chewing gum, gummies and chocolate compound

Dairy: yogurt, dairy beverages, frozen desserts

Spreads and fillings: fruit spreads, syrups, toppings, and cream-based fillings

Sports nutrition: energy bars and powdered beverages

Table-top sweeteners: as a replacement for sugar

Variations and Selection Criteria

Erythritol is available in various granulation sizes, as well as in conventional, non-GMO and organic forms.

Conclusion

In conclusion, erythritol is a great option for food manufacturers seeking to reduce the caloric content of their products without sacrificing taste. Its low-calorie nature, coupled with its neutral taste and positive consumer perception, make it a versatile and valuable ingredient particularly for incorporation in better-for-you foods and beverages targeting today's health-conscious consumer.

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