

Research and New Food Products

Scientific advancements have made it possible to use familiar foods in new ways. This research and development is responsible for a shift in the foods Canadians consume. Research is also helping to introduce new foods to the market, as well as giving familiar old foods a new twist.

Eggs



Over the last few years eggs have made a comeback thanks to the introduction of a new type of egg; omega-3. Scientists have found that sounds containing omega-3 fatty acids help to lower triglyceride levels in the blood. They can also have a positive effect on vision, making omega-3 eggs a ***functional food***.

Hens produce omega-3 eggs when fed a diet ***enriched*** with ground flax seeds.

Soy-Based Foods and Beverages

Soybeans come from a plant source and are used to manufacture hundreds of products that are found throughout supermarkets and restaurants today. While the consumption of soybeans is not new in Canada, the use of soy as an ingredients has widely expanded. Soy products may include tofu, soy margarine, soy milk, soy cheese, soy ice cream and yogurt, veggie burgers, and soy ingredients in cereals.

The health benefits of a soy-rich diet include reduction in the risk of heart disease and the lowering of blood cholesterol. In addition it has been found that soy may help to maintain healthy bones and may help to prevent some cancers.

There is still potential to bring even more soy-based products as functional foods onto the market.

Texturized Vegetable Protein (TVP)

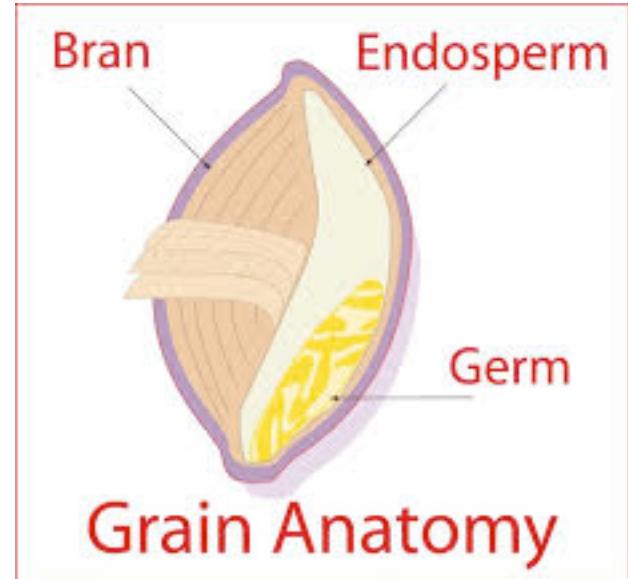
TVP is a protein obtained from soybeans and other vegetables. It is a flavour enhancer that is used in many foods. TVP is sold dried, and can be rehydrated by using boiling water. TVP has a texture similar to ground beef and can be used to replace meat in recipes like tacos, lasagna, and chili.

Grains and Grain Products

Grains get a lot of attention because they are naturally packed with nutrients. The endosperm is high in **complex carbohydrates**. The bran is rich in fibre, B-vitamins, and some trace minerals. the germ provides B vitamins, vitamin E, iron, zinc, other trace minerals, some protein, and a small amount of saturated fat.

Researchers have recently found a link between a diet high in fibre from whole grains and a reduced risk of colon cancer. Whole grains may also prevent stroke, heart disease, and diabetes.

Many grocery stores have begun carrying artisan breads, some of which carry whole grains. There has been an overall expansion of the number of bread products whole grains. This trend has extended into restaurants, and even fast-food establishments.



Grain Anatomy



Yogurt

Yogurt is a **probiotic food**: it contains live organisms that, when eaten in sufficient amounts, help improve the balance of microbes in the intestinal tract. Probiotics are referred to as friendly bacteria. Yogurt is also easier to digest than milk, and provide a source of calcium to those individuals who might be sensitive to milk products.

Calcium

Adequate calcium intake can be a leading healthy concern for many Canadians. Calcium is needed to build healthy bones and bone strength. As Canada's population grows older, there is an increased danger of developing osteoporosis.

Calcium-fortified orange juice is a new product that is responding to many of these concerns. There are various forms of calcium salts that can be added to **fortify** products with calcium. These might include calcium carbonate, calcium phosphate, or calcium citrate.

