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NEWS RELEASE

**Ingredion's VERSAFIBE I490 and NOVELOSE 3490 Dietary Fibers Receive
Low FODMAP Certification from Monash University**
Low FODMAP Dietary Fibers Enable Manufacturers to Answer Consumer Demand for Foods and
Beverages That Help Support Digestive Wellness

WESTCHESTER, Illinois, USA (October 17, 2019) – [Ingredion](#) Incorporated, a leading global provider of ingredient solutions to diversified industries, today announced that two of its dietary fibers, [VERSAFIBE](#)® I490 and [NOVELOSE](#)® 3490, have been recognized by [Monash University](#) as Low FODMAP Certified products in the U.S. The certification is awarded to products and ingredients that are low in fermentable oligosaccharides, disaccharides, monosaccharides and polyols (FODMAP). Products that receive this certification are licensed to use the official Monash University Low FODMAP Diet™ badge – making it easier for manufacturers and consumers to identify ingredients and products that help support digestive health while following a low FODMAP diet.

FODMAPs are short-chain carbohydrates commonly found in American diets. Certain foods containing FODMAPs can trigger occasional digestive discomfort, including gas, bloating and altered bowel habits. According to the Monash University website, a [low FODMAP](#) diet can be an effective way to help manage digestive wellness.

The low FODMAP diet is quickly gaining momentum in the food industry and consumers are beginning to take notice. Ingredion's August 2019 quantitative study of more than 750 U.S. participants revealed that consumers have a great interest in foods that help support digestive health, providing manufacturers with a unique opportunity to be at the forefront of this growing trend at its early stages. The study also revealed that when introduced to low FODMAP product lines, 68 percent of participants felt low FODMAP products were good for digestive health and 53 percent said they would be very likely to purchase low FODMAP foods (based on a top-two box score of "agree" and "strongly agree").

“The low FODMAP certification is already spurring new, innovative products from major food brands – expanding the potential of this diet from niche to mainstream markets,” said Michael DiMarcello, Ingredion’s global director, strategic marketing. “VERSAFIBE I490 and NOVELOSE 3490 dietary fibers give manufacturers two new options that align with a low FODMAP diet and address increased consumer demand for products that support digestive wellness.”

About VERSAFIBE I490 and NOVELOSE 3490 dietary fibers

VERSAFIBE I490 and NOVELOSE 3490 dietary fibers are Low FODMAP Certified ingredients that enable manufacturers to add fiber to foods with little to no impact on texture, flavor and color. The dietary fibers can be used to formulate a wide variety of foods – including baked goods, pasta, snacks, nutrition bars and beverages – and are ideal for use in bakery applications, such as breads, cookies, tortillas and more.

VERSAFIBE I490 and NOVELOSE 3490 dietary fibers are derived from two different sources, potato and tapioca respectively, but both ingredients are classified as a resistant starch type 4 (RS4). RS4 starches are recognized by the FDA as dietary fibers. Not only does RS4 contribute to the fiber content in foods but it can also help reduce net calories in different types of food applications.

According to a 2018 Innova Market Insights survey, 44 percent of U.S. consumers say they have increased their consumption of fiber. “Dietary fiber is an important nutrient for digestive wellness,” said Vishnupriya Gourineni, Ingredion’s senior associate, plant-based protein research and development. “Dietary fibers with low FODMAPs, like VERSAFIBE I490 and NOVELOSE 3490 type 4 resistant starches, give formulators the ability to develop products that are suitable for people following a low FODMAP diet while still delivering the benefits of fiber.”

The gastroenterology team at Monash University has been researching FODMAPs for more than 14 years and its members are considered pioneers and leaders in the study and development of the low FODMAP diet. Monash University established the Low FODMAP Certification program in response to overwhelming consumer demand for food products that do not trigger gastrointestinal symptoms, such as abdominal discomfort and bloating.

Ingredion has more than 100 years of technical expertise in the food and beverage industry and is a leader in carbohydrate nutrition science. To learn more about VERSAFIBE I490 and NOVELOSE 3490 dietary fibers or to find out how the experts at Ingredion Idea Labs® innovation centers can use science-

based problem-solving to boost the healthy appeal of your products, contact Ingredion at +1-800-713-0208 or visit www.ingredion.us. To sample Ingredion's new muffin prototype made with VERSAFIBE I490 dietary fiber at SupplySide West 2019, visit booth 3658.

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Ingredion Incorporated (NYSE: INGR) headquartered in the suburbs of Chicago, is a leading global ingredient solutions provider serving customers in more than 120 countries. With annual net sales of nearly \$6 billion, the company turns grains, fruits, vegetables and other plant materials into value-added ingredients and biomaterial solutions for the food, beverage, paper and corrugating, brewing and other industries. With 28 Ingredion Idea Labs® innovation centers around the world and more than 11,000 employees, the Company develops ingredient solutions to meet consumers' evolving needs by making crackers crunchy, yogurt creamy, candy sweet, paper stronger, and adding fiber to nutrition bars. For more information, visit Ingredion.com.



Ingredion Idea Labs® science-based problem solving fosters ideas, innovations and solutions to help customers differentiate their products, optimize costs and get to market faster with greater success and profitability. Our network of 28 labs invites spirited collaboration through consumer insights, applied research, applications know-how and process technology. Visit ingredionidealabs.com.



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