

Tailoring Food Products to Meet the Nutritional Needs of Seniors: The Diet65+ Project

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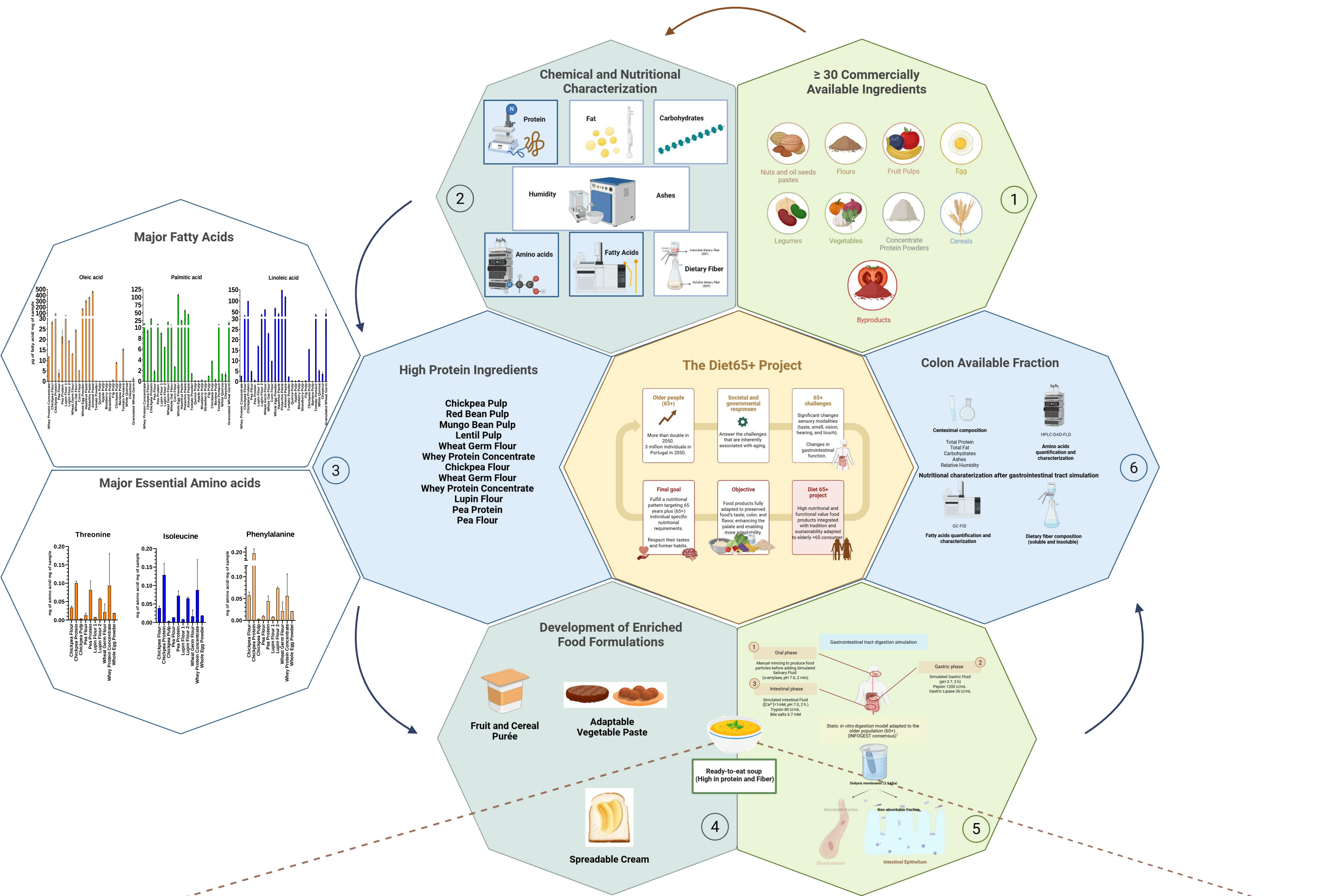
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| Instant Soup Paste (individual portion)                                             |                                |                           |               |                           |               |                           |               |             |
|-------------------------------------------------------------------------------------|--------------------------------|---------------------------|---------------|---------------------------|---------------|---------------------------|---------------|-------------|
|                                                                                     |                                | Legume 1 (A) + Legume 2.1 |               | Legume 1 (A) + Legume 2.2 |               | Legume 1 (A) + Legume 2.3 |               |             |
|                                                                                     |                                | Formulation A             | Formulation B | Formulation C             | Formulation D | Formulation E             | Formulation F |             |
|  | Legume A pulp                  | 32.11                     | 32.67         | 28.06                     | 31.11         | 27.29                     | 31.11         | g/100 g     |
|                                                                                     | Legume B pulp                  | 8.03                      | 4.80          | 19.64                     | 9.33          | 21.83                     | 9.31          |             |
|  | Vegetable protein concentrate  | 0                         | 1.63          | 0                         | 1.56          | 0                         | 1.56          |             |
|  | Other ingredients (vegetables) | 27.75                     | 28.23         | 24.24                     | 26.88         | 23.47                     | 26.76         |             |
|  | Water                          | 32.11                     | 32.67         | 28.06                     | 31.11         | 27.29                     | 31.11         |             |
| Predicted (≥)                                                                       | Protein                        | 15.56                     | 16.60         | 14.65                     | 15.27         | 15.13                     | 15.18         | g (portion) |
|                                                                                     | Fiber                          | 14.38                     | 12.67         | 24.23                     | 16.22         | 27.03                     | 16.53         |             |
|                                                                                     | Fat                            | 3.47                      | 3.55          | 4.39                      | 3             | 4.09                      | 3.74          |             |
| Humidity                                                                            |                                | 81.55±0.11                | 83.46±0.01    | 81.50±1.72                | 82.39±0.31    | 81.05±0.11                | 82.83±0.15    | %           |
| Ashes                                                                               |                                | 0.72±0.01                 | 0.63±0.03     | 0.75±0.21                 | 0.69±0.02     | 0.77±0.01                 | 0.59±0.02     |             |

Nutritional Claims

Protein

High in Protein

All Formulations

Fiber

High in Fiber

Formulation C and E

Source of Fiber

Formulation A, B, D and F

Soup Paste preparation

Instant Paste

↓

Reconstitution in boiling water

100 g/ 100 mL

Ready-to-eat soup



Acknowledgements

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