

Online Chart of Weight Management Product Ingredients

What formulation benefits do you see with each of the following ingredients in products positioned for weight management? (Multiple responses allowed)

Ingredient	Formulation Benefits						
	Enhances satiety	Improves sensory properties	Alters metabolism	Increases physical activity	Benefits emotional wellbeing	Hinders calorie uptake	None of these
Gums (hydrocolloids, e.g. xanthan gum)	59%	43%	6%	5%	6%	30%	22%
Dietary fiber	58%	12%	35%	16%	25%	43%	4%
Whole grains or seeds	56%	26%	28%	25%	38%	32%	8%
Protein, whey	52%	20%	19%	31%	24%	16%	13%
Protein, soy	50%	14%	22%	30%	26%	18%	15%
Proteins from any source	49%	16%	20%	21%	22%	18%	12%
Vegetables	47%	33%	28%	28%	49%	37%	7%
Dairy products	43%	39%	21%	21%	37%	9%	10%
Fruit	42%	54%	26%	27%	43%	20%	6%
Resistant starch	37%	22%	20%	6%	6%	32%	24%
Polydextrose	22%	31%	11%	6%	5%	30%	30%
Probiotics	20%	11%	49%	13%	42%	10%	20%
Flavorings	19%	70%	2%	4%	16%	2%	15%
Medium chain triglycerides (MCT)	19%	15%	27%	11%	6%	13%	40%
Chitosan	18%	4%	15%	7%	7%	18%	43%
Green tea	17%	17%	53%	24%	46%	18%	11%
Omega-3 fatty acids	17%	12%	40%	13%	39%	9%	19%
Sugar polyols (e.g., sorbitol, mannitol)	15%	31%	17%	13%	12%	31%	26%
Enzyme (alpha-amylase) inhibitors	14%	8%	38%	6%	9%	23%	36%
High intensity sweeteners	13%	46%	15%	10%	12%	30%	20%
Hoodia gordonii	11%	3%	21%	3%	5%	14%	55%
Stimulants such as caffeine, theobromine	11%	8%	51%	46%	22%	12%	15%
Calcium fortifiers	10%	9%	22%	20%	17%	4%	39%
Conjugated linoleic acid (CLA)	10%	6%	34%	4%	16%	6%	39%
DAG (1,3 diacylglycerol)	10%	6%	17%	5%	5%	12%	56%
Garcinia cambogia	9%	10%	15%	4%	8%	6%	64%
L-carnitine	8%	6%	35%	21%	14%	8%	39%
Luo han guo extract	8%	24%	13%	4%	8%	12%	51%
Guarana	6%	14%	35%	25%	12%	8%	36%
Chromium	5%	4%	48%	13%	17%	4%	29%

Source: 2010 *Prepared Foods* R&D Trends: Weight Management Formulations; n = 163

Note: Portions of this chart's information was published in the August 2010 *Prepared Foods*' cover story

"Ingredient Options for Weighty Formulations".

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