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Functional ice cream: How to reduce strongly added sugars maintaining the right taste

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The reduction of added simple sugars in foods is one of the principal OMS's goals in nutrition. The excess of mono and disaccharides in daily diet can involve over time in development of dysmetabolic syndromes and more complex pathologies. With the help of master ice cream maker Stefano Ferrara, j have created a natural functional ice cream with a low quantity of simple sugars inside, about 0-15% versus 25-35% of normal commercial percentages, according to the different food components, without alternate the right taste. With the help of master ice cream maker Stefano Ferrara, j have created a natural functional ice cream with a low quantity of simple sugars inside, about 0-15% versus

25-35% of normal commercial percentages, according to the different food components, without alternate the right taste. We didn't use any food thickeners, colorants, artificial flavorings and preservatives to make it. This kind of natural ice cream can be eaten by patients who follow a restrive diet, in oncology during chemotherapy in substitution of meals, in the management of neurologic degenerative diseases, giving this people nutrition, taste satisfaction, psychological support too. Moreover this ice cream is able to provide functional molecules typical of that particular food that we have used.

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