



part of the **BARENTZ** group

FRANK Food Products

presents the diversity of their OA-T-GF Stabilised Whole Oat Flour

Oats are a well-known food ingredients in north western parts of Europe. The relatively wet climate is the perfect environment for oats to grow.

High in vitamins, minerals and antioxidants and considered healthy and nutritious, oats are mainly consumed as oat meal or flakes. Oats contain more soluble fiber – beta glucan – than any other grain, resulting in slower digestion, a feeling of satiety and suppression of appetite. A good breakfast option, rolled or crushed oats can be consumed as oatmeal (porridge), in baked goods, bread, muesli and granola.

HEALTHY PROPERTIES OF OATS

As a food ingredient, oats are well known for their gluten free and cholesterol lowering properties. Examples of applications are gluten free bread, slimming shakes, convenience shakes, sweet baked goods and gluten free pancakes.

The outer casing of the oat, the bran, contains the soluble fiber, beta-glucan. Daily consumption of beta-glucans lowers LDL ("bad") and total cholesterol, possibly reducing the risk of heart disease.

EFSA issued a ruling that allows food companies to make health claims on food labels of foods that contain soluble fiber from whole oats (oat bran, whole oat flour and rolled oats), noting that 3.0 grams of soluble fiber daily from these foods may

reduce the risk of heart disease. To qualify for the health claim, the whole oat-containing food must provide at least 0.75 grams of soluble fiber per serving.

PROTEIN CONTENT OF OATS IS SIMILAR TO SOY

Oat protein is nearly equivalent in quality to soy protein, which World Health Organization research has shown to be equal to meat, milk and egg protein. The protein content of the hull-less oat kernel (groat) ranges from 12 to 24%, the highest among cereals. The OA-T-GF Oat flour contains 13 % of protein, making it ideal for applications in sports nutrition and healthy ageing food products.

HIGH LIPID CONTENT OF OATS

Oats, after corn, have the highest lipid content of any cereal, e.g., greater than 10% for oats and as high as 17% for some maize cultivars compared to about 2-3% for wheat and most other cereals. FRANK Food Products has developed a special heating technology to stabilise the oat flour for 12 months.

GUARANTEED GLUTEN-FREE

Oats are frequently processed or grown near wheat, barley and other grain, so may contain gluten from these cereals. However, FRANK Food Products processes Dutch grown "gluten-free oats", which are oats that have been grown from specially selected seeds and processed free of wheat, barley and other cereals to a high quality standard and tested to have less than 20ppm of gluten. The processing takes place in a special, clean production line in its factory in the eastern part of The Netherlands and can therefore guarantee that the OA-T-GF oat ingredients fully comply with the gluten free standards.

Application Benefits of OA-T-GF:

- natural, healthy, nutritious and tasty grain
- gluten free, due to intensive chain management from seed to fields to flour
- the oat flour is stabilised for up to 12 months
- made from especially sourced "gluten free oats" from The Netherlands
- Beta glucan >4g/100g (EFSA: 3g/day)
- 13% of high quality protein.
- suitable for gluten free bread, sweet baked goods or convenience & slimming shakes
- award winning ingredient: one consumer product won the Dutch *Jaarprijs Goede Voeding 2014*

The OA-T-GF Stabilised Whole Oat flour from FRANK Food Products it is made from the whole grain, with the highest possible soluble fibre content, containing 4 g/100g of beta-glucan and over 13% of very high quality protein. Due to a special heating technology the oat is stabilised for 12 Months even though it has a high lipid content.