

FUNCTIONAL FOODS

*Promotes good health or
reduce the risk of certain
diseases.*





Functional foods are a category of food products that have additional health benefits beyond basic nutritional value.

These foods are formulated or fortified with specific bioactive compounds, such as vitamins, minerals, fiber, probiotics, omega-3 fatty acids, or phytochemicals, as an approach to address nutritional deficiencies and promote wellness through diet.



Types

1. Fortified foods

Fortified with additional nutrients that are not naturally present or are present in insufficient amounts.

2. Functional foods

Formulated with additional nutrients or bioactive compounds.

3. Enriched foods

Nutrients added back to the food after they have been removed or lost during processing.

4. Enhanced foods

Additional ingredients incorporated or modifications are made beyond nutritional limit.

5. Altered Foods:

Naturally present harmful component are replaced or reduced with beneficial component.

6. Non-Altered Food:

Foods naturally containing increased content of nutrients.



Examples



- Probiotic Yogurt
- Omega-3 Enriched Eggs
- Fortified Milk
- Whole Grain Bread
- Functional Beverages
- Plant Sterol-Enriched Margarine
- Fatty fish
- Unsalted Nuts
- Iodised salt
- Tomatoes
- Berries etc.
- Soy-Based Products

***Note: While functional foods can offer health benefits, they are not a substitute for a balanced diet and healthy lifestyle.**



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