

Impact study of using dietary fibers as lipid substitutes in food products

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ABSTRACT:

This review provides an overview on the compositional data of lipid substitutes for usage in food products. Some studies showed that there was a strong relationship between animal fat consumption and the incidence of many chronic diseases. So, the low fat and free-fat food products should be developed, which have low calories that meet with the consumer requirements. In the present review, the process of manufacturing low-fat and free-fat food products which is not easy due their important role in improving the texture, consistency and taste of food products were discussed. The low-fat and free-fat food products showed obvious defects in textures, consistency and taste. Therefore, the lipid substitutes were used to enhance those texture, consistency and taste of food products.

Keywords:

Dietary, Fibers, Lipid substitutes.