INTRODUCTION

Sugar is an essential component for food processing with stability, texture, mouthfeel, flavour, colour and preservation features. Moreover, sugar provides energy to our body as a carbohydrate, however, the origin of the sugar is the main point such as the sugars of fruit and vegetables are natural and rich in fibres, but excessive sugar consumption is an issue for obesity.

According to the World Health Organization, a healthy diet should include vegetables, fruits, legumes, nuts, whole grains, less than 30% of total energy intakes from fats, and less than 10% of free sugars for adults. Thus, natural substitutes of sugar such as sweet-tasting proteins may solve the overconsumption problems with a sweet taste, health benefits, and without caloric content.

OBJECTIVES

The study aims to overview the biotransformation studies on sweet-tasting proteins as sugar substitutes for healthy food manufacturing.

CONCLUSION

Biotransformation studies of sweet-tasting proteins provide more yield, sustainable solutions, low cost and better qualities.

REFERENCES