



Multigrain Functional Bread

Invention summary:

Multigrain bread with low Glycemic Index, antioxidant and anti glycation properties

Technology overview:

Bread is one of the most popular food items in Sri Lanka and mostly consumed bread type is the carbohydrate rich white bread. Frequent consumption of white bread increases the burden of non communicable diseases (NCDs) such as diabetes, inflammation, cardiovascular disease etc.

Multigrain bread is scientifically proven to be high in physicochemical and functional properties. This is developed by incorporating low cost and locally available raw materials into wheat flour following general baking steps of white bread. This functional bread exhibits high nutritional, antioxidant, anti-diabetic, anti-inflammatory properties which have the ability to prevent or manage non communicable diseases.

Potential application:

To be used by all ages of consumers with special consideration to non communicable diseases such as diabetes, inflammation, cardiovascular disease etc.

Advantages of the product:

- Ability to minimize the risk of non communicable diseases
- Highly nutritious
- Processing method is not largely deviated from the traditional simple method.
- Use of low cost and locally available raw materials.
- Matches with SME level production capacity.

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