



International Year of Pulses 2016

Did you know The United Nations has declared 2016 *The International Year of Pulses (IYP)*. The intention is to draw attention to this healthy, nutritious and sustainable food category. This is great news for consumers, but what does this mean for the food industry?

Pulses (beans, lentils, chickpeas, etc.) have high versatility and can be used as ingredients and substitutes in many food applications. Pulse flours and other formats serve a wide variety of functions. Some examples are:

- Batter and breading applications
- Egg replacers and Binders

Benefits of using pulse ingredients are varied:

- Allergen friendly labels, including gluten free
- Increased cook yields
- Increased protein claims

Let BioFoodTech help you take advantage of IYP and pulse ingredients to reformulate and connect to a wealth of knowledge from Pulse Canada and their affiliates.



Supporting the Shellfish Industry

BioFoodTech has trained **close to 200** growers, processors and handlers from coast to coast, on controlling *Vibrio* – bacteria that can cause foodborne illness and have devastating impacts for the molluscan shellfish industry. BioFoodTech's Dr. Ebo Budu-Amoako and Jim Landrigan presented industry workshops in all four Atlantic Provinces and in British Columbia. They covered the biology and ecosystems for *Vibrio parahaemolyticus (VP)*, taught how to assess risk and presented innovative strategies to control VP based on HACCP. VP is closely associated with oysters, which are normally consumed raw or lightly cooked. Outbreaks have occurred worldwide including more than 50 illnesses last summer in British Columbia. In a recent directive, the CFIA has reminded operators of federally-registered bivalve molluscan shellfish processing establishments of their responsibility to control all food safety hazards through the implementation of their Quality Management Program (QMP) plans as they relate to VP.

Upcoming HACCP course Moncton, May 16-18

BioFoodTech is holding a [3 day HACCP course in Moncton](#), which includes a focus on controlling *Listeria*. Course details and the registration form can be found on BioFoodTech's website (See Food Safety Workshops). For further information contact: Jim Landrigan (902) 368-5772.

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Canadian Senate: Urgent Action Needed to Fight Rising Obesity Rates in Canada

The Canadian Food Industry is noted in several recommendations from an extensive study conducted by the Standing Committee on Social Affairs, Science and Technology. The committee summarized that over 50,000 Canadians die from conditions linked to excess weight and nearly 2/3 of adults and 1/3 of children are obese or overweight. Also, obesity costs Canada between \$4.6 billion and \$7.1 billion annually in health care and lost productivity. The report describes a broad approach to address this issue, and includes the following recommendations, many of which directly impact the food industry:

- Consider a tax on sugar- and artificially-sweetened drinks.
- Ban the advertising of food and beverages to children.
- Expand nutritional information on food packaging to make it easier to understand.
- Increase awareness of the potential harms of processed foods and the benefits of fresh, whole foods.
- Overhaul Canada's dated food guide.

[Senate report](#) and [Health Canada's](#) proposed nutrition labelling changes

Supporting Future Food Scientists

Recently, BIO|FOOD|TECH presented several Food Technology Awards to students participating in PEI Science Fairs. The following students were awarded "Best in division related to Food Science and Technology". Congrats to all participants!

- **The Beneficial Effects of Curcumin in Alzheimer's Disease** - Shruthi Bandi, Colonel Gray Senior High
- **Would You Like Some Medicine with that Syrup?** - Prithinkraa Balasubramaniam and Kiley Kitts, Three Oaks Senior High
- **Do Spices Have Antifungal Activity?** - Simar Bennypaul, West Royalty Elementary
- **Lactobacillus in Charge** - Claudia Lopez Diaz, West Kent Elementary

Microbiology Lab Services:

To obtain swabbing supplies and sterile bottles, or for further information about our laboratory services, please call the Microbiology laboratory at (902) 368-5937; Microlab@BioFoodTech.ca

- [Sample submission forms](#)
- [Requirements for the collection and shipping of samples](#)
- [Requirements for the collection and shipping of shellfish](#)

ALL ABOUT FLAVOURS

According to John Plako, Culinary Chef, and published in Food in Canada (Jan/Feb 2016) the future of food is "deliciousness". Trends associated with this spotlight on flavours include:

- **Vegetable inclusions** – in yogurts, ice cream, crackers, chips and desserts. Examples include carrot puree in mac 'n cheese, and avocado in chocolate chip cookies.



- **Middle Eastern Mezze** – spreads include traditional hummus, tzatziki, baba ghanoush and tahini with new flavours such as artichoke, pesto and sun dried tomatoes.
- **Umami Veggies** – the "fifth taste" can be found in many plants including mushrooms, tomatoes and Chinese cabbage. Now, companies are trying to put many umami rich elements into foods, both vegetable and meat based.
- **Smoked Spices** – "smoky" flavour is third behind sweet and savoury in Canada. Using smoked ingredients is a way to bring flavour into foods and condiments, including olive oil, butter, or chocolate.

Contact BioFoodTech to help maximize "deliciousness" in your products.

