

FOOD TECHNOLOGY CENTRE

Innovation for the Food & Bioresource Industries

Prince Edward Island, CANADA

NEWSLETTER

May 2011

Featured in this issue:

- Lobster - a healthy choice
- Global Food Safety Initiative
- Omega-9 Oils Presentation
- Graduate Student and Post-Doctoral Fellowship Program
- Microbiology Lab Services
- Food Safety Workshops

Free Preliminary Consultation

FTC provides free preliminary consultation services and will help you source appropriate funding for your projects.

Funding Programs

Links to information about programs available from our funding partners are available on FTC's website. See [Funding Programs](#).

The **PEI Product Development Fund** is available to Prince Edward Island companies to access the professional, technical assistance services of the Food Technology Centre. This assistance can be applied to the development and testing of new and improved products and processes, and other technical development-related activities. The fund will contribute 50% of project costs to a maximum of \$50,000.

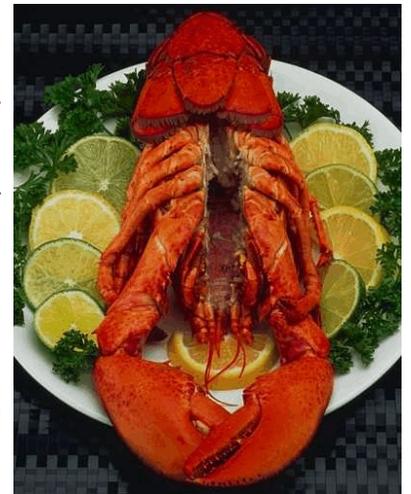
Success Stories

We love to help our clients succeed! A few of their success stories are available on FTC's website. See [Success Stories](#).

Lobster — Lean like chicken, healthy like fish

With the start of another lobster season, it seems appropriate to reflect on some facts that make lobster a good choice of meat for heart healthy diets. Lobster is a lean meat with only 98 calories per serving of 100 grams (see table below), and only 1 gram of fat. Compared to the many other meats shown in this table lobster is considered to be a healthier option as it is lower in fat, and in particular saturated fat, and higher in protein.

Though not as rich in omega-3 fatty acids as Atlantic salmon, lobster does contain between 82 and 540 mg per serving. Lobster is also high in Vitamin B12, a great source of copper and selenium, and a good source of phosphorus.



Health Canada recommends at least two 75 gram servings of seafood per week, while the FDA recommends up to 14 ounces (397 grams) of seafood per week. Lobster is a delicious East Coast option to consider.

Nutrition Comparison Chart

Serving Size 100 g (3.53 oz)	Calories	Caloric Breakdown (%)			Saturated Fats (grams)	Cholesterol milligrams
		Carbohydrates	Fats	Proteins		
Canadian Atlantic Lobster	98	6	5	89	0.1	72
Turkey - Light Meat	157	1	18	81	1.0	69
Chicken - Light Meat	173	0	24	76	1.3	85
Ground Beef - Extra Lean	193	0	35	65	3.6	89
Atlantic Salmon	206	0	54	46	2.5	63
Pork Loin - Lean	209	0	42	58	3.5	81
Beef - Top Sirloin	219	0	43	57	4.1	79

Sources: www.lobstercouncilofcanada.ca and www.tastelobster.ca

Global Food Safety Initiative

Since 2009 all the major food companies (Nestle, Kraft, Coca-Cola etc.) and the major grocery retailers in the world (Walmart, Loblaws, Publix, Tesco etc.) have adopted the **Global Food Safety Initiative** (GFSI) standards. Loblaws requires all their suppliers to adopt these standards this year (2011). This is in addition to their regular CFIA registration requirements. All the other major grocery retailers have also started requesting that their suppliers and clients follow suit.

As a result, most food processing companies have started working on complying with GFSI standards. Some Prince Edward Island companies have already adopted these standards. Many others are starting the process of adopting GFSI in 2011.

Microbiology Laboratory Services

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

Preparations are required prior to receipt of samples; therefore, please call 24 hours prior to dropping off samples or results will be delayed. Micro lab receiving hours: Monday to Thursday, 8:30 a.m. to 3:30 p.m., unless previous arrangements have been made.

To obtain swabbing supplies and sterile bottles, or for further information about our laboratory services, please call our microbiology laboratory at (902) 368-5937.

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"unsubscribe" in the subject line.

The Food Technology Centre can help companies to adopt these standards and incorporate them into their present quality assurance and food safety system.

For further information on GFSI see <http://www.mygfsi.com/>

To find out how FTC can help please contact Yaw Dako, Food Technologist, at Tel: (902) 569-7699; email: yadako@foodtechnologycentre.ca

Omega-9 Oils Presentation

Recently, [Omega-9 Oils](#) visited the PEI Food Technology Centre and presented information regarding their "Nexera" canola and sunflower oils developed by Dow Agri-Sciences. According to Dow, the benefit of these oils is zero trans fat and a lower saturated fat compared to canola and sunflower oils. In terms of performance, they have longer fry life and perform well in products. The company also created an omega-9 shortening (with other oils) that results in a healthier label. Dow is working with processors such as Viterra to manufacture oil products for industry. If you are interested in exploring their products and services, please contact [Omega-9 Oils](#); Tel: 1-800-678-2388.

Graduate Student and Post-Doctoral Fellowship Program

Call for applications: Through the Island Prosperity Strategy, Innovation PEI is issuing a call for applications to the Graduate Student and Post-Doctoral Fellowship program. The Innovation PEI Graduate and Post-Doctoral Fellowship program is designed to support and develop highly skilled researchers in the strategic sectors of bioscience, information technology, aerospace and renewable energy. This support allows them to gain research experience in industry while undertaking their graduate or post-doctoral programs.

Graduate and PhD students are eligible to receive \$20,000 per year to support graduate level research projects and Post-Doctoral Fellows are eligible to receive \$40,000 per year which will support post-doctorate level research projects in PEI.

The deadline for receipt of applications is June 30, 2011 at 4:00 p.m.

Interested applicants can visit <http://islandprosperity.com/currentcomp.php> for further details on funding support, criteria, and to obtain or complete the application form.

Food Safety Workshops

[HACCP and the Control of Listeria Workshop](#) (3 days) – May 16-18, 2011, Moncton, NB (Daily 9:00 to 4:00)

Course outlines of all our Food Safety Workshops are available on the [Training page](#) of the FTC website. For further information on these, or if you would like a course held in your area, please contact Jim Landrigan at (902) 368-5772 or by email at jlandri@gov.pe.ca