

# TECHNICAL BULLETIN

## ALTERNATIVE DRIED PLUM BASED FAT REPLACERS

Over the past several years numerous dried plum based fat replacers have entered the market. These products join an already extensive list of dried plum powders, pastes, and purees used to replace fat in a variety of products, particularly bakery products. This array of alternatives provides food designers with considerable flexibility in selecting the appropriate dried plum fat replacer for a specific application.

Variations in the composition of these fat replacers are significant and can have an impact on the outcome of the specific product being developed. These composition variances typically occur in two areas: the amount of fruit and the amount of moisture.

***Fruit and Other Ingredients:*** Some dried plum based fat replacers are all fruit such as dried plums/apples or may have water added. These range from dried plum powder (all dried plums) to pastes and purees. Other dried plum fat replacers use added sugars such as high fructose corn syrup or rice syrup. Still others may also contain starches, dextrans, maltodextrins, fruit concentrates, etc.

***Moisture:*** Moisture variations between these dried plum fat replacers cover a wide range. For example, dried plum powders are only about 2.0—5.0% moisture. Low moisture dried plum puree is about 20—25% moisture. Most purees are about 45—65% moisture, while some are as high as 80% moisture.

### **Alternatives (Consult with the Manufacturer)**

Food designers are advised to evaluate these various dried plum based fat replacers and **consult with the manufacturers** before attempting to develop fat free-/low-/reduced-fat food products, to ensure that results meet expectations. Some dried plum based fat replacers are better suited for certain applications than others. The following is a general list of dried plum based fat replacer alternatives:

***Dried Plum Powder:*** About 2.0—5.0% moisture. Dried plum powders can be the whole dried plum or blends of dried plums, starches, and/or other fruits.

***Low Moisture Puree:*** About 20-25% moisture. These products are usually all fruit or fruit blended with corn or rice syrup or fruit juice concentrates.

***Intermediate Moisture Puree:*** About 45—65% moisture. Intermediate moisture purees are either blends of fruit and water or may contain an added sweetener and ingredients such as dextrin and maltodextrin.

***High Moisture Puree:*** These purees are about 80% moisture and are usually blends of fruit, water, and other ingredients.