

# Maltodextrin – Product Profile

## Description:

Maltodextrin is a mixture of glucose, maltose, oligosaccharides and polysaccharides. Maltodextrin is 15 to 20% dextrose equivalent and is produced by enzymatic hydrolysis of starch, followed by refining and spray-drying to moisture level of 3% to 5%.

Maltodextrin is an artificial sugar (also known as a polysaccharide) that has a mild, sweet taste. It's usually created from corn and wheat but can also be made from rice, potatoes and tapioca. While it's a commonly used food additive found in many types of packaged foods including seasonings, cake mixes and potato chips, the health effects of maltodextrin depend on the type and amount you consume. One type of maltodextrin is a simple carbohydrate. It contains calories and is used in supplements designed to provide a boost of energy. The second type, resistant maltodextrin, comes from the same source, but it goes through additional processing to make it indigestible. Resistant maltodextrin doesn't provide energy, but it does deliver benefits similar to soluble fiber. The term maltodextrin applies to any starch hydrolysis product containing less than 20 glucose units, and, for this reason, maltodextrin refers to a family of products instead of a specific product.

## Applications

Maltodextrin is a white powder often used in processed foods as a thickener or a filler since it is fairly inexpensive, as well as in pharmaceuticals as a binding agent. It is found in canned fruits, snacks, cereal, desserts, instant pudding, sauces, and salad dressings, spice mixes, soups and sauces, baked goods, yogurt, nutrition bars, sugar-free sweeteners and meal replacement shakes. Since it contains fewer calories than sugar, it's also found in sugar substitutes.

Maltodextrin is used in coffee whiteners, imitation sour creams, imitation cheeses and whipped toppings. It is perfect for candy coating and soft-center candies, for frosting and glazing, for nut and snack coating, in lozenges and for binding, plasticizing and crystal inhibition. In hard candies, it improves the hygroscopic characteristics.

Maltodextrin is usually used in such small amounts that it doesn't have a significant impact in terms of the amount of protein, fat, carbohydrate, or fiber that it adds to foods. It is easy and cheap to produce making it very appealing to food manufacturers.

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## Keywords

Maltodextrin, artificial sugar, glucose, maltose, oligosaccharides, food additives, sweeteners, baby food, confectionery products, candy, infant food sector, low-calorie ingredients, enzymatic hydrolysis of starch, sports nutrition shakes

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