



## **GAZETTE**

**Monday, June 6, 2016**

### **LONG ISLAND IFT CORPORATE SPONSORS**

**Our thanks to these companies that supported LIIFT this past year. Join them next year.**

**Accurate Ingredients, Inc.**

**Batory Foods, Inc.**

**Calico Cottage, Inc.**

**Certified Laboratories, Inc.**

**Citrus and Allied Essences, Ltd.**

**Comax Flavors Corp.**

**Craftmaster Flavor Technology, Inc.**

**First Spice Mixing Co, Inc.**

**Fruitcrown Products, Inc.**

**GNT USA, Inc.**

**Independent Chemical Corp.**

**S. Kamberg & Co., Ltd.**

**Tishcon Corp.**

**Virgina Dare Co.**

### **Gluten Free—What it is and Why is it Important**

**Presented by Charles Purcell, Univar  
USA**

**This presentation will answer many questions concerning gluten free, that you might have. What is gluten and where is it found? Why is gluten a problem for some individuals? What is the legal definition of gluten free? What foods typically contain gluten? Other topics that will be covered are the challenges and solutions for gluten free bakery products, and for other food products.**

#### **About Charles Purcell:**

**Charles is a food industry professional with over 30 years in the food industry. He has a strong background in the flavor, beverage, and dairy industries, and has been with Univar for 9 years in both technical and commercial roles. Prior to Univar, Charles was VP Manufacturing for Meridan Beverage Co. in Atlanta, GA. He was there for 10 years being responsible for quality systems, R&D, and all manufacturing and logistics. Prior to Meridan, he was with Bunge Foods as R&D Manager for their flavors and dairy division in the Atlanta area. Charles has a Chemistry Degree and has many courses pertaining to food safety and development.**

## **LONG ISLAND IFT EXECUTIVE BOARD**

Chairman: Dan Massetti  
Accurate Ingredients  
516-496-2500

Past Chairman: Joe Laino, Sr.  
Food Manufacturing Services  
516-873-1267

Chairman Elect: Joe Minella  
Virginia Dare Co.  
718-788-1776

Treasurer: Jay Glantz  
516-220-4521

Secretary: Carol Zamojcin  
Topix Pharmaceuticals  
800-445-2595

Gazette Editor/Corporate Sponsorship:  
Frank Vollaro  
Comax Flavors  
631-249-0505, ext. 127

Arrangements: Steve Passman  
H. Fox, Inc.  
718-385-4600

## **From The Chair:**

**Thanks to everyone who attended our April meeting. We had a great turnout and it was great to see our speaker, Frank Fischetti, still talking flavors!**

**As you all know , our government is constantly changing the way we do business. Long Island IFT is working to bring you speakers that shed light on the ever changing food regulations. Look for these topics in future meetings.**

**Danny Massetti, Chair**

## **Upcoming meetings:**

**IFT National Meeting  
Chicago, Ill. July 16-19, 2016**

**Opening LIIFT meeting for 2016-17:  
Monday, Sept. 26, 2016**

## **MEETING PLACE & DIRECTIONS**

**Date: Monday, June 6, 2016**

**Place: The Inn at New Hyde Park  
214 Jericho Tpk.  
New Hyde Park, N.Y. 11040**

**Directions: go to [www.innatnhp.com](http://www.innatnhp.com)**

**Times: 6:00PM-7:00PM, cash bar, networking  
7:00PM- 8:00PM, dinner  
8:00PM- speaker**

**Price: \$40.00 per person with reservation  
\$50.00 per person at the door**

**Reservations: Carol Zamojcin @ 516-352-5772,  
anytime before Fri. June 3rd**

## The Hunger for Vegan Foods

By Lauren R. Hartman, Product Development Editor, *Food Processing*, April 2016

Though we eat more meat than any other population in the world, Americans' appetite for vegan and vegetarian food is voracious. Mintel reports about 36 percent of consumers say they're buying meat alternatives and plant-based foods, and *The Huffington Post* reports some 16-plus million people consider themselves vegan or vegetarian.

In 2012, Americans ate 12.2 percent less meat than they did five years earlier and 12 percent of the global food and drink products launched in 2013 carried a vegetarian claim, up from 6 percent in 2009, according to *Huffington Post*, which in 2014 predicted that by 2050, America may be a "vegan country"—or at least a significant percentage of Americans will be vegan.

Our emergent love of plant-based foods and the healthy, organic, clean-label food movements are prompting mainstream food producers to slip in more veggies. In 2015, more than 100 plant-based meat substitutes were introduced in grocery stores, according to Supermarketnews.com.

"These foods are exploding in traditional supermarkets," points out Greg Blake, co-owner of Daiya Foods, (daiyafoods.com) Vancouver, British Columbia, founded to create plant-based dairy alternatives. Its Greek Yogurt Alternative, Supreme Pizza, cheese-like shreds, slices and blocks are available in the dairy case and freezer aisle, while its Cheezy Mac is shelf-stable. At Natural Products Expo West, Daiya launched a line of dairy-, egg-, and gluten-free plant-based dressings in Creamy Caesar, Blue Cheeze and Homestyle Ranch varieties, as well as a new Pepperoni Style pizza, entirely made from plants.

"The most beneficial ingredients are probably plant-based proteins," says Blake. "Given the recent declaration from the World

Health Organization that processed and red meat cause cancer, the trend to increase vegetable and fruit consumption and reduce red and processed meat consumption will likely continue."

### Vegans, vegetarians, and flexitarians

While vegetarians consume dairy products and eggs, vegans avoid all animal products, including animal-based non food items such as leather, wool, and silk. Vegetarianism usually refers to diet, and is frequently adhered to for health reasons and food safety, and is often incorporated high-fiber, low-carb foods and few saturated fats.

To be vegan is more of an ethical, lifestyle choice. But the vegan product category should grow at an average 13.4 percent through 2020, says a report in latestvegannews.com. "Vegan represents a healthier choice for your body, its good for the planet and animals, and it's more sustainable in terms of feeding and ever-expanding population," Blake adds.

Flexitarians, who eat meat occasionally, are part of the trend of Meatless Mondays—serving veggie burgers or other vegetarian meals at least once a week. This trend is becoming popular with half of the country, according to *The Huffington Post*.

"Consumers are questioning the foods they're putting into their bodies and looking for options to meet their needs," says Yves Potvin, founder and president of Gardein Protein International (www.gardein.com), Richmond, British Columbia. "Meatless Mondays are a simple way to make a huge impact on your health and the health of the planet. If every American ate meatless just one day per week, it would be the equivalent of taking a million cars off the road." [Ed.note: Oh really, I'd like to see the science behind that one!]

Now owned by Pinnacle Foods, Gardein makes vegan product with non-GMO soy, wheat and vegetables. Its convenient new meatless pepperoni pizza pockets, which debuted in March, contain meatless pepperoni and

vegan mozz'arella. Each pocket has 9g. of certified vegan plant protein and is cholesterol-free.

"There are four main factors that explain the increase in the plant-based diets and their popularity," Potvin explains. "The recent food safety scandals, the rise in allergies and [gluten and dairy] intolerances, the increasing awareness of the ethical and environmental impact of meat and the consistent focus on health and wellness."

### **Nuts about protein**

However, vegan and vegetarian diets can be deficient in some nutrients, protein being one of them. The nutritional value of nuts, with their fiber and protein, makes them a good replacement for snacks and other foods high in fat, sugar, sodium and gluten, explains Martin Pohl, president and one of the original founder of Hughson Nut Co. ([www.hughsonnut.com](http://www.hughsonnut.com)), Hughson, Calif. Almonds, he notes, provide 20g. of protein in one cup of sliced almonds. One ounce of almonds contains 13g. of unsaturated fat (9g. of monounsaturated) and 1g. of saturated fat.. "Increased demand (from consumers) for almond flour, almond butter and almond milk is also noteworthy," Pohl adds. "Consuming more plant-based proteins and monosaturated fats, both found in almonds, is recommended in the new Dietary Guidelines."

Nuts provide health benefits and consumer appeal, agrees Harbinder Maan senior marketing manager-trade stewardship at Almond Board of California ([www.almonds.com](http://www.almonds.com)), Modesto, Calif. "Based on Innova Market Insights' category data, the growing emphasis on protein will stay strong. Protein claims have been applied to more categories for satiety, including breakfast, meal-replacement drinks, snack, and meat alternatives."

### **Going dairy-less**

Fans of Ben & Jerry's ([www.benjerry.com](http://www.benjerry.com)) ice cream who want a non-dairy option can rejoice. In February, the Burlington, Vt., company nationally launched four all-vegan treats made with almond milk. They come in classic flavors of Chocolate Fudge Brownie and the infamous Chunky Monkey, and two new flavors, Coffee Caramel Fudge, and P.B. & Cookies.

Galaxy Nutritional Food ([www.galaxyfoods.com](http://www.galaxyfoods.com)), North Kingstown, R.I., just launched Go Veggie Vegan Spread & Dip minis, which it says are the only vegan, plant-based substitutes for traditional dairy-based dips and spreads. "It's portion control meets calorie control for snackers on the go." says Whitney Velasco-Aznat, vice president of marketing at Galaxy. The company also reformulated its vegan shredded "cheese" recipe using a proprietary process to deliver a better melt and nutritional profile.

### **Satisfying snacks**

Los Angeles-based Annie Chun's ([www.anniechun.com](http://www.anniechun.com)) rolled out two vegan seaweed snacks at Natural Products Expo West: Organic Seaweed Snacks, made with USDA-certified organic ingredients and Korean BBQ Seaweed Crisps. Nayoung Shin, head of corporate marketing and planning, says vegan and/or vegetarian numbers continue to grow. "Consumers want options to support a healthy lifestyle, which in turn, contributes to longer lives."

Savory and nutrient-rich, snack bars from Mediterra Inc., ([mediterranutrition.com](http://mediterranutrition.com)) New York, come in Kale & Pumpkin Seeds, Bell Peppers & Olives, Sundried Tomato & Basil and Olive & Walnuts. Mediterra favors the Mediterranean diet and its bars feature nuts, herbs, olive oil, amaranth and protein-rich pea crisps. Founder Telemanque Lavidas says, "People are tired of sweet nutrition bars and are paying close attention to sugar intake. Mediterra's Savory Bars address both issues."

Creating variety in plant-based meal options is

challenging, Potvin says. Thankfully, many cuisines embrace vegetarianism, from Indian meals to Italian pasta entrees.

**Job Opportunity:**

The Sales Consultants of Morris County, are seeing a senior analytical chemist with GC-MS/MS experience. The company has a lab in the NY area. It is a growing mid-sized company that has an excellent reputation and offers very competitive salaries.

For information contact: Ernie Bivona  
973-887-3838, ext. 202