
What are Functional Foods?

The definition of "Functional Foods" refers to foods that provide benefits beyond basic nutrition and may prevent disease or promote health. Studies have shown certain foods to play a role in the prevention of degenerative diseases, purging toxins, strengthening tissue and improve the body's ability to convert food into fuel for peak performance.

How do Freedom Foods make their products functional?

Freedom Foods include the following combinations of functional ingredients in their products;

- Pure plant & herbal extract
- Resistant starch (Hi-Maize™)
- Pro-biotics (dietary fibre)
- Inulin (dietary fibre)
- Psyllium (dietary fibre)
- Omega 3 & Omega 6

The **Pure Plant and Herbal extracts** are the result of 35 years of international research and experience by Dr Henry Meissner, Nutritional Biochemist, an expert in dietary and therapeutic formulations, bio-availability of nutrients, environmental physiology and development in herbal extraction technology. Pure Plant Extract is processed from freshly harvested plants, using green vegetation and selected fruits, berries and herbs. The proper blend of these extracts ensures optimum levels of vitamin & mineral absorption ensuring the best possible result.

Gastrointestinal function may be enhanced by consumption of **pre-biotics** and **pro-biotics**. Benefits of **probiotic** bacteria include improved digestion, reduced production of toxic metabolites, restoration of gut flora after antibiotic therapy, breakdown of carcinogens and vitamin synthesis.

Prebiotics are non-digestible food ingredients that stimulate growth and/or activity of beneficial gut bacteria (e.g. lactobacilli & bifidobacteria). In addition, prebiotics stimulate absorption of several minerals and improve bone mineralisation. **Inulin** is an example of a prebiotic.

Resistant starch is not absorbed in the small intestine and is also considered dietary fibre. Approximately 20 grams a day is recommended to obtain favourable health benefits.

Hi-maize™ is a natural resistant starch, rich in soluble fibre, with pre-biotic properties. The inclusion of resistant starch to a food lowers the glycaemic response. This means that glucose is released at a slower rate into the blood stream than from foods containing rapidly digested starch. This may have important implications for people susceptible to the development of diabetes or those treating a diabetic condition, weight loss and people with active lifestyles.

There are 2 polyunsaturated fatty acids that the body cannot produce, therefore they are termed **essential fatty acids** because they must be supplied from the diet. These are linoleic acid (omega-6) and alpha-linolenic acid (omega-3).

Omega-3 It is important to consume both fatty acids, however omega-3 intake should be greater than omega-6.

Food Sources (* Freedom Foods Products - see inside)

Plant & Herb Extracts	Hi-Lite*, Hi-Lite Breakfast Bar*, Fruit Strips*
Probiotics	Yoghurt, Yakult, Omega Bar*
Prebiotics	Artichokes, onions, oats, psyllium, wholemeal bread, Cereals*
Psyllium	Cereals* Crunchy Coconut Biscuit*
Inulin	Onions, garlic, fruit, asparagus and soybeans, Rice Pasta*
Resistant starch	Beans, legumes, Hi-maize, biscuits*, cookies*, cereals*
Omega-6	Meat & poultry, sesame/sunflower/soybean oils, nuts, grains, seeds, Nutritious Snack Bars*
Omega-3	Fish, canola/walnut/linseed oils, dark green vegetables, Omega Bar*

Living & Wellness

- **Functional foods:**
 - **Probiotics & Prebiotics**
 - **Resistant starch & Inulin**
- **Essential fatty acids:**
 - **Omega 3 and 6**



Freedom Foods

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LIVING & WELLNESS PRODUCTS

- ♥ Less than 3% fat, low saturated fat
- Low GI
- # Contain functional ingredients

Biscuits - 97% Fat Free

- ♥▪# Apricot Temptation (GI 47)
- ♥▪# Spicy Apple Sensation (GI 47)
- ♥▪# Blueberry Bliss (GI 47)
- ♥▪# Sticky Date (GI 47)
- ♥▪# Zesty Ginger (GI 47)

Slices

Gluten free, Wheat Free

- ♥# Strawberry Multi Pack - **Medium GI (58)**
- # Choc Chip Slice Multi Pack

Spread

Gluten free, Wheat Free

- ♥# Vege Spread (gluten free/yeast free)

Confectionery – Low GI

Gluten free, Wheat Free

Fruit strips enriched with a vitamin & mineral blend.

- ♥▪# Enriched Apricot & Apple (GI 29)
- ♥▪# Enriched Peach & Pear (GI 29)
- ♥▪# Enriched Plum & Apple (GI 29)

Bars

- # Omega Bar (Good source of Omega 3) - gluten free (GI 21)
- #♥ Hi-Lite Breakfast Bar (GI 53)
- # Gluten Free Breakfast Bar (GI 50)
- # Super Berry Breakfast Bar, only 4% fat, – **Medium GI (57)**
- # Nutritious Snack Bars:
Gluten Free, Wheat Free, Low Carb, high fibre
 - Yoghurt Coated Almond & Apricot
 - Almond & Apricot
 - Macadamia & Pineapple
 - Simply Nuts

Snacks - Gluten free, Wheat Free

- ♥ Baked Corn Chips - Plain

Sauces

Gluten free, Wheat Free

- ♥ Tomato Pasta Sauce

Fruit Spreads

Gluten free, Wheat Free

- ♥▪ Apricot (GI 29)
- ♥▪ Raspberry (GI 26)
- ♥▪ Strawberry (GI 29)
- ♥▪ Marmalade (GI 27)

Beverages

- ♥ White Muscatel
- ♥ Black Muscatel
- ♥ Shiraz
- # Energy Drinking Chocolate

Pastas

Gluten-free Wheat-free

Enriched with a vitamin & mineral blend & added fibre

- ♥▪# Enriched Rice (GI 51)
- ♥▪# Enriched Spaghetti (GI 51)

Breakfast Cereal

- ♥▪# Hi-Lite - Enriched with Vitamin C, Iron & Folate (GI 54)
- ♥# Rice Flakes with Psyllium, gluten free
- ♥# Rice Puffs with Psyllium, gluten free
- ♥# Corn Flakes with Psyllium, gluten free
- ♥# Ultra-Rice with Psyllium, gluten free
 - Yeast Free Wheat Free Muesli (GI 44)
- # Gluten Free Wheat Free Muesli with Psyllium (GI 50)
 - Porridge Quick Oats (Contamination Free) (GI 50)

Bakery

Gluten Free, Wheat Free

- ♥ All-Purpose Flour
- ♥# Pancake Mix - **Medium GI (61)**
- # Corn Fritter (GI 34)

Cookbook (RRP \$24.95)

Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology. Low GI ≤ 55
Medium GI = 56 - 69
High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website www.freedomfoods.com.au or free-call 1800696231 for further information