

## Canadian Harvest® Oat Fibers



SunOpta Ingredients Group is the **world's largest producer of oat fiber** for the food industry. With over 20 years of technical and operations know-how, SunOpta's fiber experts are ready to support your next product development effort. From concept to commercial launch, your SunOpta team stands ready to help.

Canadian Harvest® Oat Fibers are very versatile ingredients that can enhance food and beverage products by providing **additional nutritional and functional benefits**.

Oat fiber is an ideal choice for:

- Increasing **fiber** content for digestive health and weight management
- Reducing **calorie** content
- Enhancing **texture**
- Adding **strength and flexibility** to fragile baked goods or snacks
- Improving **moisture** retention
- Extending **shelf life**
- Optimizing processing **yields**

Consumer perception of "oat fiber" on an ingredient statement is very positive. Both "oat" and "fiber" solicit an impression of health, nutrition and well-being. The appeal of this ingredient as "**good-for-you**" covers all age brackets and consumer segments.

Your SunOpta Sales and Technical team can help you select the right Canadian Harvest® Oat Fibers for your product application. Our series of natural oat fibers are each designed for specific food or beverage categories and cover a broad spectrum of retail and food service products:

**Baked Goods** – Breads, Cookies and Crackers, Ice Cream Cones

**Snacks** – Tortilla Chips, Taco Shells, Pretzels and Extruded Snacks

**Cereal Products** – Flakes, Extruded Shapes, Breakfast Bars

**Meat Products** – Ground Meat, Pizza Toppings, Sausages, Emulsified Meats, Meat Analogs

**Other Applications** – Tortillas and Wraps, Pasta, Breading, Energy/Sports Bars, Nutritional Beverages and Tablets

**Pet Food** – Treats, Dry Kibble, Canned, Pouched

**Naturally Sustainable! There is less total water used to grow oats and produce oat fiber than any other food fiber.**



Canadian Harvest® Oat Fibers

SERIES	100	200	211	240	300	320	500	610	680	770/780
<b>Description</b>	<ul style="list-style-type: none"> <li>Lowest water absorption</li> <li>Good for low moisture foods, fiber enrichment and whole grain products</li> </ul>	<ul style="list-style-type: none"> <li>Low water absorption</li> <li>Good for low moisture foods, fiber enrichment and whole grain products</li> </ul>	<ul style="list-style-type: none"> <li>Low water absorption</li> <li>Good for fiber enrichment, whole grain breads and other whole grain products</li> </ul>	<ul style="list-style-type: none"> <li>Low water absorption</li> <li>Good for low moisture foods, fiber enrichment and white bread products</li> </ul>	<ul style="list-style-type: none"> <li>Versatile, all-purpose fiber</li> </ul>	<ul style="list-style-type: none"> <li>Moderate water absorption</li> <li>Good for fiber enrichment</li> <li>Excellent for fortifying crunchy crackers and cookies</li> </ul>	<ul style="list-style-type: none"> <li>Smooth mouthfeel</li> <li>Good moisture retention</li> </ul>	<ul style="list-style-type: none"> <li>Versatile all all-purpose fiber</li> </ul>	<ul style="list-style-type: none"> <li>Moderate water absorption</li> <li>Good for reducing breakage in crunchy snacks</li> </ul>	<ul style="list-style-type: none"> <li>Highest water and oil holding capacity</li> <li>Improves product strength and yields</li> <li>Mimics natural texture in certain foods</li> </ul>
<b>Grind Size</b>	Fine 58	Medium 150 Fine 58	Fine 58	Fine 58	Medium 150 Fine 58 Ultra Fine 48 Micro Fine 33	Fine 58	Ultra Fine 48 Micro Fine 33	Fine 58	Fine 58	Fine 58
<b>Color</b>	Light Tan	Light Tan	Light Tan	Light Tan	Light Cream	Creamy White	Creamy White	Creamy White	Light Tan	Medium Tan / Light Cream
<b>Fiber content</b>										
<b>Total % (as is basis)</b>	• 74 <sup>1</sup>	• 89 <sup>1</sup>	• 82 <sup>1</sup>	• 89 <sup>1</sup>	• 91 <sup>1</sup>	• 91 <sup>1</sup>	• 92 <sup>1</sup>	• 92 <sup>1</sup>	• 92 <sup>1</sup>	• 93 <sup>1</sup>
<b>Total % (dry basis)</b>	• 77 <sup>1</sup>	• 93 <sup>1</sup>	• 86 <sup>1</sup>	• 93 <sup>1</sup>	• 95 <sup>1</sup>	• 95 <sup>1</sup>	• 96 <sup>1</sup>	• 96 <sup>1</sup>	• 96 <sup>1</sup>	• 97 <sup>1</sup>
<b>Soluble %</b>	• < 5.0	• < 5.0	• < 5.0	• < 2.0	• < 5.0	• < 5.0	• < 5.0	• < 5.0	• < 5.0	• < 2.0
<b>Water Holding % (range reflects differences in grind size)</b>	200	250 to 280	285	280	370 to 420	340	430 to 440	450	454	590
<b>Kosher</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Natural<sup>2</sup></b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes – 770 No – 780
<b>Non-GMO</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Organic Compliant<sup>3</sup></b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Gluten-free<sup>4</sup></b>	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Flavor</b>	Bland	Bland	Bland	Bland	Bland	Bland	Bland	Bland	Bland	Bland
<b>Applications and Uses</b>	<ul style="list-style-type: none"> <li>Baked Goods</li> <li>Whole Grain Breads</li> <li>Nutrition Bars</li> <li>Extruded Snacks</li> <li>Cereal</li> <li>Pasta</li> <li>Cookies</li> <li>Pet Food</li> <li>Tablets</li> <li>Nutrition Supplements</li> </ul>	<ul style="list-style-type: none"> <li>Baked Goods</li> <li>Whole Grain Breads</li> <li>Nutrition Bars</li> <li>Extruded Snacks</li> <li>Cereals</li> <li>Pasta</li> <li>Crackers</li> <li>Cookies</li> <li>Pet Food</li> <li>Tablets</li> <li>Nutrition Supplements</li> </ul>	<ul style="list-style-type: none"> <li>Baked Goods</li> <li>Whole Grain Breads</li> <li>Nutrition Bars</li> <li>Extruded Snacks</li> <li>Cereals</li> <li>Crackers</li> <li>Cookies</li> <li>Pet Food</li> <li>Nutrition Supplements</li> </ul>	<ul style="list-style-type: none"> <li>Baked Goods</li> <li>White Bread</li> <li>Nutrition Bars</li> <li>Crackers</li> <li>Cereals</li> <li>Cookies</li> <li>Breading</li> <li>Extruded Snacks</li> <li>Whole Grain Breads</li> <li>Pet Food</li> </ul>	<ul style="list-style-type: none"> <li>Breads</li> <li>Bars</li> <li>Pasta</li> <li>Cereals</li> <li>Cookies</li> <li>Muffins</li> <li>Breading</li> <li>Tortillas</li> <li>Fried Snacks</li> <li>Extruded Snacks</li> <li>Powdered Drinks and Beverages</li> </ul>	<ul style="list-style-type: none"> <li>Crackers</li> <li>Baked Goods</li> <li>Whole Grain Products</li> <li>Nutrition Bars</li> <li>Extruded Snacks</li> <li>Cereals</li> <li>Cookies</li> <li>Pet Food</li> <li>Nutrition Supplements</li> </ul>	<ul style="list-style-type: none"> <li>Beverages (500 – 33)</li> <li>Powdered Supplements</li> <li>Meal Replacements</li> <li>Tortillas</li> <li>Seasoning Blends</li> <li>Soy Fiber Alternative</li> <li>Breads</li> <li>Baked Goods</li> </ul>	<ul style="list-style-type: none"> <li>Bakery Mixes</li> <li>Breads</li> <li>Baked Goods</li> <li>Tortillas</li> <li>Meat</li> <li>Pizza Toppings</li> <li>Smoothies</li> <li>Beverages</li> <li>Extruded Products</li> </ul>	<ul style="list-style-type: none"> <li>Snacks</li> <li>Crackers</li> <li>Baked Goods</li> <li>Whole Grain Products</li> <li>Nutrition Bars</li> <li>Extruded Snacks</li> <li>Cereals</li> <li>Cookies</li> <li>Pet food</li> <li>Nutrition Supplements</li> </ul>	<ul style="list-style-type: none"> <li>Ice Cream Cones</li> <li>Taco Shells</li> <li>Tortilla Chips</li> <li>Extruded Products</li> <li>Baked Goods</li> <li>Meat (Meatballs, Taco, Pizza Toppings)</li> <li>Microwave Cookies</li> </ul>

1 Association of Official Analytical Chemists (AOAC) method 991.43

2 FDA, NLEA 1993; oat fiber is derived from natural oat hulls

3 Refers to a product which has not been irradiated, is completely Non-GMO, was not grown with the application of sewage sludge and was not produced with the use of solvents

4 FDA Proposed Rule (1/23/07) Foods that do not contain 1) an ingredient that is a prohibitive grain – prohibitive grains are wheat, rye, barley, or a crossbred hybrid of these grains; 2) an ingredient that is derived from a prohibitive grain that has not been processed to remove gluten; 3) an ingredient that is derived from a prohibitive grain that has been processed to remove gluten, if the use of that ingredient results in the presence of 20 ppm or more gluten in the food; 4) 20 ppm or more gluten



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