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Gastrointestinal Fate of Emulsion-based ω-3 Oil Delivery Systems stabilized by Plant Proteins: Lentil, Pea, and Faba bean Proteins

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Highlights

- The emulsifying properties of faba bean, lentil and pea proteins were compared to whey protein
- Small lipid droplets (d_{32} < 500 nm) could be formed using all protein types
- Plant protein-coated droplets behaved similarly in a simulated gastrointestinal tract in terms of particle charge and aggregation
- Lipid droplets coated by plant proteins were completely digested
- Plant proteins are therefore suitable for formation of emulsion-based delivery systems