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Applications of chia (*Salvia hispanica* L.) in food products

V. Zettel, B. Hitzmann

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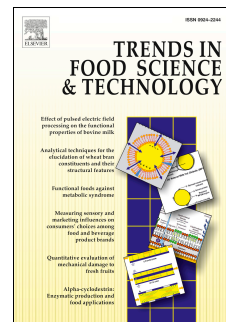
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Abstract revision 2

Background: The outstanding nutritional and technological properties lead to innovative applications of chia (*Salvia hispanica* L.) in food products.

Scope and Approach: The aim of this contribution is to give an overview of the various food application approaches for chia. The nutritional and technological properties of chia as well as its technological and innovative utilization are presented. Examples for the various applications in food products are given in five main topics: baked goods, dairy products, meat and fish products, gluten-free products and other products such as functional food, hydrocolloid and thickener.

Key findings and conclusions: Besides the nutritional benefits of chia incorporation in food products the technological effects are emphasized very often. Summarized in five main topics, most authors conclude that chia is a valuable food ingredient for functional food development. The application of chia in baked goods for example is beneficial not only to improve the nutritional value but acting as hydrocolloid or substitute egg, fat or gluten. The increase of oil stability and applications as food thickener in novel food applications are of high importance too. As different chia fractions give various options for applications the utilization of chia for further food products will increase significantly in the future.

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