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SPICES FOR IMMUNITY THIS FALL SEASON

IMMUNITY HEALTH IS ON CONSUMERS' RADARS

The "flu season" has arrived, and consumer awareness of immunological health is high. Adding antioxidant-rich spices to your meals is one of the simplest methods to strengthen the immune system. Spices have been used for ages for both food and medicine; each spice having its own set of benefits. So, in honour of what is also known as "pumpkin spice season," we'd like to highlight the antioxidant-rich spices that go into a seasonal pumpkin spice latte!

Traditionally, pumpkin spice is made up of Cinnamon, Ginger, Nutmeg, Cardamom, Allspice & Cloves. All of which have tremendous health benefits to help get you through the flu season.

Learn More: <https://www.cedars-sinai.org/blog/pumpkin-spice-healthy.html>



Cinnamon

- Effective in decreasing blood sugar & cholesterol



Ginger

- Great for "gut" health and for nausea



Nutmeg

- High in antioxidants
- Anti-inflammatory properties
- Antibacterial properties



Cardamom

- An antioxidant, diuretic that may help in lowering blood sugar
- Fights inflammation
- Helps with digestion



Allspice

- Anti-inflammatory properties
- Digestion Aid
- Immunity boosting
- A potent antioxidant



Cloves

- Contains manganese, an essential mineral for maintaining brain function and building strong bones
- High in antioxidants
- Can kill bacteria
- Regulates blood sugar



Even pumpkins themselves are high in Vitamin A, which is essential for vision health, immunity and cell division. By adding any of these antioxidant rich spices to your pumpkin recipes, you're set for delicious and nutritious fall meals.

TURMERIC

An additional spice that is great for boosting immunity health is turmeric. It has been used for thousands of years both in food, and as a medicinal herb.

In fact, turmeric contains the main active ingredient, curcumin, which is known to be a strong antioxidant with powerful anti-inflammatory effects. Although turmeric contains a small amount of curcumin (about 3%), you can take supplements to increase your intake and therefore increase the health benefits!

What are the health benefits of Turmeric?

- Anti-inflammatory
- High antioxidant, protects your body from free-radicals
- May lower risk of heart disease
- Beneficial herb in cancer treatment
- It helps to consume black pepper with turmeric to really reap the benefits of the spice.



SAY GOODBYE TO SODIUM WITH POTASSIUM SALT

A Healthier Alternative to Sodium by Nutek

The overconsumption of sodium is a growing concern around the world. Currently, it is the leading cause of CVD (cardiovascular disease) which is now the number one cause of death globally. It is safe to say that sodium reduction is essential to a healthy lifestyle.

As more and more people become more aware of what they are eating and the health-conscious trend continues, it is important, as suppliers, to give them the alternatives they need and want.

Additionally, the food industry has been given until January 1st of 2026 to improve their food labels. A front-of-package nutrition symbol is required on foods that are high in Sodium, Sugars or Saturated Fats. The front-of-package nutrition symbol will help consumers make quick and informed choices when grocery shopping, as well as support health professionals in educating people about what is in their packaged foods.

If you are interested in lowering the sodium levels in your products, and want to have a clear idea about what is in your foods, we have the solution: Nu-Tek Potassium Chloride #14510 the official 1:1 replacement of sodium chloride in processed foods.

Nu-Tek Salt is a functional salt made with potassium chloride modified to a smaller crystal structure providing an exceptionally salty taste, without bitterness. Its proven effect on water activity matches that of traditional salt. Nu-Tek Salt allows for a CLEAN LABEL declaration: potassium chloride & rice flour.

Our NuTek product line offers both health solutions as well as labeling advantages. Achieve your nutrition targets with Malabar, Shop Nu-Tek Salt:

<https://malabaringredients.com/products-and-services/cat/salt-replacements-nu-tek/>

SPICE UP YOUR HOLIDAY SEASON

Add a twist to tradition this upcoming holiday season with delicious rubs & marinades from Malabar Ingredients:

- Try our Sweet Maple & Mustard Marinade RA1039332
- Enhance your roasts with Spiced Oil Bourbon Whiskey Marinade RA1712492
- For a more traditional take, try Spiced Oil Rosemary for poultry or potatoes RA1709300
- For a hint of heat, try the Spiced Oil, Ginger, Chili & Lime, a marinade ideal for chicken, pork or fish RA1709301



GLOBAL TREND: CLEAN LABEL INGREDIENTS

With health consciousness on the rise, people are determined to know what's in their food. Transparency is being valued in ways it never has before and so people want cleaner ingredients now because of this.

In a global study, 93% of consumers want to eat healthy some of the time, and 63% want to eat healthy almost all of the time. Those numbers have only grown, and modern food trends reflect that! More and more consumers are viewing food as medicine, and they're searching for the perfect marriage of healthy fuel and fantastic flavor.

Where was it made? Has sustainability played a role in it? What is the nutritional value? Are there healthier alternatives? These are all questions that people need answered by their food suppliers.

Malabar Ingredients is a proud supplier of Clean Label Ingredients. Learn more about our products: <https://www.unileverfoodsolutions.us/chef-inspiration/trend-watch/flavor-trends/modern-food-trends.html>





FIBER FORTIFICATION

Product developers are increasingly including dietary fiber ingredients into formulations to improve a product's healthful halo, as fiber is recognized as positively influencing gastrointestinal health, assisting with weight loss and providing other wellness-related functions.

It is predicted that we will continue to see steady annual growth in fiber-rich products. From bakery to snacks & spreads, high fiber foods are in consumer focus.

Malabar Ingredients hosts a variety of high fiber products including dehydrated fruits and vegetables that act as great meal additives, great snacks or even salad toppers. Shop Malabar Ingredients dehydrated foods:

<https://malabaringredients.com/products-and-services/dehydrated-fruits-and-vegetables/>

Alternatively, we also carry about 8 options of Interfibre: oat, wheat, cacao, apple, cellulose, bamboo, pea, and potato, all of which are excellent options for upping fiber consumption and enhancing your products.

Learn more about our selection of high fiber products here: **<https://interfiber.com/>**

MANAGING GLOBAL SHORTAGES FOR 2023

Based on recent events, we may be facing one of the most critical waves of food shortage in 2023 that we haven't seen in a very long time. In order to manage these global shortages on ingredients and higher lead times, consider ordering larger amounts to ensure supply and contract your needs with Malabar sooner than later to ensure supply in advance.

In fact, McCormicks released a statement regarding the situation:

"As a result of these escalations, we are unable to follow through on our recently established lead times. This is especially the case for the months of August, September, and October of this year. As a result, we will not be able to confirm orders and supply any blended seasonings until November of this year."

It is essential to stay ahead of the wave because things aren't likely to improve. Connect with Malabar Ingredients now to ensure your supply later.



Look for our next edition in Winter 2022



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For more information on any of the subjects covered in this newsletter, or to suggest topics you'd like to see covered in future editions, please contact 905-632-2062 or 1-888-456-6252.

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