

# Omega-3 fortified baby foods (wet weaning foods)

## Product application



There's mounting evidence to show that DHA is an essential ingredient in supporting many functions from early childhood, including brain health and development, strong vision and the immune system. The following information outlines the preparation of retorted infant foods containing Omega-3 DHA. We recommend the use of Nu-Mega™ Ingredients' patented microencapsulated Omega-3 product range for this application.

### Benefits of using Nu-Mega's Omega-3 powder products made with patented microencapsulated technology:

- Higher DHA levels than comparable products
- Vegan and vegetarian DHA product options available
- Multiple product development opportunities for nutritional foods and beverages including meal replacement bars, gummies, bakery and dairy products
- 24-month shelf life at ambient temperature
- Excellent sensory profile
- Key accreditations for worldwide applications
- Input for organic production
- All ingredients non-GMO by origin
- Halal certified.

### Nu-Mega's Driphorm® product usage rates

In October 2014, the European Food Safety Authority (EFSA) recommended infants aged 6 to 24 months should consume 100mg DHA per day and children aged 2 to 18 years should consume 250mg DHA per day for contribution to normal brain development<sup>1</sup>.

By adjusting the addition level of Nu-Mega's Driphorm® HiDHA® 50 (D201.010), a microencapsulated tuna oil product, wet weaning foods for infants and children can be designed to deliver varying levels of DHA. The following table outlines one common level of preformed DHA delivery to produce a fortified wet weaning food delivering 100 mg DHA + EPA content per 100g serve.

**Table 1: Addition rates for Driphorm® HiDHA® 50 (D201.010)**

Typical addition rate of Driphorm® HiDHA® 50 (D201.010) per kg of finished product	7.5g
Wet weaning food will deliver the following minimum fatty acid profile per serve (100g):	
Docosahexaenoic Acid (DHA) min.	83mg
Eicosapentaenoic Acid (EPA) min.	17mg
EPA + DHA min.	100mg

### Incorporation of Nu-Mega's Driphorm® product range

Nu-Mega's Driphorm® products can be incorporated at a variety of points depending on the manufacturing process. Nu-Mega™ Ingredients recommends incorporation of Driphorm® powders with any other dry powders into the process to better facilitate dispersion of the high value nutritional powder.

#### Reference

<sup>1</sup>European Food Safety Authority (EFSA) scientific opinion on the substantiation of a health claim related to DHA and contribution to normal brain development pursuant to Article 14 of Regulation (EC) No.1924/2006. EFSA Journal. 2014.

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