



THE
INFORMA
MICROBIOTA FRIENDLY
BREAD



MILLBIO
INNOVATION, NATURALLY

INFORMA®: A BREAD TO INCREASE AWARENESS AND SUPPORT SCIENTIFIC RESEARCH

A moderate, varied, and balanced diet paired with physical activity, is the tool that allows us to practice **prevention every day**. According to the **Harvard Healthy Dishes Scheme**, a quarter of your plate should be taken up by grains or derivatives, and bread can be a great choice.

WHY INFORMA?

InForma® is a bread with excellent and well-balanced ingredients, which, in collaboration with **Fondazione Veronesi**, invites you to follow the **guidelines for healthy eating** through information. A further added value of the product is that its sale is associated with support for scientific research in the field of nutrition and prevention.

The contents, accessible through a QR code, may be enriched over the time with suggestions for best combining the product.



InForma® bread is properly balanced in macronutrients: it contains just over 40% complex carbohydrates and a good protein content (more than 12%).

Cereals

Cereals have always been all used in human nutrition, it would be appropriate for us to learn **to vary our consumption**. The complex carbohydrates present in this bread are provided by **three different types of cereals**: wheat, with the presence of wholemeal soft wheat flour, oat flakes, and red corn flour. The latter is a cereal that develops its color thanks to the high concentration of anthocyanins, compounds studied for their antioxidant and anti-inflammatory potential. All the cereals chosen for InForma® are European produced and, in particular, the red corn is grown in Italy.

Good fats

The fats in InForma® bread are predominantly **mono-and polyunsaturated** due to the presence of flax and sunflower seeds. These fats, which we more commonly define as "good fats", have positive effects on the human body. In particular, **polyunsaturated fatty acids** play a **protective role for the cardiovascular system, favoring a reduction in total cholesterolemia**. Monounsaturated fatty acids also contribute to the increase in HDL cholesterol, the so-called "good cholesterol".

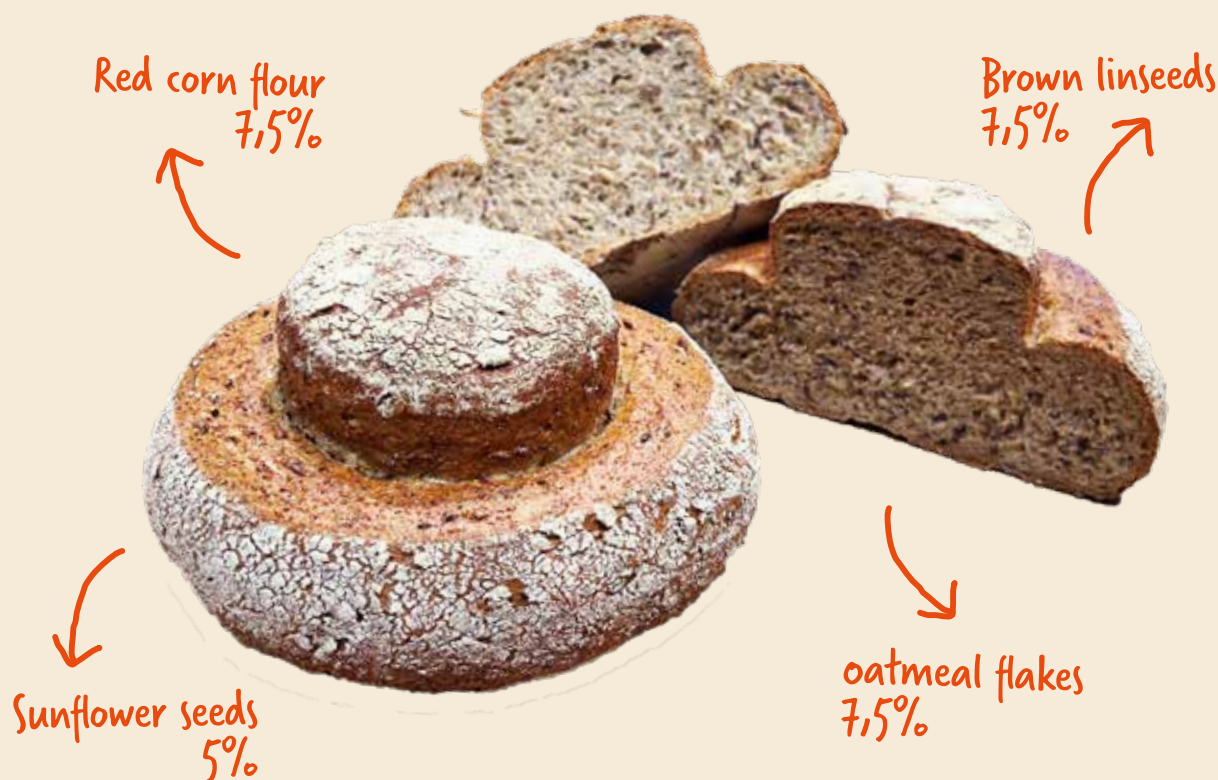
Microbiota

InForma® bread can also be considered **intestine and the microbiota friendly thanks to its good fiber content** (8%). Fibers are neither digested nor assimilated in the human digestive tract but they perform very useful functions for its general well-being: **they promote intestinal transit by improving its regularity, they promote the feeling of fullness and maintain it over time, thus avoiding eating too much between meals**. Mainly, they allow the absorption of fats and sugars in a modulated way. Another important role played by fibers is **to nourish the microorganisms present in the intestine, called microbiota**. The fermentation of fibers induced by the microbiota produces compounds with a positive effect on the organism. **Guidelines recommend around 30g of fiber per day**, and adequate hydration as part of a healthy diet. There are many sources of fiber, fruits, vegetables, legumes, whole grains, seeds, nuts, and processed products that contain good amounts, and InForma® is a prime example of one.

Finally

Finally, InForma® bread is leavened using **sourdough**. This leavening process, compared to the one utilizing brewer's yeast alone (*Saccharomyces cerevisiae*), limits the content of non-digestible oligosaccharides, fructans, and raffinose (types of FODMAPs) which can cause problems for people with sensitive intestines.

Powered by red corn, fibers and proteins



INGREDIENTS

Wholemeal flour
Craved red corn flour
Oatmeal flakes
Sunflower seeds
Brown linseeds
Wheat gluten
Dried natural yeast
Salt
Domino verde
Toasted barley malt - Malt-it 40
Diastatic barley malt - Malt-it 14

PROCEDURE

Mix all the ingredients together in a spiral
3 min at 1st speed + 6 min at 2nd speed
Final dough temperature 24/26°
Leave to rest for 15 min
Divide into 470g pieces and round the dough
Leave to rest for 10 min
Press lightly and cup in the centre
Leave to rise in the cell at 30°C and 80% r.h. for 45/60 min
Cook at 240°C with steam, lower the temperature to 220°C after 5 min and cook for 30/35 min
Open the steam exhaust valve for the last 5 min



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