

TASTY SOLUTIONS WITH COLLAGEN FOR ELDERLY NUTRITION



Today's aging population looks for functional foods that taste great, are convenient and easy to consume. We embrace this demand: the exceptional sensory and functional properties of Rousselot Health & Nutrition solutions make them ideal for integration in senior diets.

Visit and contact us
www.rousselot.com/health

DARLING INGREDIENTS' HEALTH BRAND

Rousselot
Health & Nutrition

Health & nutrition needs evolve as we age

Aging population is rising globally

By 2030,
1 in 6 people will be:

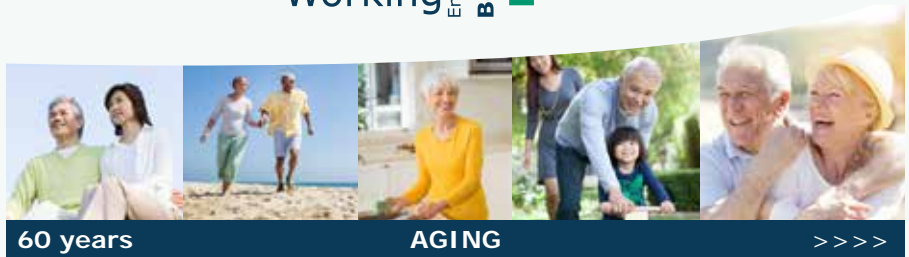


By 2050, people older than 60 years will nearly double



People are living longer. For the first time in history, most people can expect to live into their 60s and beyond.

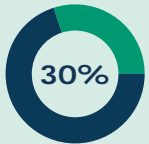
Dancing Independence
Dancing Joint Health
Working Protein Boost
Enjoyment Nutrition
Quality of life
Healthy Aging Prevention
Exercising Working
Socially active
Prevention Independence
Quality of life Working
Protein Boost Joint Health
Prevention Nutrition
Working
Bone Health
Healthy Aging
Quality of life
Prevention



THE MARKET IS SHIFTING ITS APPROACH TO CATER TOWARDS THE NEEDS OF THIS FAST-GROWING SEGMENT

Proper nutrition is key for senior's quality of life

Challenges in Elderly Nutrition



30% of older adults do not eat an adequate protein amount

- > Reduced appetite
- > Dental issues
- > Impaired taste
- > Swallowing problems
- > Financial constraints

RISKS

- > Deteriorating muscles
- > Compromised mobility
- > Slower recovery from illness
- > Loss of independence

Benefits of collagen protein enrichment



- ✓ Support the increasing protein need of the growing elderly population
- ✓ Increased protein intake is known to help maintain muscle mass in combination with exercise^{1,2}
- ✓ Protein as a preventative supplement for mobility-related issues
- ✓ Scientifically observed benefits:
 - Relief of joint discomfort³
 - Bone maintenance⁴

A versatile collagen solution

Elderly Nutrition Issue

Solution & Applications

Innovate and formulate
with Rousselot H&N
Portfolio

Decreased taste
perception

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Taste increase or products
with increased flavoring

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- > Premixes
- > Flavorings
- > Toppings
- > Sauces
- > Soups

Swallowing and
chewing problems

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Products that are easy to
chew or swallow,
reducing suffocation risk

.....

- > Purees
- > Drinks
- > Thickeners
- > Mousses
- > Jellies

Physical disabilities

Convenient formats
for healthier, tastier foods

- > Easy-to-prepare meals
- > Meal delivery



Reptan



ProTake

Collagen solutions for Health & Nutrition

Rousselot® is the global leader in collagen-based solutions¹. Our Health & Nutrition division is dedicated to providing solutions that improve people's health. We offer proven efficacy, safety and quality; innovative ingredients, anticipating consumer needs; trust-based co-innovation; and value addition in every phase of product development.

Peptan



Collagen peptides for a healthy lifestyle

The scientifically documented and world leading collagen peptides brand². Available with porcine, bovine, and fish origin, including a sustainable marine fish option, certified by MSC.

ProTake



Unlocking application potential with hydrolyzed collagen

Creating reformulated or redesigned foods and beverages with increased collagen content, reduced fat and sugar as well as improved texture and taste.

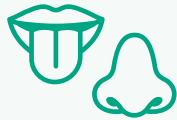
¹ Global Gelatin Market Insights Forecast to 2026, Calibre Research, 2020

² NutraIngredients State of the Industry Survey 2020

Application versatility **Peptan ProTake**



Fast, superior cold- and warm-water solubility



Neutral in taste and odor, even at high concentrations



Transparent in solution



High stability in a wide range of pH values



Heat resistance



Rousselot's Global Sensory Program draws together insight from our lab analysts and sensory panels to test our products in a scientific, objective and standardized manner. The Sensory Lab is the go-to resource for any questions or ideas you may have about sensory performance.

Global Health & Nutrition network



11 Plants and Quality Control Laboratories



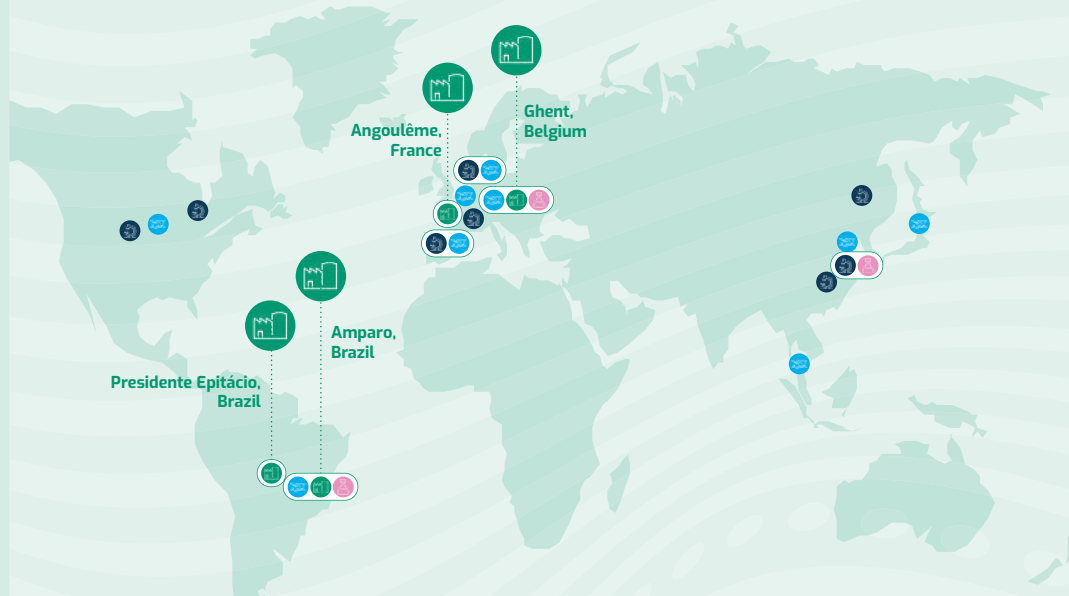
4 Health and Nutrition production plants



9 sales offices



3 application labs in Ghent, Belgium; Wenzhou, China; Amparo, Brazil



MEETING THE UNITED NATIONS' SUSTAINABLE DEVELOPMENT GOALS

We produce solutions that promote the well-being and health of people. We are committed to ensuring safe products of excellent quality and we apply strict policies and the highest standards in our production processes.



***GET INSPIRED BY OUR
RECIPES FOR THE
ELDERLY NUTRITION
MARKET***





COLLAGEN JELLY

*With Peptan P
Collagen Peptides*

Discover Peptan's multiple benefits in this dazzling jelly. This high protein dessert contains 5% Peptan collagen peptides, which are recognized to support an active lifestyle. Each serving contains the Daily Recommended Intake of 8 g of Peptan.



Recipe

(for 100 kg of finished product)

(a) Rousselot® 250 PS	1,5 kg
Peptan® P collagen peptides	5 kg
Sugar (sucrose)	12.3 kg
Citric acid monohydrate	0.3 kg
Red beet juice powder (Diana Food)	0.4 kg
Strawberry flavour (Metarom)	0.5 kg
(b) Water	80 kg

Nutritional Facts

	For 100g	For one portion 160G
Energy	76 kcal 321 kJ	118 kcal 502 kJ
Fat	0 g	0 g
of which – saturates	0 g	0 g
Carbohydrate	13 g	20 g
of which – sugars	12 g	20 g
Protein	5.9 g	9.5 g
Salt	0.07 g	0.12 g

Process

1. Blend all dry ingredients (a): collagen peptides, gelatin, sugar, citric acid monohydrate, red beet juice powder and (strawberry) flavor.
2. Dissolve the blended powders in half the freshly boiled water.
3. Stir until complete dissolution.
4. Add the other half cold water and keep stirring.
5. Pour into molds and store at low temperature until set (typically 24 hours at 4°C).



HIGH PROTEIN PUMPKIN SOUP

*With Peptan P
Collagen Peptides
and chestnut flour*

High in protein and fiber, low in sodium, and fat-free, this is the perfect soup for older adults. Thanks to the combination of Peptan, milk, and chestnut, this soup is well balanced in amino acids (score 1.0*) and helps maintain muscle mass, bone health, and body hydration. Its high fiber content contributes to digestive comfort.



Recipe

(for 100 kg of finished product)

Pumpkin flakes (Diana Naturals)	36 kg
Skimmed milk powder	25.3 kg
Peptan® P collagen peptides	9.2 kg
Nutriose FB06 (Roquette)	9.2 kg
Carrot juice powder (Diana Naturals)	5.5 kg
Onion juice powder (Diana Naturals)	2.8 kg
Sub4salt (Jungbunzlauer)	1.4 kg
Potassium chloride	1.2 kg
Ground nutmeg	0.1 kg
White pepper	0.1 kg

Nutritional facts of pumpkin soup

	For 100g	For one portion 160G
Energy	70 kcal 298 kJ	187 kcal 792 kJ
Fat	0 g	0.8 g
of which – saturates	0 g	0.4 g
Carbohydrate	12 g	31 g
of which – sugars	6.4 g	16 g
Fiber	2.4 g	6.1 g
Protein	4.4 g	11 g
Salt	0.27 g	0.69 g

Process

1. Blend all the powders together.
2. Add 200 ml of hot water to 55g of instant soup while stirring.
3. To be eaten warm.



HOT CHOCOLATE DRINK

With Peptan P Collagen Peptides

Peptan is an easy ingredient to formulate in high-protein drinks. This hot and creamy chocolate milk drink boosts essential protein intake for older adults. Peptan is compatible with many other nutrients and can be used in powder blends for instant drinks.



Recipe

(for 100 kg of finished product)

Peptan® P collagen peptides	31.55 kg
Semi-skimmed milk powder	41 kg
Sugar (sucrose)	14.2 kg
Cocoa powder (100% cocoa)	12.62 kg
Vanilla flavor (Taiga)	0.63 kg

Nutritional facts

	For 100g	For one portion 160G
Energy	400 kcal 1686 kJ	129 kcal 542 kJ
Fat	8.9 g	2.9 g
of which – saturates	5.2 g	1.7 g
Carbohydrate	33 g	11 g
of which – sugars	32 g	10 g
Fiber	3.8 g	1.2 g
Protein	45 g	14 g
Salt	0.90 g	0.29 g

Process

1. Blend the powders together.
2. Pour 32g of powder in 100ml fresh boiled water and stir.
3. Serve hot.



GOOD4BONE DAIRY SHOT

*With Peptan P
Collagen Peptides*

This delicious, fresh, high-protein, probiotic drink packs in everything good for bones! Together with calcium and vitamin D, this drink can help support bone health. And, Kefir offers digestive health benefits. Each shot contains 15% of RDA in calcium and vitamin D.



Recipe

(for 100 kg of finished product)

Liquid semi-skimmed milk	92.5 kg
Peptan® P collagen peptides	5 kg
Sugar (sucrose)	2 kg
Dry vitamin D3 (DSM)	0.3 g
Tricalcium citrate-4-hydrate (Lohmann)	0.02 kg
Kefir-ferment*	0.5 kg

*Lactic acid bacteria & yeasts

Nutritional facts for 100g of product

Energy	129 kcal
Fat	1.5 g
of which – saturates	0.9 g
Carbohydrate	6.4 g
of which – sugars	6.4 g
Protein	7.7 g
Salt	0.15 g
Calcium	117 mg
Vitamin D	0.75 µg

Process

1. Disperse Peptan, sugar, calcium and vitamin D into the cold milk under stirring.
2. Pasteurize at 95°C for 6 minutes.
3. Cool down to 20° - 25°C.
4. Add the kefir-ferment.
5. Fill in airtight pots and place them in the dark at room temperature for 24 hours.
6. Place them in the fridge at 4°C for 24 hours for an after maturation.
7. Stir well the fermented milk obtained and store in small 100ml bottles in the fridge at 4°C.

Contains allergens: milk

ProTake

HIGH PROTEIN PANCAKE

With Rousselot®
ProTake P

These delicious pancakes made with ProTake are high in protein and low in fat. They are perfect to boost protein intake and increase satiety for older adults. One pancake contains just 22 calories.



Recipe

(for 100 kg of finished product)

(a) Pastry flour	19.1 kg
Skimmed milk powder	7.5 kg
Rousselot® ProTake P	3.8 kg
Whey protein isolate	3.8 kg
Vanilla sugar	2.6 kg
Baking powder	0.4 kg
Soybean lecithin	0.2 kg
Salt	0.2 kg
Vanilla flavor	q.s.
(b) Semi-skimmed milk	84.5 kg

Nutritional facts of pumpkin soup

	For 100g	For one portion 160G
Energy	173 kcal 733 kJ	22 kcal 94 kJ
Fat	1.9 g	0 g
of which – saturates	0.9 g	0 g
Carbohydrate	25 g	3.5 g
of which – sugars	11 g	1.5 g
Protein	14 g	2.0 g
Salt	0.53 g	0.07 g

Process

1. Blend (a) all the powder ingredients in a bowl.
2. Make a well in the center and pour in (b) the milk. Mix until smooth.
3. Heat a lightly oiled frying pan and pour the batter on it. Bake until the pancake colors brown-gold.
4. Eat warm.
5. Final moisture content: 55%

Contains milk, soy, gluten

Rousselot
Health & Nutrition

Rousselot Health & Nutrition can help you with virtually any product requirement or innovation you have in mind, offering:



Transparency



Full traceability



High standards of quality and safety



Committed to the environment and to our clients



Global support and expert advice

About Rousselot Health & Nutrition

At Rousselot's strategic segment dedicated to health and nutrition, we are committed to developing innovative ingredients answering today's demand for solutions offering proven efficacy, full safety, and premium quality. Our customers can rely on best-in-class products backed by trusted science, as well as on our expert support in formulation, product development, and regulatory advice. Our range of products includes Peptan, the leading collagen peptide brand worldwide, Peptan II_m, and ProTake, and offers "A world of health benefits for the consumer" for a healthier *tomorrow*.



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