

SRI LANKA FOOD PROCESSORS ASSOCIATION (SLFPA)

FOOD FOR THOUGHT

ISSN 2961-5844
9 772961 584004

NEWSLETTER

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Issue - 32
Mid-Year Edition - 2024



P.06 | Profound-Propack
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LEGENDS



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PRESIDENT'S MESSAGE



I am delighted to share some reflections in this year's Mid-Year Edition of the Newsletter.

Firstly, I extend my heartfelt thanks to our immediate Past President, the Executive Committee (EXCO), and our members for their dedication over the past few years. Their efforts have thrust the Sri Lanka Food Processors Association (SLFPA) to its current esteemed status, despite numerous challenges.

This year presents its own set of challenges, with critical issues like food security, food safety, and the impending implementation of new regulations. These matters could significantly impact our industry if not managed and addressed effectively. As the leading voice for the Processed Food sector, we have a pivotal role to play.

Food Safety Initiatives We plan to launch a program aimed at enhancing the capabilities of food handlers across the island, in collaboration with the Ministry of Industries and Food Control Administration.

We have actively engaged in refining the regulatory framework, holding extensive discussions with stakeholders, government officials, and various Chambers and Associations. We consistently advocate for stakeholder involvement and input before finalizing

regulations. Although we have requested the Ministry of Health (MOH) to extend the deadline for implementing five regulations, the outcome remains undecided.

The SLFPA has historically facilitated training and knowledge-sharing forums to elevate the standards of Small and Medium-sized Enterprises (SMEs). We are currently seeking partnerships with NGOs and donor agencies to secure funding and sustain these initiatives.

The significance of Food Innovation and commercialization in advancing the Food Industry cannot be overstated. We have acknowledged this by showcasing the "Innovative Pavilion" organized by undergraduates at the Pro Foods event and by conducting programs like "Food Techno" and the Food Symposium. It is crucial that we ensure new innovations reach the marketplace, benefiting everyone involved.

I am proud to report that last year's Pro Food / Pro Pack exhibition concluded on a highly successful note. For the upcoming event in August 2024. One of the most noteworthy aspects of this year's exhibition was the diverse range of exhibitors and food-related businesses present. Whether it was the local small-scale producers or the renowned international brands, the exhibition showcased the best of Sri Lankan culinary delights while also providing a platform for businesses to network and explore new opportunities.

We appreciate the Institute of Food Science and Technology's efforts in organizing various forums. Bridging the gap between academia and industry stakeholders is essential for knowledge sharing and standard enhancement. We aim to foster stronger connections among To conclude I want to thank the EXCO, the membership, the editorial committee and the sponsors who contributed to publishing this newsletter.

Thusith Wijesinghe
President - SLFPA

SRI LANKA FOOD PROCESSORS ASSOCIATION (SLFPA)

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Award Ceremony & the Launch



21st Edition of the Profood-Propack & Agbiz exhibition award ceremony and the launch were organized by Sri Lanka Food Processors Association at Waters Edge, Battaramulla on 12th March 2024. The guests of honours of the event were his excellency minister Mahinda Amaraweera, Minister of Agriculture and Mrs. Thilaka Jayasundara, the secretary of the Ministry of Industries Sri Lanka. More than 50 private sector companies, 8 universities, and 5+ institutions were awarded under 14 award categories. Invitees from the Ministry of Industries, Sri Lanka Export Development Board, Industrial Development Board, Consumer Affairs Authority, Industrial Technology Institute, American Chamber of Commerce in Sri Lanka, Delegation of German Industry and Commerce in Sri Lanka (AHK Sri Lanka), Federation of Chambers of Commerce and Industry of Sri Lanka (FCCISL), Ministry of Health Sri Lanka, National Agribusiness Council Sri Lanka, more than 250 food industrialists were witnessing the event.

Special credits: official event management partner Lanka Exhibition & Conference Services.

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At the Awards Ceremony of PROFOOD/PROPACK twenty-five awards comprising 14 winners and 11 runners up representing different Categories in the Processed Food Sector were given away to the participants of PROFOOD/PROPACK 2023 exhibition. Selections were done by a panel of six judges representing different disciplines.

PROFOOD & PROPACK 2023 - AWARD WINNERS**(01). Best Stall - Food & Beverages Category**

Winner - New Anthony's Farms (Pvt) Ltd.
1st Runner up - Ellawala Horticulture (Pvt) Ltd.
2nd Runner up - Uva Mahajana Sugarcane Products

(03). Best Stall - Machinery Category

Winner - CMC Engineering Export GmbH
1st Runner up - Goma Engineering (Pvt) Ltd.
2nd Runner up - Trans Continental Packaging

(05). Best Stall - International Participation

Winner - Best Engineering Technologies

(07). Best Stall - SME Pavilion

Winner -RR Food Lanka(Pvt) Ltd.

(02). Best Stall - Packaging Category

Winner - Spinel Pack
1st Runner up - Pakona Engineering (India) (Pvt)Ltd.
2nd Runner up - Multivac Laraon India (Pvt) Ltd.

(04). Best Stall - Machinery Category (Local Fabrication)

Winner - Rex Industry (Pvt) Ltd
1st Runner up - Jinasena(Pvt)Ltd
2nd Runner up -TG Water Technologies

(06). Best Stall - Ag-Biz

Winner - Hayleys Agriculture Holdings
1st Runner up - Rancrip Marketing (Pvt) Ltd.
2nd Runner up - Elpitiya Plantation (Pvt) PLC

(08). Best Stall - Service Providers

Winner -Control Union Inspections(Pvt) Ltd.

INSTITUTIONAL CATEGORY**(01). Best Green Innovation**

Winner (CST Biogas)
The Open University of Sri Lanka

(03). Commercially Viable Process

Winner (Fried rohu Fish and Tomato paste ready to cook product from traditional methods) Uva Wellasa University

(05). Most innovative Process

Winner (CHOCSEA avocado seed extract and cream as alternative to traditional chocolate product.)
University of Vocational Technology

(02). Best Innovation That Promotes Food Safety

Winner("Coli Safe"-E.Coli Test Kit)
Aquinas College of Higher Education

(04). Most Commercially Viable Product

Winner (Gluten free jack fruit seed flour biscuits)
Uva Wellasa University

(06). Most Innovative Product

Winner (Coconut Frozen Dessert)
Uva Wellasa University



Unveiling the Potential of *Passiflora quadrangularis*

(Giant Granadilla)

An Underutilized Fruit in Sri Lanka

Botanical Characteristics

Family: *Passifloraceae*

Genus: *Passiflora*

Species: *Passiflora quadrangularis*

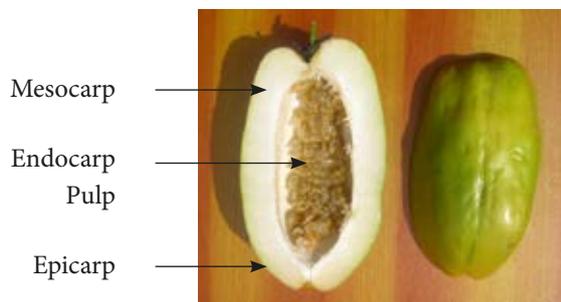


Figure 1. Parts of the fruit

Passiflora quadrangularis, commonly known as Giant Granadilla, has captured the attention from both researchers and farmers due to its remarkable attributes and untapped potential. Originating from the Andean Region of South America, this vine species produces large, aromatic fruits with significant medicinal and food value.



Figure 2. Giant Granadilla Fruit

P. quadrangularis is a vigorous climber with a distinctive quadrangular stem, giving the plant its name. The leaves are large, oblong to ovate, and glossy green with a leathery texture, typically measuring 10-30 cm in length. Its flowers are large and striking, usually 10-12 cm in diameter, featuring five petals and five sepals that range from white to pale pink, with corona filaments that are purple with white and blue banding. The fruit is the largest among passion fruits, growing up to 30-45 cm in

length and 10-15 cm in diameter, with a tough outer rind and juicy, aromatic pulp filled with black seeds. While *P. quadrangularis* has long been recognized for its medicinal properties in traditional medicine, its food value remains underexplored. Despite Sri Lanka's conducive climate for cultivation, research in this area has been minimal, leaving significant gaps in our understanding of the fruit's potential.

The nutritional composition of Giant Granadilla fruit includes various essential nutrients vital for human health. While specific values may vary slightly depending on factors such as ripeness and growing conditions, the proximate composition and other physicochemical parameters of the pulp and flesh are reported as below (Table 01).

Table 01. Proximate Composition (% per 100 g) and other physicochemical parameters of Giant Granadilla Fruit

Parameter	Pulp (Endocarp)	Flesh (Mesocarp)
Moisture %	85.70	86.80
Ash %	1.66	1.01
Protein %	2.50	0.73
Fiber %	2.46	7.53
Fat %	0.31	0.20
Carbohydrate %	7.37	3.73
pH	3.75	5.20
Total titratable acidity %	1.10	0.10
Total soluble solids °Brix	14.20	6.15
Vitamin A (I.U.)	875	250
Vitamin C (mg/100g)	22.55	13.20

In traditional ethnomedicine, *Passiflora quadrangularis* has been employed for various medicinal purposes across different cultures. The fruit is highly esteemed in tropical regions for its antiscorbutic and stomachic properties, while its flesh is recognized as a sedative in Brazilian folk medicine, utilized to alleviate nervous headaches, asthma, diarrhea, dysentery, neurasthenia, and

insomnia. Additionally, the seeds contain narcotic properties and act as a sedative, with some varieties containing a cardiogenic ingredient. Extracts from the leaves are utilized as bath additives and vermifuges, while poultices made from the leaves are applied to the skin for liver problems. The root exhibits narcotic, emetic, diuretic, and vermifuge properties. Fermented juice from the fruit has been utilized for body cleansing purposes. In the Caribbean region, giant granadilla is specifically used as a sedative and headache remedy, while leaf tea is utilized to manage diabetes and high blood pressure.

A questionnaire survey conducted by Ms. HBV Ravishani, a previous undergraduate of the Department of Food Science and Technology at Sabaragamuwa University of Sri Lanka, revealed notable trends regarding Giant Granadilla awareness, utilization, and commercial availability in Sri Lanka. Although, *P. quadrangularis* exists in many regions of the country, the survey indicated that a majority of respondents lacked awareness of giant granadilla fruit. Despite its potential value, this fruit remains relatively unknown among the general population. Local terminology for Giant Granadilla varies, with Sri Lankans using names such as Rata puhul, Yodha passion, Tan tin, and Diya labu. Regarding utilization, the survey highlighted that most respondents did not incorporate Giant Granadilla into their diets. However, some reported consuming

the fruit in various forms, such as using the mesocarp part in curries and the pulp as a beverage, indicating potential food applications. Furthermore, the survey revealed a notable absence of commercial food products derived from giant granadilla in local markets, highlighting a significant opportunity for new product development in the food industry (figure 03).

In summary, *Passiflora quadrangularis*, or giant granadilla, offers remarkable nutritional and medicinal benefits yet remains underutilized, particularly in Sri Lanka. Increasing awareness and exploring commercial food product opportunities could unlock its potential, benefiting both the agricultural sector and consumers' health. Focused research and innovative applications are key to realizing the full value of this unique fruit.

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Seed
Oil



Pulp
Juice
Nectar
Cordial
Jam
Jelly



Mesocarp Flour
Biscuit
Cookies
Yoghurt
Noodles
Pasta
Pectin



Dr. TC Kananke

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Figure 3. Potential industrial applications of seeds, pulp and the mesocarp flour of Giant Granadilla Fruit

Food Handler Training Program



Proper food Handling Matters

The Sri Lanka Food Processors' Association (SLFPA), in collaboration with the Food Control Unit of ministry of Health, has developed a comprehensive Food Handler Training Program. This initiative aims to enhance food safety practices and promote knowledge on proper food handling among individuals involved in food handling processes across various sectors, including hotels, restaurants, and street vendors. This program is conducted with the financial assistance of the Ministry of Industry and guidelines of the Ministry of Health and has approved the programme curriculum and information conveyed.

The primary objectives of the food handler training program:

Enhancing Food Safety Practices: Participants learn essential food safety protocols, including proper handling, storage, and preparation techniques.

To minimize foodborne illnesses and health risks to the public: Promoting knowledge and awareness, the program educates individuals about hygiene, sanitation, and safe food handling practices. Participants gain insights into the importance of maintaining high standards in food service.

Training Program Outline:

- The program educates individuals about hygiene, sanitation, and safe food handling practices.
- Participants gain insights into the importance of maintaining high standards in food service.

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- Participants gain insights into the importance of maintaining high standards in food service.

Program Benefits

- **Healthier Communities:** Trained food handlers contribute to safer food consumption, reducing the incidence of foodborne illnesses. Public health risks are minimized through proper food handling practices.
- **Industry Compliance:** Hotels, restaurants, and street vendors now adhere to recommended hygiene and safety protocols.
- **Increase Consumer Confidence:** Compliance with regulations ensures consumer confidence.

Official Partners:

The program operates under the recommendation of area health officials, fostering collaboration between the SLFPA and local authorities.

Completed Project Details:

District	Colombo	Gampaha	Kalutara
Participant	50 participants	50 participants	50 participants

Focus: Food safety guidelines, personal hygiene, and best practices.

Outcomes: Increased awareness and improved practices among food handlers.



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OUR PAST LEGENDS

SLFPA 2nd Past President

Mr. Rohantha De Fonseka.

Q:
It's my pleasure and honor to interview such a highly respected person like you. To start our conversation my first question would be how you identify yourself as a person. What is your own reading about you in short?

A:
I'm a marketer. I perceive myself as a successful person. I'm happy and proud about myself and what I have achieved.

Q:
It's nice to see you categorize yourself as a self-actualized person. Can you describe about your journey? How you started? Then how you grew up to this level? What are the challenges you have come across and how you resolved them? Those would be especially vital for the new generation?

A:
I started my carrier at Colombo Commercial Company. It's basically an engineering company. It was a group of company with 18 subsidiaries. I joined that place when I was 18 years old s as a trader and then I went up to the level of Marketing Manager. Since there was no further development in my career, I decided to resign. Then at the same time, my partner Mr. Sarath Samarasinghe also resigned and we Both decided to start our own business by forming SAF International (Pvt) Ltd and Biomed International (Pvt) Ltd in late 1989.

My main challenge was whether I should leave my job since like I said earlier, I had all the facilities at hand like being driven back and forth to my workplace. With all those perks, I was reluctant to leave the job, wondering whether I would lose everything in doing so. However, since I had inherited our family

business from my parents, I had other means of living. So, without any fear I left my job and while developing my family business I devoted time for two new Companies.

In the year 1896 my grandfather Mr. C. D. De Fonseka started Manufacturing vinegar out of coconut Toddy. Today, I hold the patent rights for the manufacture of vinegar out of coconut water. I also own patent for the manufacture of white vinegar in Sri Lanka through a new technique of acetate process. So, we have now developed this process and we are exporting vinegar globally. Being a family business, my son the fourth generation has introduced new products made from vinegar.

The two new products are white vinegar and coconut Aminos. So, it is nice to hear that because I think you are bringing new colours into the country. Contributing with the scientist development. At the same time, you are bringing the next generation also. Now, they are also in the new development.

Q:
Can you brief how you incorporate with SLFPA (Sri Lanka Food Processors Association). You are one of the pioneers of SLFPA.

A:
Yes, I was one of the pioneers in the SLFPA. I was the second president for one year and then thereafter repeated the Presidency another year which ran for two years. So, I think I must be the only person Presidency for three years in the SLFPA. When we started, at the beginning it was a bit difficult to get the members to come for meetings and discussions but with socializing, we improved that part of it. With socializing, most of the people attended meetings. It was very nice working with these members because

they are people of the same level and like minded. I learned a lot of things from them.

Actually, members like Mario and Dammika are very conversant in their own field. I am, of course, not much. But we learned quite a lot from each other and it was nice working with them. Since it's a new association it's basically a new baby issue.

Q:
Sometimes giving birth is not easy. At the same time first few years of an infant is much harder part. So, how do you look after the baby and grew up?

A:
Initially, it was a bit difficult thing to get the members to come. As you know, everybody wants to know what's in it for them. What is the need for me? they have their own expectations. So, when they don't see there is anything for them, they quietly lose interest. But introducing socialization into the committee resolved it. After committee meetings we met up somewhere to socialize and that interested most of the members to turn up at meetings. And these meetings and discussions were also very important and very interesting. Subsequently everyone made it a point never to miss the committee meeting.

Q:
As you mentioned, people always think, what in it for me? Especially in the corporate sector, organization expecting something. So, how you come across those challenges other than the socialization?

A:
Yes, this is a very interesting question. You see, we have a lot of other activities being lined up. Like cleaner dining sessions and street food festival formation of IFSTL. We used to go for fact-finding missions to other countries. In fact, we once went to Thailand and also to USA. SLFPA supported us on those trips. I led an 18 members group to USA for a Natural Food Product Exhibition. On reaching there, we were given 1000 US dollars as pocket money. This trip was a knowledge gaining tour and we saw how things are organized there.

After attending the natural food product exhibition in the USA and food fair in Thailand we also wanted to have some kind of exhibition here. This eventually led to the idea of pro-food-pro pack exhibition. By going for those trade fairs, we sponsored some of the members and some were partially sponsored. So, they also learned how important these trade exhibitions were. This trade exhibition, led to business growth. This was the initial seeding of this ProFood

Propack exhibition. One of the epics of the South Asia and one of the biggest food-related exhibitions. People could bring their own food to the exhibition paving the way for wider scope for tasting food and buying. The Total food industry developed by this. As you know with the introduction of ProFood Pro-pack exhibition, businesses grew.

At this moment I must mention that this was Mario's idea. Mario's expertise guidance was given to organize this exhibition. One of the epics of the South Asia, one of the biggest food-related in the first year. It's was his brilliant idea as he was very familiar with farm-to-Fork. That was his theme, and everyone worked towards development. It's very interesting, actually, how year by year the exhibition grew because of ProFood Propack, and SLFPA, our food industry grew to enormous heights. We have done lots of new initiatives lots of new thinking came in new ideas grew and then implemented.

Q:
You are one of the pioneers of this SLFPA and industry. Younger generations are now in the SLFPA as well as in Food industry. As a pioneer, as a senior member, what advices you have for them? What are the things we can do better? What are the things we should continue?

A:
Actually, one thing I can see is that we must have our own office. And we must start our own laboratory and offer services to the members at a concessional price. Either cost plus 10 or 25 or something equal.

we must lead the entire food industry regulations within us. When I say let the government implement regulations then let them take the regulation. But before the government tells us to do this, we must advise the industry and implement. So, if our association can agree upon it this is the standard for this. All manufacturers should follow this standard, and we have to make the authorities happy We have pushed the authorities to implement that standard. We suggest that the association needs to be like a knowledge sharing hub for the industry.

Now everyone says MSG and Certain brands are unhealthy. Then we must give the reason for it. If our association has a laboratory, we can do the testing and then these foods can be eliminated. Most instances when ever people speak out food, they have no knowledge on the food. They just criticize in the social media.

Q:
We spoke lot about your professional life. Like to hear about your personal life too.

A:
I think I know how to balance a professional and personal life actually. I cannot be here without the support given to me by my family. My children are all grown up. I have already handed over everything to them as I am retired. I would rather prefer to be, continuing as a retired person. Because now I have worked full time 50 years, more than 50 years. So, it is enough. Rather than working I wish to share my knowledge with the younger generation.

My spouse is a housewife. She worked at Colombo Commercial Co. with me. And after marriage I wanted her to get more involved in the family business. So, she is still continuing as a director there in the company.

I think we have done our best. It is almost in our life. Whatever we can do, we have done.

We should now not try to overload ourselves with any work. Now we must live freely. and devote more time for relaxation.

Q:
Dear sir, once again it's a privilege to have this interview with you. To end this conversation any final remarks from you.

A:
Actually, what I can say people should be more careful in their decisions. Whatever the decisions, it may be election, or whatever, they should be careful, and they must think and do whatever they want to do. Thank you very much for interviewing me.



By Rasika Seneviratne
(General Manager, DIMO PLC)



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Profood Propack & Agbiz Exhibition 2024 unveils its 21st edition.

The Sri Lanka Food Processors Association (SLFPA) and Lanka Exhibition and Conference Services Ltd. (LECS) recently launched the much anticipated 21st edition of the Profood Propack, Agbiz and Knowledge Hub Exhibition at Waters Edge, Colombo.

This year's event will be held from 23rd to 25th of August at the BMICH Exhibition Centre, Colombo.

The event is proudly endorsed and supported by the Ministry of Industries, the National Agribusiness Council, and the Institute of Food Science and Technology Sri Lanka.

This landmark event is set to bring together industry leaders, stakeholders, and decision makers in the agriculture, food processing, packaging, sectors and importantly the academia who bring in new insights to the food science fraternity.

As the largest exhibition in Sri Lanka dedicated to agriculture, food, beverages and packaging, Profood

Propack, Agbiz and knowledge hub Exhibition has contributed significantly to the macro-economic growth of the country.

The Knowledge Hub facilitates networking with colleagues and experts, sharing knowledge, insights and best practice, learning from experience and inspiring innovation and new technologies.

The Innovative Food Fiesta serves as a platform to showcase advances and innovations in the food industry, where you can showcase your products and introduce them to the target market.

The exhibition acts as a catalyst for the overall development of the food processing industry, creating diverse business opportunities and boosting investment and exports.

The exhibition aims to cover the entire spectrum of the industry under one roof, with a 'Farm to Fork' theme. It will showcase a wide range of products, services and innovations related to agriculture, processed food, beverages, packaging and knowledge sharing.



Event Highlights

Gain maximum exposure, build relationships and explore potential collaborations with key stakeholders for your products and services.

A wide range of opportunities for small and medium enterprises (SMEs).

Concurrent events have been planned such as Cookery Demonstrations, Industry Seminars, Innovative Food Fiesta

The exhibition is expected to attract key industry stakeholders and decision-makers, including exporters, small and medium enterprises, supermarket buyers, HoReCa industry professionals, government officials, farmers, and the general public.

Facilitate the exchange of knowledge, showcase technological innovation, and facilitate strategic partnerships within the sector.

An opportunity for the University Students to showcase their innovations and recognition at the awards ceremony.

As space is limited, the organisers invite you to reserve your prime location and get the maximum benefits out of this exhibition.

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The Rise of Coconut-Based Alternatives

*Trends,
Market Dynamics,
and Sri Lankan
Contribution*

Introduction

In the evolving landscape of food and nutrition, coconut-based alternatives have emerged as a significant trend, driven by a blend of health consciousness, environmental sustainability, and ethical consumerism. This article explores the importance of coconut-based products, their market growth, the shortages, and challenges faced, the reasons behind consumer preferences, and Sri Lanka's pivotal role in this burgeoning industry. Additionally, it examines specific coconut-based products, such as coconut-based sauces, Cocotella, aminos, yogurt, cheese, mayonnaise, flour, sugar, treacle, and snacks.

The Importance of Coconut-Based Alternatives

Health Benefits:

Coconut-based products offer numerous health benefits, which are a key driver of their popularity:

Rich in Nutrients: Coconut products are rich in essential nutrients. For example, coconut milk and yogurt are excellent sources of healthy fats, vitamins, and minerals, including potassium, magnesium, and calcium.

Medium-Chain Triglycerides (MCTs): Coconut oil is a rich source of MCTs, which are easily digestible fats that the body quickly converts into energy. MCTs have been linked to weight loss, improved metabolism, and better brain function.

Dietary Fiber: Coconut flour is high in dietary fiber, promoting digestive health and helping to maintain stable blood sugar levels. This makes

it an excellent alternative for those with gluten intolerance or celiac disease.

Lauric Acid: Coconut oil contains lauric acid, known for its antimicrobial, antiviral, and anti-inflammatory properties, potentially boosting immune health.

Hydration and Electrolytes: Coconut water is a natural source of hydration, rich in electrolytes like potassium, making it a popular choice for athletes and those seeking a natural hydration solution.

Market Growth of Coconut-Based Products

Global Market Trends

The global market for coconut-based products has been expanding rapidly. The global coconut products industry was pegged at \$12.75 billion in 2019 and is projected to reach \$31.1 billion by 2026, registering a Compound Annual Growth Rate (CAGR) of 13.6% from 2019 to 2026, according to a research report released by Allied Market Research.

Specific Coconut-Based Products and market segmentations

Coconut-Based Sauce: Coconut-based sauces, such as coconut aminos, are gaining popularity as healthier alternatives to soy sauce. Coconut aminos are made from the fermented sap of coconut blossoms and are lower in sodium, making them a suitable option for those seeking to reduce salt intake.

Coconut aminos offer a soy-free, gluten-free seasoning option for various dishes. Made from coconut sap and sea salt, they provide a slightly sweet and savory flavor, suitable for stir-fries, marinades, and dressings.

Cocotella: A coconut-based alternative to Nutella, combines the rich taste of chocolate with the nutritional benefits of coconut. It is often free from refined sugars and dairy, appealing to health-conscious consumers and those with dietary restrictions.

Coconut Yogurt: Coconut yogurt is a popular dairy-free alternative, made from coconut milk and live cultures. It is rich in probiotics, which support gut health, and is available in various flavors and sweetened or unsweetened varieties.

Coconut Cheese: Coconut cheese is a dairy-free cheese alternative made from coconut milk and other plant-based ingredients. It offers a similar texture and taste to traditional cheese, making it a popular choice among vegans and those with lactose intolerance.

Coconut Mayonnaise: Coconut mayonnaise is a plant-based alternative to traditional mayonnaise, made from coconut oil and other natural ingredients. It is often free from eggs and dairy, making it suitable for vegans and those with dietary restrictions.

Coconut Flour: Coconut flour is a versatile, gluten-free baking ingredient made from dried coconut meat. It is high in fiber and protein, making it a nutritious alternative to traditional wheat flour.

Coconut Sugar: Coconut sugar is a natural sweetener made from the sap of coconut blossoms. It has a lower glycemic index than refined sugar, making it a healthier option for those managing blood sugar levels.

Coconut Treacle: Coconut treacle, also known as coconut syrup, is a sweet, viscous liquid derived from coconut sap. It is used as a natural sweetener in various culinary applications, from desserts to beverages.

Coconut Snacks: Coconut snacks, such as coconut chips, bars, and bites, offer a healthy, on-the-go snack option. These snacks are often free from artificial additives and preservatives, appealing to health-conscious consumers.

Desiccated Coconut: Used in confectionery and baking.

Coconut Milk and Cream: These are used as dairy substitutes in cooking and baking, providing a rich, creamy texture to soups, curries, and desserts.

Coconut Oil: Known for its high smoke point, coconut oil is suitable for frying, sautéing, and baking, adding a subtle coconut flavor to dishes.

Nata-De-Coco: Nata de coco is a chewy, translucent, jelly-like food product made from the fermentation of matured coconut water. Often sweetened as a candy or dessert, it pairs well with various items such as drinks, ice cream, puddings, and fruit mixes. This delicacy is created by culturing *Acetobacter xylinum*, which ferments the coconut water, producing microbial cellulose that forms the gel.

Coconut vinegar: Coconut vinegar, an alternative to synthetic vinegar, can be made from either coconut water or the sap of the coconut tree. It is widely used as a flavoring and preservative in pickles, salad dressings, and sauces. Rich in vitamins and minerals such as calcium, phosphorus, iron, and sodium, coconut vinegar also possesses anti-inflammatory and antimicrobial properties.

Coconut protein powder: Coconut protein powder can be recovered from coconut wet processing waste which is obtained during the production of virgin coconut oil. This is enzymatic reaction to obtain protein from coconut milk,

Coconut jam: Jam is an intermediate moisture food prepared from the residual pulp left after the removal of water from the kernels. Young tender coconuts, widely consumed fresh, can also be converted into value-added products such as jam. Coconut jam is made by boiling the pulp with sugar, pectin, acid, and other minor ingredients like preservatives, coloring, and flavoring materials until it reaches a thick consistency firm enough to hold the fruit tissues in position.

Challenges and Shortages in the Market

Supply Chain Issues

The rapid growth in demand for coconut-based products have led to supply chain challenges:

Production Limitations: Coconut trees have a long maturation period, taking several years to bear fruit, limiting the speed at which supply can be increased.

Natural Disasters: Events such as typhoons, droughts, and pests can significantly impact coconut production, leading to supply shortages.

Logistical Challenges: The transportation and storage of coconut products require careful handling to maintain quality, adding complexity to the supply chain.

Price Volatility

The limited supply and growing demand for coconuts have led to price volatility:

Fluctuating Prices: Inconsistent production levels due to environmental factors and market demand can result in fluctuating prices for raw materials and finished products.

Cost of Production: The cost of cultivating, harvesting, and processing coconuts can be high, affecting the final price of coconut-based products.

Quality Control

Ensuring consistent quality of coconut products is crucial:

Variability in Quality: Factors such as soil conditions, weather, and farming practices can impact the quality of coconuts, leading to variations in the final product.

Regulatory Standards: Maintaining stringent quality control measures is essential to meet consumer expectations and comply with regulatory standards.

Consumer Demand for Coconut-Based Products

Health and Wellness Trends

Consumers are increasingly seeking foods that promote health and wellness:

Functional Foods: The rise of functional foods, which offer specific health benefits beyond basic nutrition, has boosted the popularity of coconut-based alternatives.

Dietary Restrictions: Coconut products are naturally free from common allergens such

as dairy and gluten, making them suitable for individuals with dietary restrictions.

Clean Label Movement: Consumers are looking for clean label products with minimal processing and natural ingredients, which align with the characteristics of many coconut-based products.

Environmental Sustainability

Coconut farming is generally considered to be more sustainable compared to animal agriculture:

Resource Efficiency: Coconuts require fewer resources such as water and land compared to livestock farming, making them a more sustainable choice.

Carbon Footprint: Coconut trees have a lower carbon footprint compared to animal agriculture, contributing to environmental sustainability.

Biodiversity: Coconut plantations can support biodiversity by providing habitat for various species and promoting agroforestry practices.

Ethical Considerations

The ethical implications of food production are increasingly influencing consumer choices:

Animal Welfare: The dairy and meat industries face criticism for their treatment of animals. Coconut-based alternatives offer an ethical choice for consumers looking to avoid animal products.

Fair Trade Practices: Consumers are increasingly supporting fair trade products, which ensure fair wages and working conditions for farmers. Many coconut-based products are certified fair trade, appealing to ethically-minded consumers.

Sri Lanka's Contribution to the Coconut Industry

Historical Context

Sri Lanka has a long history of coconut cultivation, with coconuts being an integral part of the country's agriculture and economy. The tropical climate and fertile soil of Sri Lanka provide ideal conditions for coconut farming. The country is one of the top exporters of coconut products globally, with a well-established coconut industry.

Production and Export

Sri Lanka's coconut industry contributes significantly to the national economy:

Diverse Product Range: Sri Lanka produces a wide range of coconut products, including coconut oil, desiccated coconut, coconut milk, and coconut water.

Export Volume: In recent years, Sri Lanka has exported hundreds of thousands of metric tons of coconut products, generating substantial revenue and providing employment to millions of people.

Global Reach: Sri Lankan coconut products are exported to numerous countries worldwide, with key markets in North America, Europe, and Asia-Pacific.

Innovations in Coconut Processing

Sri Lanka has embraced innovations in coconut processing to enhance product quality and diversify its offerings:

Advanced Techniques: Techniques such as cold-press extraction for coconut oil and spray drying for coconut milk powder have improved the quality and shelf life of coconut products.

Value-Added Products: The development of value-added products such as coconut-based sauces, snacks, and health supplements has expanded the market reach of Sri Lankan coconut products.

Research and Development: Ongoing research and development efforts aim to improve processing methods, develop new products, and enhance the nutritional value of coconut products.

Sustainability Initiatives

Sustainability is a key focus for Sri Lanka's coconut industry:

Organic Certification: Efforts to promote organic farming practices are being made to meet the growing demand for environmentally friendly and organic coconut products.

Sustainable Farming Programs: Programs aimed at reducing the environmental impact of coconut cultivation, such as agroforestry and intercropping, are being implemented.

Fair Trade Practices: Initiatives to ensure fair wages and working conditions for coconut farmers are in place, supporting ethical and sustainable production.

Conclusion

The rise of coconut-based alternatives reflects broader trends in consumer behavior towards health, sustainability, and ethical consumption. The health benefits, nutritional value, and culinary versatility of coconut products have made them a popular choice among consumers worldwide. The global market for coconut-based products is poised for continued growth, driven by increasing demand and innovation in processing and product development.

However, challenges such as supply chain issues, price volatility, and quality control must be addressed to ensure the sustainability and stability of the market. Sri Lanka, with its rich history of coconut cultivation and commitment to innovation and sustainability, plays a crucial role in the global coconut industry. As consumers continue to seek healthier and more sustainable food options, the importance of coconut-based alternatives is likely to grow, shaping the future of the food industry.

By embracing sustainable practices, supporting fair trade, and continuing to innovate, Sri Lanka can maintain its position as a leading producer of high-quality coconut products. The future of coconut-based alternatives looks promising, with the potential to make a significant impact on global health, nutrition, and environmental sustainability.



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SALT

දැනගෙන කමු

Salt has been a part of our diet since a long time ago. But, in the ancient times, salt was mostly contributed to people's diet from food prepared at home. With the advancement of processed food industry, the processed food also contribute to the salt people consume. Now people's intake of salt is a combination of food prepared at home, take away food, food eaten at hotels, restaurants etc and processed food. The World Health Organization recommends the consumption of 5 g or less salt for a person per day, but on average the consumption is more than what has been recommended. A study conducted by the Medical Research Institute (MRI) in 2020 indicated that Sri Lankan adults on average consume more than double of the WHO recommended salt levels, and on the other hand, consume lower than recommended levels of Potassium.

Sodium in salt has a close relationship with hypertension and cardio vascular diseases. It has been also shown that consumption of less sodium in diet reduces the risk of hypertension and cardio vascular diseases. As a means of reducing non-communicable diseases (NCD) and to enable consumers to make informed food choices, the Sri Lanka government imposed food colour coding for sugar level or traffic light system in beverages in 2016. The scheme was expanded to solid and semi solid food in 2019 for sugar, salt and fat. A food with less than 0.25 g salt per 100 g must be coded as green, between 0.25 and 1.25 g salt per 100 g to be coded as amber, and more than 1.25 g salt per 100 g to be coded as red. The colour coding system for sugar in liquid food is expected to be extended to all beverages in 2025.

It is imperative that the information offered by the colour coding systems must be used in conjunction

with the respective serve sizes of a particular food item. While the per 100 g value is an indication of how much fat, salt or sugar is there in 100 g of food, if your serve size is different to 100 g, it may be worthwhile to know how much you are consuming in a serve. For example if a yeast extract spread contains 10.8 g of salt per 100 g, then one serve (4 g) contains 0.43 g of salt. If a fat spread contains 1.75 g salt per 100g, then one serve (20 g) contains 0.35 g of salt. A pre-packaged rice meal with vegetables and chicken contains approx. 0.64 g salt per 100 g, but since the entire meal is about 350 g, the meal contains approx. 2.24 g of salt. A package of extruded snacks contains approx 2.4 g per 100 g of salt, but since a pack is about 25 g a person may consume about 0.6 g of salt when consuming the content of a pack. If a cocktail mixture package has 2.7 g of salt per 100 g, and a pack of 500 g may be shared by three persons, one person may consume approx. 4 g of salt. A packet of savoury biscuits may contain 2.25 g of salt per 100 g but a small sachet (30 g) may contain 0.67 g of salt. Hence it is clear that, not only the value indicated in the colour coding, but also the serve size and how many serves a person consumes in a day is important, in deciding whether the salt and sodium consumption is high or at a desirable level.

What about the salt levels in non-packaged food such as packets of lunch, sandwiches, pizza, burgers, taco, snacks and bites, fried chips, popcorn, pickles, dried fish, dried sprats, devilled cashew and peanuts etc? Consumers do not have any means of knowing the salt, fat or total sugar levels in these food unless consumers assume that non-packaged food might have closer levels to packaged food that display these parameters.

To provide a guide to the consumers about the average salt level in 100 g of pre-packaged food available in the

local market, a table of salt levels is presented (Table 1). As discussed earlier, the salt level indicated for these food must be considered along with the serve size and how many serves are consumed in a day. Salt levels of similar food across different processors appear to differ slightly, hence a range is given in such situations. Know your salt!



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Table 1. Salt levels of processed food	
Pre packaged food	Salt (g per 100 g)
Dried sprats	14
Dried fish	13
Yeast extract spread	10.8
Sinhala pickle	4.25
Banana flour murukku (snack)	3.3
Potato crackers	3
Cocktail mixture	2.7
Flavoured extruded snacks	2.4
Salted cassava chips	2.3
Cheese crackers	2.3
Coconut chips snack	2.25
Cheese slices	2.25
Savory biscuits	2.25
Chicken bockwurst	2.12
Cheese wedges	2.1
Canned olives	2
Canned corned beef	2
Tomato sauce	2.0-3.0
Gouda cheese	1.98
Frozen meat balls	1.8- 2.0
Fat spread	1.75 - 2.3
processed cheese slices	1.65
Potato kokis	1.5
processed cheese	1.5
Dosai mixture	1.5
Cheese and onion sausages	1.45
Salted butter	1.35 -1.8

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1. <https://www.who.int/publications>
2. Food (Colour Coding for Sugar levels) Regulations 2016
3. Food (Colour Coding for Sugar, Salt, and Fat) Regulations 2019
4. Food (Colour Coding for Sugar levels - liquid) Regulations 2022

Table 1. Salt levels of processed food	
Pre packaged food	Salt (g per 100 g)
Cheese onion wedges	1.3
Pre packaged paratha	1.24
Katta sambal	1.23
Canned meat ball curry	1.2
Corn flakes	1.2
Instant noodles with oil and seasoning sachet	1.18
Tea buns	1.18
Itli mixture	1.12
Frozen chinese rolls	1.1
Cup noodles	1.09
Myonnaise	0.9
Frozen chicken sausages	0.8
Salted jumbo peanuts	0.8
Chocolate cream biscuit	0.7
Cereal bar	0.72
Pre -packaged rice with chicken	0.64
Canned fish	0.5-0.9
Chocolate biscuits	0.61
Marie biscuits	0.5 -0.7
Processed dates	0.54
Muesli breakfast cereal	0.37 -0.40
Plain instant noodles	0.36 -0.4
Cereals for infants and young children	0.35
Devilled cashew nuts	0.27
Choco coated ice cream	0.23
Milk chocolate	0.21-0.22
Chocolate biscuit pudding	0.21
Marshmallows	0.2
Curd	0.2
Instant oats	0.15
Chco coated breakfast cereal	0.11
Yoghurt	0.1
Ice cream	0.1
Pasta	0.03
Breakfast cereal powder	0.02

Source: A cross section of pre-packaged food available in Sri Lanka market



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WHAT'S THE DIFFERENCE BETWEEN FRUIT SQUASH CONCENTRATE AND CORDIAL?

Have you ever wondered what the difference is between squash concentrate, and cordial? This article expects to explain the differences between these two popular drinks.

Fruits provide an important source of energy for human beings. However, the main drawback with fresh fruit is that the availability of most fruits is seasonal and perishable. Hence, fruits must be processed and preserved, extending their shelf life, and adding value.

Poor-quality fruit juices have a low % of fruit juice, contain artificial ingredients, and are mixed with much water to minimize cost. The nutritional value will therefore be low and often sugar will be added to compensate for flavor due to the lack of fruit-containing ingredients. So, if you're looking for high-quality fruit juice for its nutritional value, make sure you check the ingredients on the label.

The difference between squash concentrates and cordial is the content of fruit juice. Squash concentrate has at least 50% fruit, whereas cordial normally contains around 25% fruit content.

FRUIT SQUASH CONCENTRATE

Fruit squash concentrate is prepared from concentrated fruit juice obtained from ripe fruits picked at the proper stage of maturity. The fruits which are to be used for the preparation have to be free from damage caused by insects and diseases and should also be free from any signs of fermentation.

Therefore, Fruit squash concentrate is a concentrated form of juice that has had the majority of its water content removed and must be reconstituted with a high amount of water before consumption. Fruit squashes concentrate often contains fruit juice from concentrate for its strong and fruity taste. Whilst their main purpose is to be enjoyed mixed with a lot of water before consumption, squash concentrate can be incredibly valuable than to consume Cordial. Squash concentrate is prepared by combining one part fruit concentrate with 9 parts water to retain at least 5% fruit content for diluted product.

CORDIAL

Cordial, on the other hand, is a sweetened, concentrated liquid that can be mixed with less amount of water before consumption due to its low content of fruit juice. Cordial contains a much lower percentage of fruit juice (on average around 25%). Fruit cordial, therefore, is a concentrated drink, created using a mix of fruit juice with water and sugar or sweetener. The addition of sugar gives the Cordial its distinct sweet taste and artificial flavourings, sweeteners and colorings are often used to create the best flavour, making it a less healthy choice when compared to the Squash concentrate.

Comparison of composition of fruit squash concentrate, fruit cordial and Ready To Serve fruit drinks

Type of Fruit drink	Fruit content	Water to be Diluted
Fruit Squash Concentrate	50%	1:9
Fruit Cordial	25%	1:5
Ready to Serve Fruit Drink	5%	Consumed as it is

Sugar content (per 100ml drink)	Relative sugar level	Color code
More than 11g	High Sugar	Red
2g to 11g	Medium Sugar	Orange
Less than 2g	Low Sugar	Green

The main difference between them is the type and amount of fruit juice and the amount of sugar that is added. The amount of sugar in the drinks will also depend on each brand and flavour. If you're concerned about sugar intake or have specific health issues - make sure to read all of the ingredients carefully.

Relative Sugar Levels, and Color Codes for Liquid Food



Manjula Kumara



Online Communication Device Donation to SLFPA Secretariat



Vishvaka Marketing (Pvt) Ltd is a long-standing member of The Sri Lanka Food Processor Association. On 22nd May 2024, they donated an online electronic communication device, which will be very valuable to the association for virtual meetings. Vishvaka Marketing (Pvt) Ltd supported the SLFPA secretariat in conducting virtual meetings smoothly. The photograph above captures the event where the founder chairman, Mr. Chula De Silva (4th member from the right), hands over the unit to the president of SLFPA, Mr. Thusith Wijesinghe (3rd member from the right).

Mindful Eating & Well-Being



Over the past few decades, Sri Lanka has witnessed a significant rise in chronic diseases such as heart disease, diabetes, stroke, and certain types of cancer. This surge has resulted in a substantial health burden on individuals and their families. A critical factor contributing to these diseases is diet. Dietary habits play a pivotal role in the development of various risk factors associated with these conditions, including high blood pressure, elevated lipid levels, high blood sugar, and overweight/obesity. For instance, consuming a diet high in sugar, salt, fat, and sugar-sweetened beverages is linked to increased obesity.

Therefore, it is essential to promote healthy food choices and healthy lifestyles both at home and in the workplace to combat these health issues. This article will discuss a few factors which are crucial for a healthy lifestyle.

1. Meal timing.
2. Working hours and stress.
3. Making healthy food choices at the workplace.

1. Why does meal timing matter?

By delaying or skipping meals, you are likely to increase your portions in subsequent meals beyond what is actually required. This behavior can also cause a drop in your metabolic rate. When these factors combine, they can lead to weight gain.

Two to three main meals and two to three snacks per day are recommended.

- To sustain energy levels and to prevent tiredness.
- To maintain body weight.
- To prevent gastritis, gastro esophageal reflux disease.
- To reduce or eliminate hunger pangs.
- To prevent headaches.
- To maintain better brain function.

Breakfast

We should have a balanced breakfast within three hours of waking up. Many people who skip a proper breakfast

are obese or overweight. Delaying or skipping breakfast can lead to disproportionate cravings later in the day, resulting in various health problems.

Lunch

We cannot skip lunch. It is our mid-day energy boost. Best taken before 1.00 p.m., skipping lunch also will lead to cravings later on. It is not recommended to avoid carbohydrates for the lunch. Complex carbohydrate is essential for midday energy boost.

Dinner

Dinner should be the lightest meal of the day, with a reduced intake of carbs, as we require less energy in the evening. It is best to have dinner before 8:00 p.m. Consistently eating late or having large dinners can lead to weight gain, obesity, elevated liver enzymes, high blood sugar, hypertension, elevated blood lipids, and disturbed sleep.

2. Working hours and stress

During stressed times, our nervous system responds by releasing stress hormones which influence our whole body. Short term stress is fine, but long term chronic stress causes harm. Stress can indirectly leads us for food cravings and there by weight gain.

“We’re experiencing high levels of stress, but physically inactive.”

- People who work unusual or abnormal hours often experience increased health problems related to nutrition and lifestyle.
- This atypical behaviour, such as working late at night or early morning, eating high-calorie dinners late, waking up late, and sleeping during the day, causes desynchronization.
- Humans have evolved with a distinct wake and sleep pattern, using the night for rest and regeneration.
- Going to bed late and waking up late can reduce metabolic rate. If you are prone to gaining weight,

it is important to adjust your sleep and wake hours accordingly.

3. Making healthy food choices at the workplace.

As professionals, attending lengthy official or business meetings is inevitable, and food and beverages are often served. Unfortunately, the food is frequently unhealthy, leading to additional calorie intake and compounding the risks of a sedentary workplace. Individuals attending multiple meetings a day are particularly susceptible, often not planning their meals or calorie intake, which can contribute to weight gain.

A healthy workforce is crucial for organizations, as employees with improved quality of life are more productive. By raising awareness of healthy food choices, organizations can influence meeting planners to select healthier options, leading to better food consumption patterns and fostering healthier eating habits over time.

Snack Options

Should have less sugar, less fat, less salt, more fibre, use of locally available ingredients, encourage vegetable and fruit consumption.

Examples:

- Savoury - Less fat e.g. baked items - baked Patties, air fried Chips.
- Include vegetarian items - Kohila, Kos, Polos in baked Cutlets or Patties etc.
- Sandwiches with brown bread (added bran).
- Nuts - handful of unsalted Cashew nuts, Ground nuts, Pistachio, Kottamba.
- Fresh fruit salad 1 bowl.
- Fresh fruit or vegetable skewers or kebabs.
- Whole, fresh fruits like Apples or Bananas, Lovi, Uguressa, Veralu, Nelli, Guava.
- Mixed vegetable platter with hummus.
- One Cheese cube (low fat) and two whole grain crackers.
- Products with gingerly (Thala aluwa- 1 piece 5cm x 2cm or 1 small ball).
- Parippu wade, Ulundu wade (air fried).
- Baked light pancake wrap - (4 inch diameter) - (filling of choice).
- Air popped popcorn with no added butter or salt (60 g per person).
- Sago pudding/Samolina pudding 100ml.
- Baked light pancake wrap (filling of choice) instead of the typical Chinese Roll which is deep fried.
- Fresh vegetable sticks with dips (low fat -sugar free yoghurt)
- Cakes without icing-carrot cake, banana cake, lemon cake, ginger cake, cinnamon cake.

- Fruit & yoghurt 100ml.
- One Popsicle made with fruit juices without added sugar or salt.
- Salads as a mix of some of these items: Shredded salad leaves, pieces of orange, pieces of Green apple, Red cabbage, Green pepper, Pomegranate, Carrot, Tomato slices, Sultana, Tender spinach leaves, Coriander leaves, boiled Cowpea/ sprouted Mung beans, Peanuts/nuts/ Avocado, ripe Mango with Lime in Olive oil served with toasted Garlic brown bread pieces/ or mix small quantity of boiled pasta into salad.

Beverage Options

- 100% fruit or vegetable juice (without added sugar or salt) 200 ml.
- Coffee, green tea or tea served plain (with non-fat or low-fat milk and one tea spoon of sugar optional) 200ml.
- 200ml servings of flavoured tea (e.g. ginger tea, cinnamon tea).
- 200ml servings of traditional beverages-hot or cold Belimal, Ranawara, Coriander with 5g (1 tea spoon) of sugar or juggary.
- King coconut/ coconut water - 150ml.
- Herbal porridge without rice 150ml.



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Moving your body has been shown to help manage blood sugar levels

Participants in a 12, week program who exercised for an hour, three times a week program improved diabetes management.

Ideally you should do 30, minutes of movement everyday while getting your heart rate up something as simple as a brisk walk after dinner is a powerful way to help reduce blood sugar.

Get enough sleep you should sleep 7-8 hours of sleep. Stress plays a large role in blood sugar imbalance triggering hormones.

Engage in relaxation practices whether that be Yoga, deep breathing, meditation, ect Studies have shown time spent with a good friend can reduce stress hormones significantly and even help you live longer.

Eat regularly and eat well balanced meals including whole foods, diet high in fiber, protein, vegetable, legumes nuts, seeds omega 3, rich foods and a small amount of fruit.

Try not to go beyond four hours between meals to keep your blood sugar levels balanced Always pair carbohydrates with fiber protein to help slow the breakdown of food for a steady release of blood sugar.

Consume 1 to 2 tablespoons of healthy fat with each meal. It helps blood sugar by slowing digestion and help absorb fat soluble vitamins A,D,E and K.

Add half a teaspoon of cinnamon to your beverage, breakfast or any food to help reduce sugar levels Cinnamon also help lower triglycerides and cholesterol. reducing the risk of heart attack and stroke.

Eliminate refined sugar and fructose from the diet Increase fiber optimize vit D and Omega 3 Consume raw fruits and vegetables, coconut and coconut oil Avocado, nuts and seeds, Exercise 30. minutes per day. Avoid smoking Get enough sleep for a healthier life.



Sunanda Weerasinghe

MILK CONSUMERS, ARE THEY PROTECTED?



In Sri Lanka Milk and milk product consumption has long been regarded as a daily integral part of our dietary pattern at all levels of consumers. However, a notable decline in milk consumption has been observed during the past few years due to unavailability, perceptions of milk quality, and high prices, especially for processed fresh milk in various forms and types. The expectations and trust of milk quality and transparency have contributed to the decrease in consumption.

It is a well-known fact that recombination [using non-dairy fat and non-dairy proteins] and reconstitution [dissolving milk powder] take place in the processing milk industry and dairy product manufacture. But in most of the countries addressing consumer information provision and Regulation has set up principal legislative frameworks overseeing milk labeling to protect and inform consumers the difference between using Fresh raw milk, Reconstituted milk and Recombined milk in Liquid milk processing.

From a legislative point of view, the rules introduced to protect the quality of milk, ensuring fresh milk consumer protection, are questionable in Sri Lanka when looking into the daily milk production statistics, where it is under 1 million liters of milk per day but selling over 3 million liters of processed liquid milk as fresh milk per day. Achieving legal standards and legislative measures that comprehensively cover various aspects of food safety criteria in processed milk, such as limits on micro-organisms, somatic cell counts, the absence of veterinary drug residues, and acceptable levels of specific milk fat and solid nonfat contents in various types of processed liquid milk.

However, in Sri Lanka, current labeling legislatives have ignored consumer protection and awareness in processed liquid milk, as the legislative strategies adopted are to ensure the fat content and milk solid nonfat but not the source of milk protein and fat that allow reconstitution or recombination to ensure the legal standard of fat and milk solid non-fat.

Notably, for consumers, it is crucial that certain characteristics of milk are visible and comprehensible in order to minimize uncertainty and prevent dissatisfaction. Hence, it needs to introduce new labeling legislation with a color code to differentiate fresh milk usages against recombined milk with vegetable fat and non-dairy proteins in processing liquid milk and reconstituted milk which dissolve milk powder with water for standardization for making Tone milk.

This would encourage milk processors to use fresh milk collected from small dairy farmers and commercial farmers, as well as market their products at a higher price.



Sunil Rodrigo
Dairy Technologist



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