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### Fat replacement in snack foods: Recent developments

Snack foods are typically nutrient poor and energy dense. Reducing the fat content of snacks can provide nutritious alternatives to consumers. Fat typically provides appealing texture and mouth-feel to baked products, where in some cases the functional and pasting properties of biscuits were improved in gluten free formulations. Reduced fat biscuits and crackers have increased hardness, crunchiness and dryness and reduced moistness and tenderness. Therefore, it is not beneficial to simply reduce the fat content of products. It is important to replace fat with alternative low calorie ingredients and to understand how different fat replacers can influence on snacks. This review presents recent development in application of fat replacers such as vegetable gums in wheat based and no-wheat based snack product development especially legume based products and their effect on sensory properties of foods.

### Biography

Shirani Gamlath has specialized in Food Science and Technology, completed PhD in Cranfield University, Bedford, UK on Product Development Using Extrusion Technology. She has been serving in academic and research roles for last 15 years and currently as the Deputy Course Director and Lecturer in the Bachelor of Food and Nutrition Sciences in Deakin University, Australia. She has expertise in food processing (mainly food extrusion and high pressure processing), functional product development with cereals, legumes and fruits. She has supervised number of Honors, Master's and PhD students and published number of papers (366 citations) in food Science and nutrition related journals.

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