Food Yeast

Definition of Food Yeast
Food Yeast is a nutritional ingredient consisting of baker's, brewer's or lactic yeast which has been inactivated by heat and consequently has no more fermentative capability.

Applications of Food Yeast
Food Yeast is mainly used:
- as a health food ingredient - in powder / flake form or in capsules / tablets: it brings a wide range of nutritional benefits as it is rich in proteins, vitamins and mineral
- as a base for seasonings in the food industry
- as a food ingredient for meat preparations and delicatessen, which benefit from the functional properties of Yeast Cell Walls.

Each kind of Food Yeast has a specific taste which depends on the substrate on which the yeast is grown.

Production process of Food Yeast
The yeast cream - whether baker's, brewer's or lactic - is inactivated by heat treatment (plasmolysis) and then roller-dried or spray-dried to produce powder or flakes.

Main components of Food Yeast
- Proteins: 40 to 55%
- Carbohydrates: 27 to 39%
- Ashes: 5 to 10%
- Lipids: 2 to 9%

Food Yeast is generally very rich in B group vitamins (B1, B2, PP, B5, B6) and also contains iron, zinc and selenium.

Regulatory status of Food Yeast
Regardless of its origin, Food Yeast is defined under the EC Directive as a dead yeast, deprived of its capacity to ferment, dried, and not submitted to extraction, nor to additions. (JOCE, n° C5, January 8th, 1975).