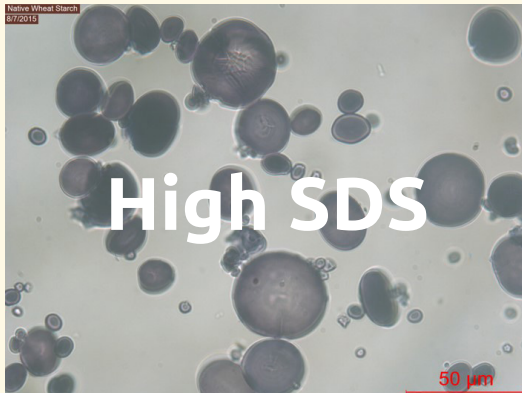


Fact Sheet MAINTAINING SDS



Native wheat starch granules.



Swollen wheat starch granules during cooking.



Gelatinized wheat starch showing loss of granule structure.

In raw cereal grains, starch typically occurs in spherical granules with semi-crystalline structure. This structure impedes access to digestive enzymes, contributing to a high SDS content. During cooking, exposure to heat, moisture and/or pressure results in the swelling and eventual rupture of the granules (gelatinization), making them more susceptible to digestive enzymes and decreasing the SDS content of the food by transforming it into RDS.