

Technology

Human Health

### Port Salut Light+ Cheese with Natural Phytosterols and Antioxidants - LacNat



Regional Center: Santa Fe

Leticia Toselli

Dra. Adriana Descalzo

Dra. Luciana Rossetti

Dr. Gabriela Grigioni

Dr. Sergio Rizzo

Fernanda Paschetta, Engineer Gabriela Diaz, Engineer

Dr. Luciana Costabel Karina Moreno, Technician

Gabriela Audero, Technician

#functional foodstuff | #LDL | #cholesterol | #health | #cheese | #phytosterols

<https://www.argentina.gob.ar/tecnologias/queso-por-salut-light-con-fitoesteroles-y-antioxidantes-naturales-lacnat>

This product seeks to meet the demands and needs of individuals with mild hypercholesterolemia.

The technology incorporates natural phytosterols and antioxidants (vitamin E) to the manufacturing process of Port Salut Light cheese, a semi-soft skim cheese made from a soft paste with high moisture content, consumed traditionally at different times of the day and in various recipes.

It is a functional cheese and few similar developments are found in the market globally.

At present, there are very few food products in Argentina with phytosterols, and cheese contributes to diversifying a functional diet.

This product may be eaten alone or combined in other recipes like salads (for example, margarine with phytosterols have to be spread on crackers, bread or similar products).

It may be used in cold preparations or cooked in different dishes.

Port Salut Light + Cheese provides half the daily recommended allowance of vitamin E in its active form, alpha tocopherol.

Phytosterols are compounds of plant origin that help consumers reduce total and LDL cholesterol, known as bad cholesterol. Hence, this functional cheese contributes in reducing cardiovascular disease risk. It has been scientifically proven that a daily intake of 2 g or more is considered a functional dose, achieved by two 30 g servings of cheese. Additionally, tocopherols -antioxidants- of plant origin as well, protect the other nutrients of cheese and one serving meets 30% of daily vitamin E requirements.

Transferred Product

GUNTHER DARÍO

gunther.dario@inta.gob.ar

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Country where it has been presented: Argentina, Brazil, Chile, and Peru.

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***National Coordination Office for Technological Cooperation and Institutional Relations, INTA .  
Intellectual Property Department-Technological Antenna. Dr. Mariana Nanni  
[nanni.mariana@inta.gob.ar](mailto:nanni.mariana@inta.gob.ar)***