

Breakfast Cereal Processing Line And Nutritional Value

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The original breakfast cereals production line were oatmeal produced by steaming, tableting, and baking. Developed countries in Europe and the United States began to use extrusion technology to produce breakfast cereals in the 1970s, and they have been rapidly developed and updated. Our country only began to study food extrusion technology in the early 1980s. The extrusion technology is mainly used for the production of puffed snack foods, tissue protein, and breakfast cereals. At present, there are many kinds of processing techniques for breakfast cereals, such as: tableting and cooking techniques, grain crushing and cooking techniques, extrusion processing techniques and microwave vacuum puffing processing techniques.



1. Extruded corn flakes/breakfast cereal production line:

Using corn, wheat, oats and other multiple grains as raw materials, it is matured and shaped by a high-quality twin-screw extruder. The product is crispy and has high nutritional value, suitable for people of all ages.



2. Device configuration of full automatic corn flakes making machines:

Powder mixer ? screw conveyor ? twin screw extruder ? vibration cooler ? air conveyor ? tablet press ? air conveyor ? pre-dryer ? hoist ? vibration feeder ? baking machine ? air conveyor ? spray Sugar machine?oven?cooler



3. The nutritional value of breakfast cereals:

1. Prevention of bowel cancer: eating 2 slices of black bread for breakfast can get 5.8 grams of fiber, and the same weight of white bread can only get 1.9 grams of fiber. Adequate intake of fiber can help control blood sugar, reduce low-density lipoprotein and reduce the risk of bowel cancer.

2. Protect the heart: Whole grains can not only prevent the body from absorbing cholesterol, but also reduce triglycerides, both of which are important substances that cause heart disease.



3. More energy: Whole grains contain resistant starch, which is not easy to be digested. Whole grain breakfast can burn more fat and hormones, making people feel more energetic.

4. Regulate blood sugar: Compared with fine grains, whole grains can help control the sudden rise and fall of blood sugar. A study showed that women who rarely eat whole grains have a 30% lower risk of diabetes than women who eat two to three servings of whole grains a day.

5. Protect teeth and gums: Studies have shown that people who consume a lot of whole grains have a 23% lower risk of gum disease than those who stay away from whole grains.