

Use of Sourdough in Low FODMAP Baking

As reported in the March issue of the Prairie Grains Magazine, the Minnesota Wheat Research and Promotion Council (MWRPC) was awarded an Agricultural Growth, Research, and Innovation Crop Research Grant so consumers may have an alternative to living gluten free.

MWRPC, along with project partners, will use the grant to support a new study, which could have wide-ranging effects on Min-

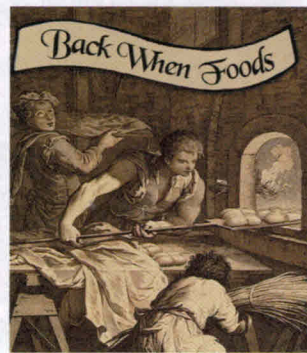
nesota's wheat industry by investigating opportunities to potentially reduce wheat digestibility concerns through the identification of wheat varieties with naturally low "anti-nutrient" levels for breeding purposes and to explore fermentation as a processing technique to reduce FODMAPs in wheat food products.

Molecular Diversity Preservation International and Multidisciplinary Digital Publishing Insti-

tute, or MDPI for short, published a review on the Use of Sourdough in Low FODMAP Baking.

A low FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) diet allows most irritable bowel syndrome patients to manage their gastrointestinal symptoms by avoiding FODMAP foods. In this review, they outline the metabolism of FODMAPs in conventional sourdoughs.

To read the full review, go to <https://www.mdpi.com/2304-8158/7/7/96>.



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