

# 10 Questions about **Yeast** extract





## Yeast extract – a natural ingredient

When cooking, we use various ingredients such as herbs, spices and vinegar, to make our food taste better. European cuisine is famous for its savoury dishes, including bouillons, soups and stews, tasty sauces and marinated meat. Natural yeast extract is a trusted ingredient often used by food producers to give a flavourful note to these dishes. It is derived from natural yeast, which is the basic ingredient used for making bread, beer and wine.

The taste of yeast extract is actually quite similar to that of a delicious meat bouillon. However it does not contain any meat ingredients. It is therefore perfectly suited for vegetarian cuisine.

As a result of its unique taste, yeast extract is often used as an ingredient to refine savoury dishes. Its underlying savoury taste also makes us less inclined to reach for the saltshaker. It can therefore effectively contribute to a balanced and low-salt diet.

## What is **yeast** extract?

*Yeast extract is a natural ingredient that is made from the very same yeast used to make bread, beer and wine. Yeast extract has a savoury taste comparable to that of a bouillon, often making it the perfect ingredient to add taste and bring out flavours in savoury products.*



## What is the difference between fresh yeast and **yeast** extract?

*Yeast is the basic ingredient of yeast extract. Natural enzymes break down yeast proteins into taste-delivering parts known as yeast extract.*



## In which foods is **yeast** extract used?

*Yeast extract is used in the majority of savoury products available in supermarkets. Indeed, many popular sauces, bouillons, meat dishes, ready-made meals and savoury snacks are refined with yeast extract.*

## Is **yeast** extract suitable for vegetarian cooking?

*Yes. The taste of yeast extract is actually quite similar to that of a delicious meat bouillon. However it does not contain any meat ingredients and is therefore perfectly suited for vegetarian dishes.*



## How much **yeast** extract is used in our food?

*Yeast extract has a strong taste of its own, and only a small amount is needed to produce delicious results. It therefore represents less than 1% of most dishes.*



## What is the difference between **yeast** extract and glutamate?

*Many fresh products naturally contain glutamate, including tomatoes, peas and mushrooms.*

*Our body also produces glutamate, regardless of the food we consume. Indeed, it is naturally present in saliva and breast milk. It is also one of the many natural components of yeast extract, in a concentration roughly equivalent to 5%.*

*Yeast extract is often mistaken for monosodium glutamate (MSG), a flavour enhancer that is 100% glutamate salt. Unlike yeast extract, monosodium glutamate does not have a taste of its own and only serves to make existing flavours stronger.*

Is **yeast** extract an additive?

*No, yeast extract is a natural ingredient and not a single component flavour enhancing additive. Flavour enhancers such as monosodium glutamate (MSG) are ranked among additives and labelled using an E-number (E 620 – E 640) in the ingredient list of certain products.*



How is **yeast** extract labelled within the ingredient list of a product?

*According to the requirements of the European Food Law, yeast extract is labelled as either “yeast extract” or “natural flavour” within the ingredients list of a product.*



## Does **yeast** extract trigger allergies?

*No. All tests for allergenic effects by third-party nutritionists have confirmed that yeast extract is not an allergen.*



## Is **yeast** extract safe to use?

*Yes. Independent health authorities have analysed all available evidence and declared it safe.*

*Furthermore, the level of glutamate contained in yeast extract does not present any problems, as it only represents approximately 5% of the total extract. In comparison, 25 grams of parmesan (one tablespoon) contains roughly five times more glutamate than a cup of bouillon made entirely from yeast extract.*

# About us

“EURASYP” is the abbreviation for the European Association for Specialty Yeast Products. It represents companies producing and marketing specialty yeast products within the European Union.

Specialty yeast products refer to any product originating in natural food yeast, that are used for their nutrition, health and taste contributing properties. One of the main goals of the association is to disseminate information to the general public.

Members of EURASYP:



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