

AND E A N S U P E R F O O D

Lúcuma

flour | powder

Pouteria lucuma, (family Sapotaceae), is a subtropical fruit native to Peru. It contains bioactive compounds such as polyphenols, carotenoids, and peptides, along with enzymes like polyphenol oxidase and peroxidase, which influence its flavor and color during processing. Though these enzymes are largely inactivated by dehydration, lucuma retains antioxidant compounds that may support cellular redox balance. Its metabolites are absorbed and processed in the liver, potentially affecting pathways involved in lipid metabolism, oxidative stress, and inflammation.



APPLICATION SCOPE:

Dairy and fermented systems:

Yogurt bases, cultured milk alternatives, probiotic blends.

Beverage systems

Smoothies, emulsified fruit drinks, plant-based RTD beverages.

Bakery and cereal products

High-fiber biscuits, functional bread, granola formulations.

Frozen and semi-frozen products

Ice cream, sorbets, non-dairy frozen desserts.

Confectionery and fillings

Natural sweeteners in fillings, caramels, spreads, and coatings.

Nutraceutical and supplement blends

Powdered mixes, meal replacements, protein-enriched formulations.

BENEFIT:

Neuroprotective effects



Contains bioactive compounds that modulate neurotransmitter pathways and oxidative stress, potentially supporting mental health and reducing risk of neurodegenerative conditions.

Cardiometabolic regulation



Rich in polyphenols and carotenoids which influence lipid metabolism and glucose homeostasis, contributing to cardiovascular health and glycemic control.

Hematopoietic support



Rich in polyphenols and carotenoids which influence lipid metabolism and glucose homeostasis, contributing to cardiovascular health and glycemic control.

Lipid profile improvement



Demonstrated ability to reduce LDL cholesterol and triglycerides through antioxidant and anti-inflammatory mechanisms, supporting lipid homeostasis.

NUTRITIONAL INFORMATION:

Nutrition facts:	Quantity per 100g
Energy kcal	370 kcal
Total fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total carbohydrate	6 g
Dietary fiber	1 g
Total sugars	4 g
Protein	1 g

Dessert preparation:

Lucuma can support a healthy diet when the integrity of the ingredient is preserved and other components are well controlled, especially in balanced, moderate formulations (low added sugar, healthy fats, and reasonable portions). Its bioactive profile is partially retained after processing and continues to support lipid, oxidative, and hematologic metabolism.



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