CLAIMS

1. An aqueous food composition, comprising at least one β-glucan polymer and at least one mixture of stabilising agents, wherein the β-glucan polymer is present in an amount from 0.4% to 3% by weight of the composition.

2. The composition according to claim 1, wherein the β-glucan polymer is present in an amount from 0.9% to 1.5% by weight of the composition.

3. The composition according to claim 1 or 2, wherein the average molecular weight of the β-glucan polymer is from 70 kDa to 2 000 kDa.

4. The composition according to any one of claims 1 to 3, wherein the mixture of stabilising agents comprises at least a hydrocolloid.

5. The composition according to any one of claims 1 to 4, wherein the mixture of stabilising agents comprises at least a hydrocolloid selected from the group consisting of arabic gum, xanthan gum and pectin.

6. The composition according to any one of claims 1 to 5, wherein the mixture of stabilising agents is present in an amount from 0.05% to 1.5% by weight of the composition.

7. The composition according to any one of claims 1 to 6, having a dynamic viscosity comprised between 5 mPa.s and 1500 mPa.s at 25°C.

8. The composition according to any one of claims 1 to 7, having a dynamic viscosity comprised between 5 mPa.s and 150 mPa.s at 25°C.

9. The composition according to any one of claims 1 to 8, wherein the composition is a drinkable beverage.

10. A method for preparing the composition according to any one of claims 1 to 9, comprising a step of forming an aqueous solution comprising at least one β-glucan polymer and at least a mixture of stabilising agents.

11. The method according to claim 10, wherein the step of forming the aqueous solution comprises:

- a step of addition into water of a β-glucan-based compound, the mixture of stabilising agents, and optionally mineral salts, sugars, sweeteners, at a dry powder state to obtain a mixture, and
- a step of mechanically stirring said mixture, at a temperature comprised between 80°C and 100°C, to obtain said aqueous solution.

12. A beverage unit comprising an amount of composition according to any one of claims 1 to 9 such that said beverage unit comprises an amount of β-glucan compound of 3 g or more.

13. Composition as defined in any one of claims 1 to 9, for use for the prevention of a cardiovascular disease or metabolic syndrome in a subject.

14. The composition as defined in any one of claims 1 to 9, for use for maintaining a normal blood cholesterol concentration in a subject.

15. The composition as defined in any one of claims 1 to 9, for use for decreasing glycemic index of a food or a meal ingested by a subject.

CLAIMS

1. An aqueous food composition, comprising at least one β-glucan polymer and at least one mixture of stabilising agents, wherein the β-glucan polymer is present in an amount from 0.4% to 3% by weight of the composition, and wherein the average molecular weight of the β-glucan polymer is from 70 kDa to 2 000 kDa.

2. The composition according to claim 1, wherein the β-glucan polymer is present in an amount from 0.9% to 1.5% by weight of the composition.

3. The composition according to any one of claims 1 or 2, wherein the mixture of stabilising agents comprises at least a hydrocolloid.

4. The composition according to any one of claims 1 to 3, wherein the mixture of stabilising agents comprises at least a hydrocolloid selected from the group consisting of arabic gum, xanthan gum and pectin.

5. The composition according to any one of claims 1 to 4, wherein the mixture of stabilising agents is present in an amount from 0.05% to 1.5% by weight of the composition.

6. The composition according to any one of claims 1 to 5, having a dynamic viscosity comprised between 5 mPa.s and 1500 mPa.s at 25°C.

7. The composition according to any one of claims 1 to 6, having a dynamic viscosity comprised between 5 mPa.s and 150 mPa.s at 25°C.

8. The composition according to any one of claims 1 to 7, wherein the composition is a drinkable beverage.

9. A method for preparing the composition according to any one of claims 1 to 8, comprising a step of forming an aqueous solution comprising at least one β-glucan polymer and at least a mixture of stabilising agents.

10. The method according to claim 9, wherein the step of forming the aqueous solution comprises:

- a step of addition into water of a β-glucan-based compound, the mixture of stabilising agents, and optionally mineral salts, sugars, sweeteners, at a dry powder state to obtain a mixture, and
- a step of mechanically stirring said mixture, at a temperature comprised between 80°C and 100°C, to obtain said aqueous solution.

11. A beverage unit comprising an amount of composition according to any one of claims 1 to 8 such that said beverage unit comprises an amount of β-glucan compound of 3 g or more.

12. Composition as defined in any one of claims 1 to 8, for use for the prevention of a cardiovascular disease or metabolic syndrome in a subject.

13. The composition as defined in any one of claims 1 to 8, for use for maintaining a normal blood cholesterol concentration in a subject.

14. The composition as defined in any one of claims 1 to 8, for use for decreasing glycemic index of a food or a meal ingested by a subject.