

# GOOD GUAR!

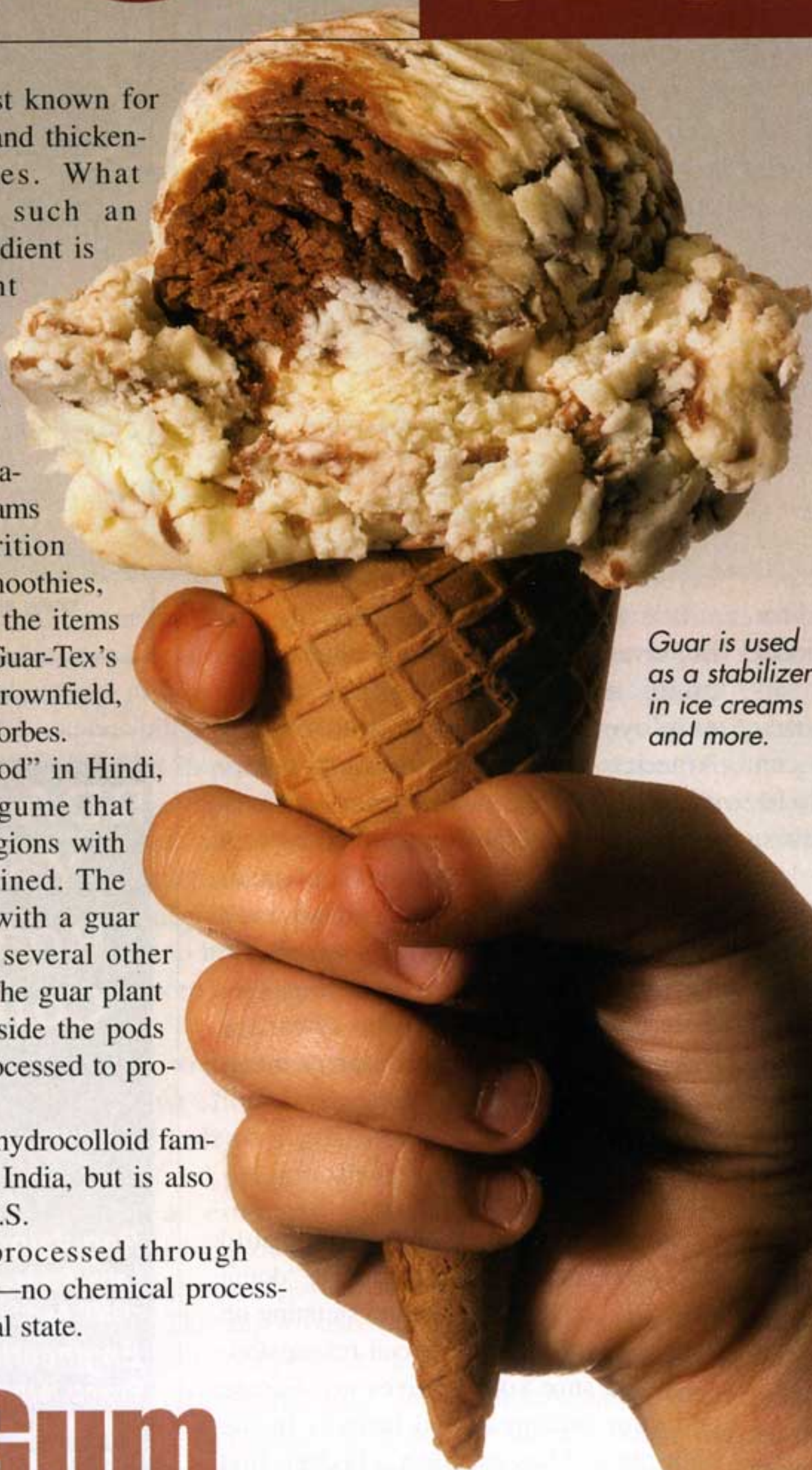
**G**uar gum is best known for its stabilizing and thickening properties. What makes guar such an attractive ingredient is that it is a natural plant substance that is relatively inexpensive for manufacturers to purchase. Also, a little bit goes a long way.

It can be found in applications ranging from ice creams and pasta sauces to nutrition bars, functional drinks/smoothies, and sports drinks to give the items more viscosity, explained Guar-Tex's (d/b/a West Texas Guar, Brownfield, TX) vice president Janna Forbes.

Guar, meaning "cow food" in Hindi, is a drought-tolerant legume that grows in hot, semiarid regions with sandy soil, Forbes explained. The guar gum process starts with a guar plant then goes through several other processes to make gum. The guar plant is covered with beans. Inside the pods are guar beans that are processed to produce gum.

Guar, a member of the hydrocolloid family, is primarily grown in India, but is also found in Sudan, and the U.S.

Food grade guar is processed through mechanical manipulation—no chemical processing—to maintain its natural state.



*Guar is used as a stabilizer in ice creams and more.*



*Photos courtesy of Guar-Tex*

*Photo courtesy of P.L. Thomas*

## Guar Gum Offers Stability in Food Products

By Brenda Porter

