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Fi Europe 2026: Meeting consumers' new snacking behaviour with BENEO ingredient solutions

Fi Europe 2026, 17th – 19th November, Frankfurt (BENEO Booth 31G70, Hall 3.1)

Consumers increasingly expect more from every snacking occasion. As snacks evolve from quick hunger fixes into purposeful "micro-meals", they must deliver on nutritional value, sensory enjoyment and emotional reward. At Fi Europe 2026, BENEO will showcase how protein and fibre enrichment, alongside sugar reduction, can help manufacturers deliver greater "value-per-bite" in familiar snack formats.

With almost 3 in 4 consumers globally wishing they had healthier options among indulgent foods and drinks[i], manufacturers have a clear opportunity to improve the nutritional value of popular snacking products. BENEO's application concepts demonstrate how ingredients such as faba bean protein, chicory root fibres and sugar replacers can help manufacturers improve the nutritional profile of their products without compromising on taste and enjoyment.

Snacks are evolving into purposeful "micro-meals"

As lifestyles become busier and eating habits more flexible, snacks are increasingly bridging the gap between traditional meals. Three in four[ii] European consumers now snack at least once a day, while many, particularly among younger generations, are replacing meals with snacks. Changing eating habits, including those associated with the use of GLP-1 medications, are also increasing the focus on nutrient density and satiety, as consumers look for more substantial options that fit their changing eating patterns.

Consumers are also seeking benefits that go beyond nutrition. Globally, two third snack for comfort at least some of the time[iii], while almost half of Europeans who are snacking more than last year say it helps them relax[iv]. Taste remains especially important for consumers seeking comfort, reinforcing the need for manufacturers to combine nutritional value with indulgent flavours and appealing textures[v].

Different generations seek different nutritional benefits

As consumers become more mindful of the role snacks play in their overall diet, what they look for nutritionally varies by generation. Consumer research indicates that Gen Z and Millennials are more likely to seek foods offering added nutritional benefits. Accordingly, around half of the 18-24-year-olds value high protein[vi]. Gen X and Boomers, however, tend to focus more on reducing ingredients such as sugar, fat and salt. More than half of consumers aged 55 and older consider low sugar content as important[vii].

Sonja Zemelka, Global Head of Market, Product and Innovation comments: “Snacks need to deliver what consumers are looking for, be it nourishment or satiety, enjoyment or a moment of reward. BENEO’s Fi Europe concepts bring this idea to life, demonstrating how manufacturers can respond to this shift and turn everyday snacking occasions into more purposeful moments. By combining BENEO ingredients, manufacturers can create snacks that deliver more “value per bite”, bringing together an improved nutritional profile, lasting satisfaction and great taste.”

BENEO’s “value-per-bite” snack concepts

High-protein soft pretzel bites

Made with faba bean protein concentrate and wheat protein, BENEO’s soft pretzel bites are high in protein and feature a slightly crispy outer layer. The concept demonstrates how manufacturers can incorporate plant-based protein into a familiar bakery format, extending beyond traditional sports nutrition products to create a more substantial snack for between meals.

No-added-sugars brownie thins

BENEO’s brownie thins showcase how an indulgent snack can support consumers’ nutritional priorities. Made with the sugar replacer Isomalt for a distinct crispy texture, alongside Orafti® Inulin chicory root fibre, the no-added-sugars concept contains naturally occurring sugars and is high in fibre.

Meatless® plant-based Taco al Pastor

BENEO will also present a Meatless® plant-based Taco al Pastor featuring Meatless® Textured High Protein Tjoena (TTHP). The TTHP-based plant-based minced meat provides 18% protein and combines a neutral taste with a unique bite and juicy texture. The taco recipe also

incorporates Orafti® β-Fit and Orafti® HSI to add dietary fibre, bringing together protein, fibre and an appealing eating experience.

Savoury coated high-protein snack

Combining faba bean protein concentrate, Orafti® Inulin chicory root fibre and rice flour, BENEO's savoury coated snack concept offers a light and crispy texture while being high in protein and fibre. The concept puts BENEO's "value-per-bite" approach into practice, demonstrating how multiple nutritional benefits can be combined to deliver a nutrient-dense option in a familiar, crunchy format.

Visitors can explore BENEO's latest ingredient solutions, experience its live cooking demonstration and sample the new concepts at Booth 31G70 in the BENEO Snacking Corner, Hall 3.1.

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For further information on BENEO and its ingredients, please visit: www.beneo.com and www.beneo.com/news or LinkedIn: www.linkedin.com/company/beneo

BENEO has long-term experience in developing and producing plant-based functional ingredients from natural sources for the food, feed and pharmaceutical industries. By supporting health and optimising taste and texture, they help improve the nutritional and technical properties of a wide variety of products.

Through a unique chain of expertise, BENEO offers customers advice and inspiration on new product ideas that support a healthy lifestyle in a holistic way. This includes the BENEO-Institute that provides decisive insights into nutrition science and legislation, and the BENEO-Technology Center that consults in application technology.

Formed in 2007, BENEO is active in over 80 countries, employs more than 1200 people and has seven state-of-the-art production sites in Belgium, Chile, Germany, Italy and the Netherlands that deliver high-quality ingredients at all times.

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[i] Health Focus International
[ii] Innova Snacking Survey 2026
[iii] FMCG Gurus 2025
[iv] Innova Snacking Survey 2026
[v] FMCG Gurus 2025
[vi] Innova Snacking Survey 2026
[vii] Innova Snacking Survey 2026