

GLP-1 in Baking

Reformulation for the GLP-1 Era — Reduce, Enrich, Satisfy

Dates	19–22 April 2027 (week 16) · optional 5th day 23 April
Times	Monday–Thursday, 08.30–17.00/17.30 CET · optional 5th day (Friday) until 16.00
Location	Bakery Academy Application Centre, Het Aanleg 18D, 9951 NN Winsum, the Netherlands
Level	Intermediate to advanced
For	R&D, NPD, application, product management, marketing and regulatory professionals
Group size	Maximum 8 participants
Included	Course, practice materials, lunch on all course days, booklet with presentations, formulations and theory, and a Bakery Academy certificate.
Before the course	Optional: bring the nutrition label and recipe of one product you would like to reformulate.

Course programme

Shaded rows are breaks. Practical sessions are shown in medium weight.

Monday 19 April

Day 1 · Product classification, reduction versus enrichment & the GLP-1 specification

08.30	Welcome and introductions	
09.00	Product classification: bread, cake, biscuits and cookies, crackers, laminated products, bars and fillings · composition and nutritional profile per category	Theory
10.00	Coffee break	
10.15	Reduction versus enrichment, technically: what sugar, fat and salt do in the matrix (bulk, structure, aw, texture) and what protein and fibre add (water binding, hardening, off-notes)	Theory
11.15	Replacement thresholds: where reduction or enrichment becomes noticeable · organoleptic limits per category and how to test them	Theory
11.45	Consumer perspective: GLP-1 needs versus ultra-processed food (UPF) concerns · nutrient density versus ingredient list, NOVA classification and clean label	Theory
12.30	Lunch	
13.30	**Practice: reference products per category (cookie, muffin, bread) · sensory threshold test (triangle test) on reduced and enriched samples**	Practice
15.30	Workshop: a technical GLP-1 product specification (energy, protein, fibre, sugars, fat, portion size, digestive tolerance) mapped against current product profiles per category	Discussion
17.00	Result discussion	Discussion

Tuesday 20 April

Day 2 · Sugar reduction

08.30	Functions of sugar: bulk, water activity, gelatinisation temperature, Maillard browning and spread	Theory
10.00	Coffee break	
10.15	Sugar replacers: allulose, polyols, oligosaccharides, polydextrose, soluble fibres and intense sweeteners · digestive tolerance	Theory
12.30	Lunch	
13.30	**Practice: muffin or cookie series with 3–4 replacers against a sugar reference · checking against the day-1 thresholds**	Practice
17.00	Result discussion	Discussion

Wednesday 21 April

Day 3 · Protein & fibre enrichment

08.30	Proteins: dairy, whey and plant proteins · hardening, water binding, Maillard, off-notes and complementarity	Theory
10.00	Coffee break	
10.15	Fibres: soluble and insoluble, beta-glucan, resistant starch, inulin · effect on dough, aw and satiety · claim thresholds	Theory
12.30	Lunch	
13.30	**Practice: protein cookie or biscuit at two levels · fibre-enriched bread**	Practice
17.00	Result discussion	Discussion

Thursday 22 April

Day 4 · Fat & salt, portions & claims

08.30	Fat reduction: functions of fat and replacement strategies	Theory
09.30	Sodium reduction strategies	Theory
10.15	Coffee break	
10.30	Portion formats · EU nutrition and health claims · Nutri-Score · "GLP-1-friendly" messaging	Theory
12.30	Lunch	
13.30	**Practice: team product "small portion, high nutrient density" · check against the GLP-1 specification and claims**	Practice
15.45	Team presentations	Discussion
16.30	Evaluation and certificates	
17.00	End of course	

Friday 23 April (optional — bookable separately)

Optional day 5 · Reformulate your own product

08.30	Analysis of participants' own products and targets	Discussion
10.00	Coffee break	
10.15	**Practice: reformulation trials with your own recipes**	Practice
12.30	Lunch	
13.30	**Practice continued · evaluation and next steps**	Practice
16.00	End	