Silkworm flour: Where sustainable food meets fashion [3 July/ Food Navigator] Italbugs plans to market a high-protein flour derived from silkworms, that is suitable for use in sports nutrition and bakery products. The silkworm material comes from mulberry silk larvae. Founder and Italbugs CEO, Marco Ceriani, said the revival of silk manufacturing in Italy represented an opportunity to develop a food ingredient that combines protein from insect sources and valorisation of industrial waste. Silkworm powder is 80 percent protein with essential and branch chain amino acids and is low in carbohydrates, fat and sugar. Mr Ceriani said Italbugs works with new techniques similar to nouvelle cuisine to maintain the nutritional value and good taste such as preparation at high pressure and low temperature, and the application of nitrogen and CO2. Italbugs collaborates with the University of Wageningen, which is currently researching insect protein. Mr Ceriani believes insects will be a common food within five years, and the 2018 legislation requiring all foods from insects to go through a pre-market approval process will provide a level playing field.