

GLUTEN-FREE CEREALS AS AN ALTERNATIVE FOR CELIAC DISEASE

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Summary

The cereal food are deep-rooted in history of Polish and the whole world culinary tradition and they are foundation of each high-value dish. A perception of food allergy arouse consumers interest and force manufacturers to acquaint with alternative food products and cater for consumer needs. Fortunately, the awareness between manufacturers is growing, what brings opportunity to vary diets people who suffer from celiac disease. Almost each of the food products has an equivalent prepared without gluten, among them bread, porridge, pastas, sweets, fast food, and even beer or stronger alcohol drinks.

The aim of this study is to characterize some gluten-free cereals and pseudo cereals such as amaranth, buckwheat, corn, millet, quinoa, teff, rice, to describe the impact of consuming products made from them on health of the body. The possibility of their use in various branches of the food industry is presented. Moreover, the paper includes speculation about oats, which is currently the subject of many studies, due to the lack of an allergic reaction after ingestion by some patients with intolerance to gluten. There are described dietary recommendations for people who need to exclude gluten from their daily diet.