

GLUTEN AND DISEASES CAUSED FROM ITS INTOLERANCE

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Summary

Significance of cereal product in human diet follows traditions and medical recommendations. The basic substitutes intended to manufacture of that kind of products are cereals which contain gluten, which is a toxic factor. More and more people reveal intolerance towards those protein fraction which is present in wheat, rye, barley, oat and the hybrid varieties. Celiac is recognized as disease of whole human body auto immunology disorder and reveals itself by presence of some antibodies in blood serum. In consequence of consumption of gluten by people suffering celiac disease their intestine became damaged what brings about disturbances in absorption of food components and cause skin changes. The intestine changes brought by prolamins present in wheat, rye, barley and oat. The only alternative for people with celiac is to partake of diet free of gluten and modern food products prepared from cereals without gluten such as buckwheat or corn.