

Food for people with celiac disease

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Food Science and Technology

Goals and objective

Main objective:

- I. Research about the food supply for people with celiac disease which is currently on the market. Does it cover the demand?

Results and discussion

Results from surveys research in different areas

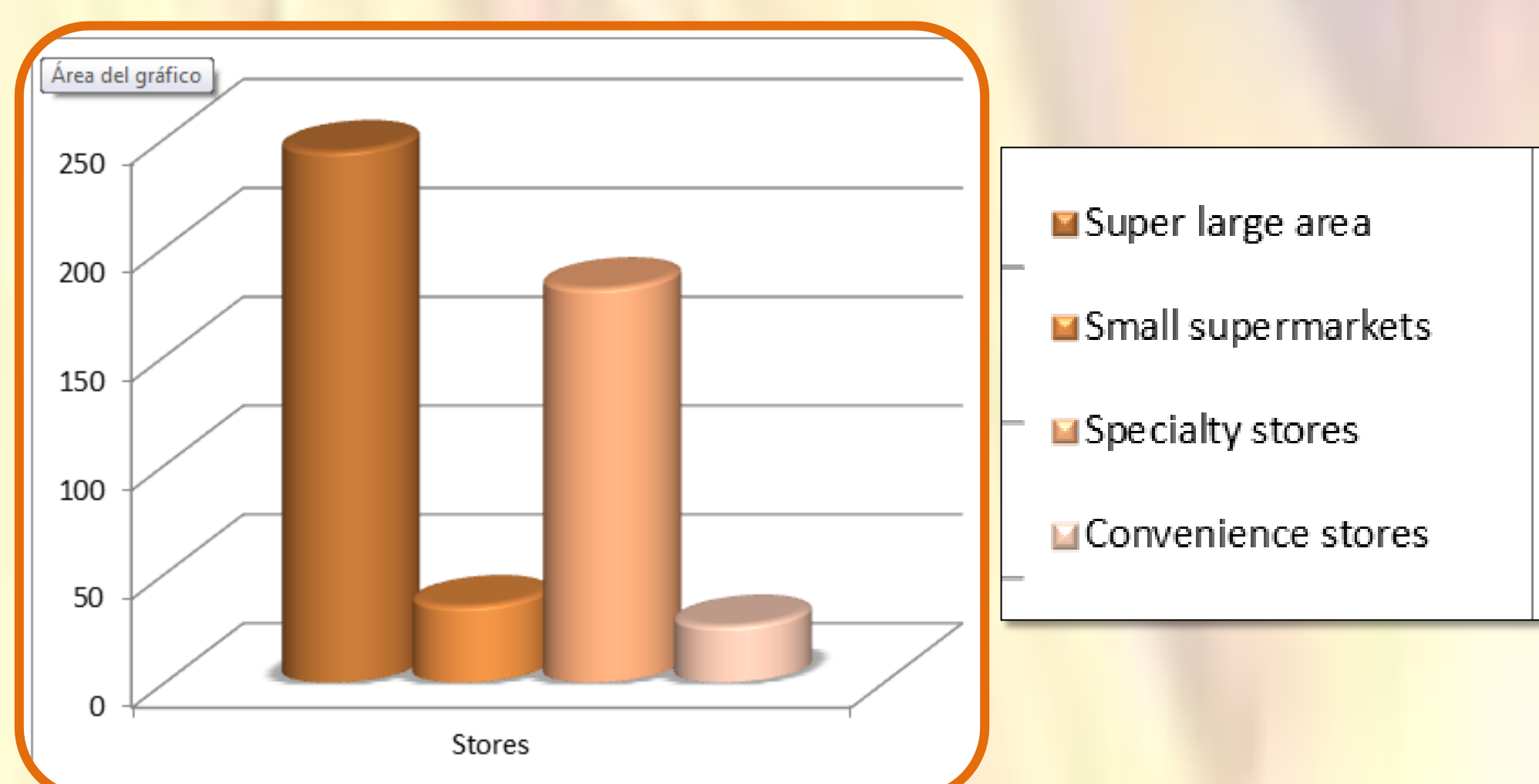
- ❖ The offer currently on the market of products suitable for coeliacs between Barcelona and Olot level of different stores is very similar.
- ❖ Regarding the offer according to the type of establishment, the offer greater products and differentiation (more visual) has been in specialty stores such as in Olot in Barcelona.

Results from surveys to people from restoration

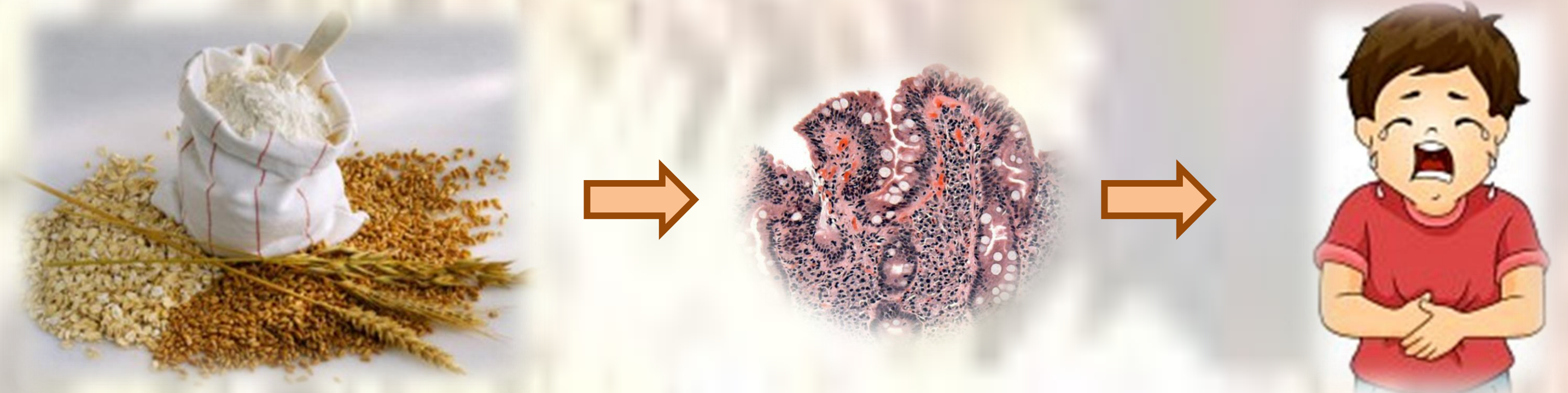
Restorations Barcelona		Restorations Olot	
	Medium price		Medium price
Viena	8€	Viena	8€
Restaurant/Caf� Sur	10€	La Trobada	12€
Telepizza	12,50€	Telepizza	12,50€
La Tagliatella	16€	La Dolce Vita	16€
Atenea	18€	La Moixina	17-25€
4 Capellans (Hotel Barcelona Cathedral)	26€	Les Cols	130€

Results from surveys to people who suffer from this disease

- ❖ A 78,6% believe that the range of products suitable for coeliacs in the current market is not sufficient.
- ❖ The vast majority of respondents (98.3%) believe that the offer in the restoration industry is very limited.



Introduction



Gluten-free diet

Today, the gluten-free diet is the only effective treatment for achieving celiac normalization and avoiding possible disease complications. The diet should be followed throughout life.

Material and methods

Experimental study has been carried out based on market research in different areas (Barcelona and Olot) and in different stores, supermarkets, large area, small supermarkets convenience stores and to complement it I elaborated the survey and developed two types: one for people celiac disease and another one for people from restoration world.

Conclusions



The demand is currently not covered, even if the offer has been increased in gluten-free products, in particularly bakery, pastry and flour.

No differences regarding supply in small towns and big cities (Barcelona and Olot).



There is inequality in prices between supermarkets and specialty stores large area, which are higher in the latter.

The opinion of affected people is that offer is still very limited in all shops and especially in the catering sector. The prices are also much higher in products without gluten.



The offer and variety of food regarding the restoration industry is quite limited, specially in lower-middle-class restoration. As better is the restaurant, they have greater range of gluten-free dishes on the menu and more specification.

There are not differences between supply restoration in Olot and Barcelona.