

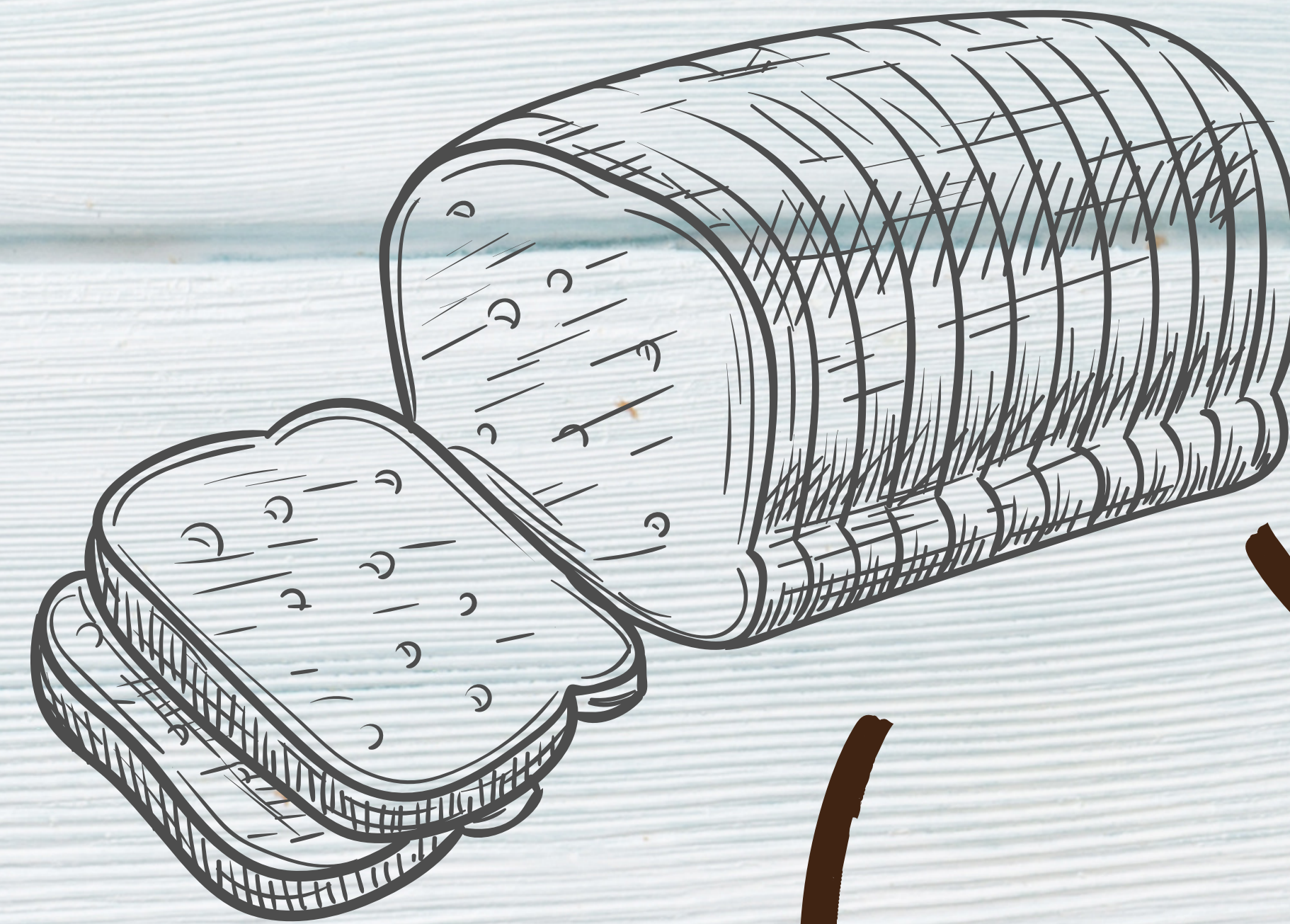
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Wednesday 23rd of June 2021

## Main objective

To study the nutritional profile of gluten-free bread (**GFB**) consumed by **coeliac people** who may follow a gluten free diet (**GFD**) by medical prescription

## GFB could increase GFD nutritional value



## Market research

Nutritional composition of:

- Industrial GFB
- Bakery GFB
- Mix GFB (flour)
- Bread

## Results

- ↑ fat
- ↓ protein
- ↓ fiber

## Coeliac consumers survey

### Main factors of purchase

- Texture and flavour
- Wide range of GF flours in bakeries

### Aspects to change in GFB formulation

- Reduction of sugar and fat content

## Nutritional composition of GFD

- Macronutrients:
  - ↓ fiber and protein
  - ↑ fat
- Micronutrients:
  - ↓ Vitamins D, B12, folic acid
  - ↓ Calcium and iron
- Food allergies/intolerances

## Improvement suggestions

- ↓ **Saturated fat:**
  - ↓ hydrogenated vegetable fats
  - + chia flour
- ↓ **Glycemic index:**
  - + fibers (HPMC, psyllium)
  - + sourdough
- OGM techniques:** GF wheat

## Conclusions

Identification of strengths and weaknesses of GFB and coeliac consumer preferences could promote I+D to **improve GFB nutritional quality**