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Annette C Bentley

American Celiac Society, USA

Development of gluten-free/milk-free products

Celiac Disease requires individuals to be on a gluten-free diet for life. The US/FDA ruling allows labeling of gluten-free if <200 ppm. Biagi's (2004) research reported in testing products that a more than 200 ppm. As little as 1 milligram of gluten a day causes damage to the intestine even with the lack of systems (Catassi, 2007).

Earlier literature research identified a medical need for foods that were both gluten-free and milk-free. A search for palatable such products was performed in both local food stores and on the internet in the USA. Searching local stores for bread products revealed such was only found in the freezers and those gluten-free were not milk-free. Only one on-line company provided bread products that were both gluten-free and milk-free. Other baked labeled gluten free products found in the freezer included pizza and pastry. Such products contained milk. Prepared meals labeled gluten-free were not necessarily milk-free, A search for substitute milk products including: cheese, ice cream, margarine, yogurt, pudding. found some of the labeled dairy free actually contained milk and many contained glutens. Shelf items such as soups, canned products, pasta, cake mixes, and other

bakery mixes labeled gluten-free and-milk free were often labeled incorrectly. Finally, a new wave of putting on labels "this product was manufactured in an environment that contains milk, wheat," is being used by many manufacturers to potentially get out of legal problems of consumer complaints.

As a result of these finding I pursued the idea of developing a gluten-free/milk-free French bread. This resulted in a product acceptable to those requiring a gluten-free/milk-free diet as well as the general population. In conclusion it is possible to produced gluten-free products that are also milk-free, package them correctly, label them correctly, and produce them in a totally safe environment. The consumer should not be the victim of thoughtless producers.

Speaker Biography

Annette C Bentley has obtained MS degree in medical education from the University of Medicine and Dentistry of New Jersey in 2003. She has also obtained a MS degree in food science from Louisiana State University in May of 2013. She founded and serves as the President of the American Celiac Society. She has been published in the Journal of General Psychology and the Who sprue (American Celiac Newsletter) the lifeline (CSAUSA newsletter) and the Eucharistic ministry. She has done many presentations at conference throughout the world.

e: abentley.lsualumni@gmail.com



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