

GLUTEN-FREE PRODUCTS

"Gluten-free" means that a product or food does not contain gluten.

Gluten is a mixture of two proteins, classified as storage proteins.

A diagram consisting of two curved arrows pointing downwards from the text 'Gluten is a mixture of two proteins...' to the words 'GLUTENIN' and 'GLIADIN'.

GLUTENIN

GLIADIN

- **These proteins are naturally present in certain grains, primarily wheat, but also in related grains like barley, rye, and triticale.**
- **When combined with water and subjected to mechanical manipulation (such as kneading dough), glutenin and gliadin proteins interact and form a network of gluten.**
- **It acts as a binding agent and gives elasticity to dough, helping it rise and maintain its shape.**

For individuals with certain **medical conditions** or dietary restrictions, consuming gluten can be harmful:

■ **Celiac Disease**

An autoimmune disorder in which the immune system reacts to gluten, damaging the lining of the small intestine.

■ **Non-Celiac Gluten Sensitivity**

People with non-celiac gluten sensitivity may experience gastrointestinal symptoms, such as bloating, abdominal pain, and diarrhea, when they consume gluten.

■ **Wheat Allergy**

In people with a wheat allergy, their immune system reacts, leading to various allergic symptoms, such as hives, itching, difficulty breathing, and in severe cases, anaphylaxis.

Common replacements

- **Gluten-Free Flours (Rice, Coconut, Quinoa, Chickpea, Buckwheat etc.)**
- **Whole Foods (unprocessed foods such as fruits, vegetables, lean meats, fish, eggs, and dairy etc.)**
- **Gluten-Free Grains and Seeds (Corn, quinoa, amaranth, millet, sorghum, teff etc.)**
- **Gluten-Free Thickeners and Binders (cornstarch, arrowroot starch, tapioca starch, potato starch etc.)**
- **Gluten-Free Condiments and Sauces**

NOTE: Consult with a healthcare professional or a registered dietitian for personalized advice and guidance on following a gluten-free diet.

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