

GLUTEN-FREE PRODUCTS?

THINGS TO NOTE!



WHAT IS GLUTEN

AND WHY DO GLUTEN-FREE PRODUCTS EXIST?

What is gluten?

Gluten is a natural part of many cereals. As cereal protein, gluten contributes a better processing and baking ability of bread and other pastries and gives them a loose crumb.

But gluten is not only found in the types of grain mentioned on the back page of this brochure, but also in many foods, which main component is no grain at all. Gluten (glue protein) is also often used as an auxiliary in production!

Why do gluten-free products exist?

Gluten-free products are part of a special diet for coeliac disease sufferers, people who are suffering from gluten intolerance and for those people who have chosen a gluten-free diet.

Baked goods are eaten as a staple food by large sections of the population several times a day. For this reason, it is important to offer an alternative to baked goods containing gluten to those people who suffer from coeliac disease or gluten intolerance or have chosen a gluten-free diet.

What you can expect from Dreidoppel

Guaranteed gluten-free – our gluten-free products!

1. We use gluten-free raw materials.

2. Due to our technical production conditions we avoid cross-contaminations with gluten.

3. We control our gluten-free products as part of our monitoring program.

Gluten
FREE

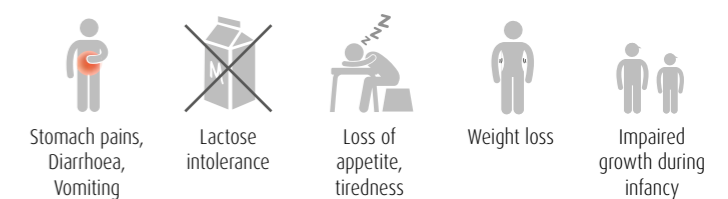


Ask for our Product Guide Fine Pastry & Cream so see which of our products are gluten-free.

Coeliac disease – the facts

Coeliac disease is a chronic illness of the small intestine which is based on an intolerance towards gluten. Should those people affected by coeliac disease consume foodstuffs containing gluten, the tissue of the small intestine is damaged, the digestion destroyed and various symptoms appear which can have a negative effect on well-being.

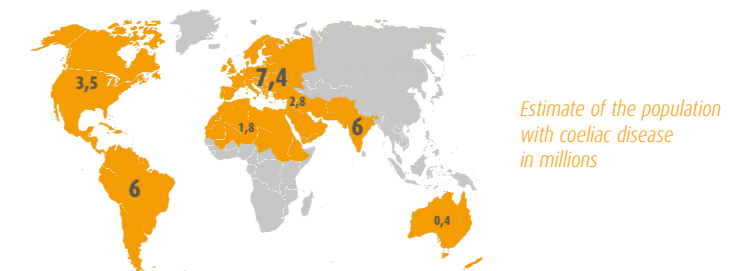
Consequences



Prevalence

In these areas of the world approx. every 100th-200th person suffers from coeliac disease. The illness can appear at every age and exists a whole life long.

Ascertained based on scientific studies and current population figures.



TREATMENT

Lifelong abstinence from foodstuffs containing gluten

In this way, the intestinal tissue regenerates and the symptoms disappear

„Gluten-free“ means less than 20 ppm gluten (< 20 mg per 1 kg) in the final product (EU limit).

GLUTENFREE

Further processing – 5 most important points

1. Contact to raw materials containing gluten in the bakery has to be avoided. Separate production areas for gluten-free products and conventional baked goods are therefore recommended.
2. If this spatial separation is not possible, the gluten-free production should be separated at least in time. Before the start of production, work surfaces and equipment have to be subjected to a very thorough cleaning process. Thus, the production of gluten-free goods should always take place before raw materials containing gluten are processed.



3. When processing mixes, the addition of ingredients such as oil, salt, yeast and water, etc. is necessary. These raw materials should be stored and used separately from the production of baked goods containing gluten (avoidance of a contamination with gluten).
4. A separate oven for gluten-free baked goods is definitely necessary, as small residues of flour can also contain a considerable amount of gluten.



5. The avoidance of a contamination with gluten has to be guaranteed after the production of gluten-free baked goods as well. This also includes cooling, packaging, storing and selling.



GENERAL OVERVIEW

„Gluten-free“ means less than 20 mg gluten per 1 kg in the end product (<20 ppm), according to Regulation (EU) No 828/2014.

Raw materials containing gluten



Wheat*



Rye



Barley



Triticale



Oats**

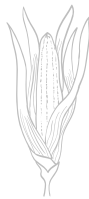
* And grain types similar to wheat such as spelt, unripe spelt (spelt harvested when unripe), einkorn, kamut (Khorasan wheat), emmer, durum wheat and bulgur.

** Due to the traditional value creation process (cultivation, harvest, storage and processing), oats can already have traces of gluten as a result of types of grain containing gluten such as wheat, rye and barley. Due to these traces, the maximum permitted content of gluten of 20 mg/kg is exceeded and, in this way, oats belong to the cereals which contain gluten, according to Regulation (EU) 1169/2011.

Gluten-free raw materials



Rice



Maize



Millet



Amaranth



Quinoa



Buckwheat

Gluten-free wheat starch

Wheat starch produced in a traditional way can contain very small amounts of wheat proteins, such as gluten for example, and is therefore not suitable for the manufacture of gluten-free products.

Gluten-free wheat starch is formed when protein residues are carefully cleaned from wheat starch in several stages which involve a great deal of time and effort. This gluten-free wheat starch is not only suitable for a gluten-free diet, but also, as an ingredient in gluten-free products, clearly improves the consistency of the doughs and baked goods.



Beans



Peas



Manioc



Potatoes

Different types of starch can equally form the basis for gluten-free baked goods.