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Assessing gluten content in gluten-free products, manufactured and marketed in Lebanon

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Objective: To assess gluten contamination in "Labeled" Gluten-free products manufactured and marketed in Lebanon.

Methods: We used ELISA method (Ridascreen gliadin kit) to measure the concentration of gluten in labeled gluten free products. A total of 68 labeled gluten free products were collected from different grocery shops in the Lebanese market.

Results: Out of the 68 tested products 5 products contained gluten above the required level by the regulations (>20ppm) i.e. 7.35%. Four out of the contaminated products are manufactured by home industry and only one product is imported.

Discussion: More strict regulations should force the Lebanese manufacturers to do accurate laboratory tests on all their labeled gluten free products, prior to releasing them to the market. Also dietitians in Lebanon should educate celiac disease patients on how to choose safe foods in order to decrease the likelihoods of choosing contaminated products from the market. Moreover more studies are needed in Lebanon in order to investigate gluten contamination of inherently gluten free products that are mainly used as raw materials in the food industries, as well as sources of the gluten contamination and how to avoid this contamination during harvesting, transporting and processing of the gluten free crops.

Biography

Sara Nasseredine has completed her Bachelor degree of science at Lebanese American University in the major of Nutrition and Dietetics Coordinated Program. Currently, she applied for Master's degree in Food Technology at American University of Beirut, and will be enrolled in this program by fall 2016

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