

WHICH INGREDIENTS AND PRODUCTS ARE GLUTEN-FREE?

People with coeliac disease need 100% gluten-free ingredients - with no exceptions. In principle, there is a distinction between naturally gluten-free products and processed products made from gluten-free ingredients. In processed products, ingredients containing gluten are replaced by gluten-free ones. For a better understanding, products are divided into three groups as follows:

HARMLESS

Unprocessed gluten-free natural products, such as fruit, vegetables or meat, are safe. All gluten-free speciality products are safe as well - these includes the entire Schär Foodservice range.

RISKY

Foods that are not immediately recognisable as containing gluten, i.e. usually processed products, can be risky. These include, for example, ready meals, sausages, sauces and sweets. At the same time, products are also considered risky when they get contaminated with gluten during production or further processing in the catering industry.

FORBIDDEN

Clearly forbidden are all ready-made products to which gluten-containing cereals or other gluten-containing ingredients are added, as well as all those natural products containing gluten, e.g. made from wheat, barley, rye and spelt. *

Despite some foods are forbidden, in a gluten-free kitchen you do not have to give up taste. However, in order for gluten-free dishes to taste just as enjoyable as the gluten-containing versions, the structural and taste benefits of gluten must be replaced by gluten-free ingredients with similar properties. One example of these speciality products for professional kitchens are the gluten-free flour mixes from Schär Foodservice. Professional chefs can use them to make at one go perfect pasta, pizzas or baked goods for their customers and present dishes, which in their gluten-free version would hardly be possible otherwise. There are still other risk factors when choosing gluten-free ingredients. **Products that are supposed to be gluten-free can come into contact with gluten-containing ingredients during cultivation or production.** Think of corn flakes, for example! These are made from corn, which is known to be gluten-free. However, the corn used may already be contaminated by gluten-containing cereals in the field. Therefore, always look for the „gluten-free“ label or the corresponding symbol.

In order to provide your guests with a wide variety, Schär Foodservice offers a broad range of basic products (e.g. rice flour), versatile intermediate products (e.g. pasta) and practical ready meals (e.g. lasagne) - a perfect offer throughout the day. The website of Schär Foodservice and the coeliac societies inform you in detail whether a certain product may contain gluten or not.

References:

*<https://www.dgg-online.de/uebersicht-gur-auswahl-glutenfreier-lebensmittel.963.0.html>

Verified by: Prof. Dr. Martin Storr, gastroenterologist



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