

STABILIZERS IN TECHNOLOGY OF GLUTEN-FREE PRODUCTS

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Abstract: In the technology of gluten-free dietary products, food additives are used in order to increase the viscosity of semi-finished products, stabilize and modify the structural and mechanical properties of semi-finished products and finished products.

The most common additives are guar and xanthan gum, modified cellulose, and various types of modified starch. According to research data, the required amount of such additives can be from 0.1...0.2% to 1.5% by weight of bulk components. At the same time, scientists substantiate different optimal dosages, which may be due to both the ratio of the components in the product formulation and the properties of hydrocolloids-additives. According to our research, different food additives can exhibit different properties, depending also on the methods we added them, the parameters of preparation of semi-finished products. The results of the study also indicate the effectiveness of mixing different food additives hydrocolloids in one formulation, which helps to increase the viscosity, improve the structural and mechanical properties due to synergistic interaction.

At the same time, there are no studies or recommendations in the direction of reducing the content of the total amount of food additives in gluten-free diet products, or researching their effect on the health of people with celiac disease. Thus, the assessment of the total content of food additives in the diet of celiac patients should be taken into account at the stage of developing gluten-free products.

Key words: celiac disease, gluten free diet foods, guar gum, xanthan gum, food additives.