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(57) Abstract :

Celiac disease is becoming an increasingly recognized autoimmune enteropathy caused by a permanent intolerance to gluten. Once thought to be a rare disease of childhood characterized by diarrhoea, celiac disease is actually a multisystemic disorder that occurs as a result of an immune response to ingested gluten in genetically predisposed individuals. A strict gluten-free diet is the only treatment for celiac disease till date. Early diagnosis and treatment, together with regular follow-up visits with a dietitian, are necessary to ensure nutritional adequacy and to prevent malnutrition while adhering to the gluten-free diet for life. When developing gluten-free products, they must have high nutritional value, since removing the gluten-free ingredient from the products leads to loss of nutrients.

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