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Starch and starch derivatives in gluten-free systems – a review

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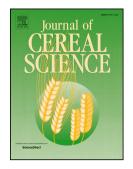
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Starch and starch derivatives in gluten-free systems – a review

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- 14 Abbreviations: ACWS, air classification wheel speeds; ADA, acetylated distarch adipate; CMC,
- 15 carboxymethylcellulose; DATEM, diacetyltartaric acid esters of monoglycerides; DE, dextrose equivalent; eGI,
- expected Glycemic Index; GF, Gluten-free; GFRB, gluten-free rice bread; HACS, high amylose corn starch; HDP,
- hydroxypropyl distarch phosphate; RDS, rapidly digestible starch; RS, resistant starch; RS1, resistant starch type 1;
- 18 RS2, resistant starch type 2; RS3, resistant starch type 3; RS4, resistant starch type 4; RVA, Rapid Visco Analyser;
- SDF, soluble dietary fiber; IDF, insoluble dietary fiber; SDS, slowly digestible starch; TDF, total dietary fiber.

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ABSTRACT

A growing demand for gluten-free products is caused by an increasing number of diagnosed celiacs, but also by a trend to eliminate any potentially allergenic proteins in a diet. The removal of gluten from food products traditionally based on wheat, has a significant impact on their structure and texture. It is not an easy task to adjust a recipe for gluten-free products, which would give a product with sensory attributes, nutritional value and consumer acceptance comparable to traditional food. The main raw materials involved in such formulations are starches and flours of various botanical origin in which starch is the main component. Their properties could be additionally modified by appropriate structure- and texture-forming ingredients or additives, including various hydrocolloids, processing aids and stabilizers, as well as nutrients. The role of starch in such systems is always important, as its proper choice and

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