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Past, present and future; the strength of plant-based dairy substitutes based on gluten-free raw materials

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Abstract

Plant-based foods are gaining popularity and the market is developing fast. This trend is based on several factors, like the change of lifestyle, interest in alternative diets, and the increasing awareness about sustainable production of food and especially proteins. Plant-based dairy substitutes can serve as an option to traditional food products, meeting many of these interests. However, the market is in its infancy and needs to progress. Trends show, that the market will change from being focused on mainly soya, almond and rice-based products, due to their unsustainable farming, and nutritional concerns, like genetic modification and low protein content. The market is likely to shift towards alternative plants to meet consumers' needs and desire for healthy, flavourful and intriguing products. In this regard, the aspect of allergy-free, like gluten-free products gain in importance. Research studies are approaching the nutritional quality of plant-based dairy substitutes, such as improving the protein quality and glycaemic properties. Furthermore, the application of these products or plant proteins as functional ingredients or substitutes for cow's milk in dairy products like cheese and yoghurt are disseminated. However, there is still a need for much more diversified studies in order to overcome stability, textural, nutritional and sensory problems.

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