

Gluten and lactose-free ingredient substitute found for low-fat white sauces

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Consumers are increasingly demanding the development of ready-to-eat gluten and lactose-free food products that meet their needs and help improve their health. A recent study in *Journal of Food Science*, published by the Institute of Food Technologists (IFT), shows how new white sauce formulations are being created to meet these demands.

Consumers with celiac disease often find that gluten-free products are of inferior quality compared with their traditional, non-gluten-free counterparts. Traditional white sauce is made with milk, flour or starch, oil, and salt. The study looks at how the use of vegetable protein source and gluten-free starches can make a type of sauce suitable for vegetarian, lactose intolerant and consumers with [celiac disease](#).

The researcher replaced milk with [soy protein](#) which improves the structure of the sauce as well as makes it consumable for lactose-intolerant consumers, and at the same time, lowers the risk of cardiovascular disease and [breast cancer](#). Traditional flour was replaced with gluten-free waxy starches such as corn and rice that each improves the structure of the sauce with minimal effects on color and taste. Inulin, a well-known functional ingredient that is known for reducing the risk of gastrointestinal and cardiovascular diseases, was used to replace the oil.

The results have shown that these sauces have a high degree of stability under refrigeration storage and good consumer acceptability.

Provided by Institute of Food Science & Technology

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