

**Title:** CONTRIBUTIONS REGARDING NUTRITIONAL ERADICATION OF GLUTEN CONSUMPTION DISEASES (2021-2023)

**Project number:** nr. 21.00208.5107.06 / PD

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**Institution:** Technical University of Moldova

**Category:** H

**Description (Purpose):** Cereals and cereal products represent the basic element in ensuring food security of the population. Most cereal-based foods contain gluten, the consumption of which has increased considerably due to its properties for improving the organoleptic indices of the products.

As a result, today we are facing a rising epidemic of gluten-related disorders: celiac disease, herpetiform dermatitis and gluten ataxia, gluten allergy and gluten sensitivity. Nutritional therapy is the only treatment for celiac disease unanimously accepted by the medical community and consists of a rigorous gluten-free diet followed for life. GFDs (Gluten Free Diet) are significantly lower in protein, magnesium, potassium, vitamin E, folic acid and sodium, with suggestive trends towards calcium and increased fat intake. Adherence to GFD is a hard path, associated with major changes in daily routine, activities and eating habits, often stressful and difficult to accept.

The project tends to solve a major problem, especially for the Republic of Moldova, namely: Ensuring the nutritional security of people with disorders related to gluten consumption by:

- Identifying optimal formulas and designing gluten-free cereal-based products (bakery, pastry, and pasta products - the main challenge in a GFD); reasoned and scientific supplementation / fortification of products designed with equivalent sources of essential nutrients to supplement nutritional deficiencies, characteristic for gluten free diets.
- Nutritional education on the gluten-free diet, especially regarding the fashionistas' motivations to exclude gluten from the diet. The specific results for ensuring the nutritional safety of people with gluten-related disorders obtained during the project will be based on solid scientific knowledge and evidence in various fields such as: nutrition, medicine, statistics, food sciences, nutritional genomics, microbiology, computer



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*science, social sciences, humanities etc. The project is part of the action plan for the prevention and control of non-communicable diseases in the European region of WHO 2016-2025. It is also reflected in the 2030 Agenda for Sustainable Development.*

***State of development: ongoing***

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