

What is Gluten?

November 12, 2024 • vajiramandravi.com



About Gluten:

- It is a **protein found** in the wheat plant and some other grains.
- Many cereal grains — but in particular **barley, wheat, and rye** — contain specific proteins that, when mixed with water and kneaded, create an elastic mass.
- Two important types of these proteins are **gliadins and glutenins**. At the microscopic level, gluten is an elastic mesh of the protein molecules.
- It is **naturally occurring, but it can be extracted**, concentrated and added to food and other products to add protein, texture and flavor.
- It also works as a binding agent to hold processed foods together and give them shape.
- It allows the dough to rise and gives it its chewy character.
- The ability of gliadins and glutenins to create gluten makes them prized ingredients in the food industry.
- **Issues of Gluten**
 - An **enzyme called protease** helps digest proteins but it cannot break down gluten. When such gluten reaches the small intestine, the body can develop gastrointestinal problems.
 - **Coeliac disease:** It's characterised by a severe allergic reaction in the small intestine, prompting the immune system to produce a large number of antibodies that attack the body's own proteins. The

disease is present in around 2% of the general population.

Q1: What is protein?

It is the workhorse in biological systems facilitating most of biological processes in a cell, including gene expression, cell growth, proliferation, nutrient uptake, intercellular communication and apoptosis.

News: **Gluten:** animator of the dough

Source: <https://vajiramandravi.com/current-affairs/gluten/>

© Vajiram & Ravi. For personal use only.