

41st NNDC ABSTRACT EXAMPLE

NOTE: Sample used in 40NNDC (year 2018). Please use this as an example for content only.

Title: Comparison of Nutrient Composition of Gluten-Containing and Gluten-Free Sliced Breads and Spaghetti Noodles

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Abstract:

Objective: Compare the nutrient composition of gluten-containing and gluten-free foods. **Methods:** We identified the brands of gluten-free sliced breads (n = 16) and spaghetti noodles (n=6) available at several major grocery store chains and collected nutrition facts panel and ingredient statement information for these products. This information was entered in a spreadsheet, and analyzed for the purpose of examining variability of nutrient composition across brands and in relation to gluten-containing products. **Results:** The macronutrient content of gluten-free and gluten-containing sliced bread and spaghetti noodle products was comparable. Micronutrient differences were evident, however. Most notably, the folate, thiamin, and riboflavin content of gluten-free breads and pastas varied across brands. From the ingredient statement information it was clear that some of the gluten-free products were fortified with b-vitamins and iron whereas others were not, thus potentially explaining the variation seen across brands. There was a notable difference between the gluten-free and gluten-containing products possibly because folic acid fortification is not mandatory in the US for the types flours used in making gluten-free breads and pastas. Most gluten-free products in our sample were made with non-enriched flours that are not fortified with folate and other b-vitamins. Rice flour was the most commonly used substitute for wheat flour. Other substitutes included corn flour, brown rice flour, potato flour, quinoa flour, flax seed, and corn meal. **Significance:** These findings suggest that database developers may want to include specific brands of gluten-free breads and pastas in their food and nutrient database.

Key words: Gluten, gluten-free, fortification

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