

Compositionally, oats are gluten free

oats are gluten free but poor labeling by product manufacturers are confusing consumers

CAMBRIDGE, UNITED KINGDOM, December 29, 2015 /EINPresswire.com/ -- Yes [oats](#) are gluten free

"Compositionally oats are free of gluten" claims Chris Green of Oat Innovations. Speaking at a recent Oats 2020 conference held in Birmingham, England he said that consumers are being misled by the precautionary labelling of food manufacturers".

"Being free from gluten means that oats are safe to use for the vast majority of those suffering from coeliac disease albeit some consumers have a sensitivity to the protein fraction avenin contained in oats.

The problem arises he said where oat based products are at risk of being contaminated by gluten containing cereals such as wheat, barley or rye. Food manufacturers adopt a precautionary approach rather than a technical one he claims. Chris calls upon companies to review their approach and to consider treating gluten in the same manner as they adopt for the labelling of nut contamination. "Inferring that oats contain gluten is tantamount to a deformation" he added.

With an increasingly sedentary lifestyle Chris says that oats should form the basis of a daily diet indeed "Oats could be regarded as a food for all" and this is his mission in forming Oat Innovations to bring forward new oat based products and to investigate their role in humanitarian food aid programmes.

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