

**THE ISTITUTO NUTRIZIONALE CARAPELLI FONDAZIONE ONLUS
COLLABORATES WITH THE ASSOCIAZIONE ITALIANA CELIACHIA (AIC)
TO PROVIDE CORRECT INFORMATION
ABOUT THE WORLD OF OILS AND FATS**

The Istituto Nutrizionale Carapelli, which in 2004 became an ONLUS Foundation (Socially Useful Non-profit Organisation) recognised on a national level, has always had research into extra virgin olive oil as its main focus. It carries out scientific research and makes the results available to the end user, following through numerous initiatives aimed at the spreading of a wider nutrition culture for a more correct diet.

The Istituto Nutrizionale Carapelli Fondazione Onlus has come together with the **Associazione Italiana Celiachia (AIC)**– set up in 1979 to promote assistance for celiacs and their families, to improve information to the medical class and stimulate genetic, immunological and clinical scientific research – and has accepted the invitation to collaborate on research work into foods suitable for celiacs and to participate in scientific initiatives for popularisation useful to communities represented by the AIC.

An initial important contribution has been provided by Prof. Enzo Fedeli, international expert in the Technology of Oils, Fats and Derivates and President of the Istituto Nutrizionale Carapelli Fondazione Onlus Scientific Committee, who has written an article providing all the information necessary relative to the possibility of celiacs using oils and fats.

PRESENCE OF GLUTEN IN OILS AND FATS

The different kinds of cereals are always and invariably chemically made up of:

1. Water
2. Carbohydrates
3. Proteins
4. Oils or fats
5. Minerals
6. Vitamins

The proportions of the components vary depending on the kind of the cereal and the part of the cereal in question.

At no level do oils or fats dissolve neither the water, the carbohydrates, the proteins or the minerals, whereas they manage to dissolve some vitamins such as vitamin A and tocopherol (vitamin E).

So when a cereal or part of a cereal is pressed, the water, carbohydrates, proteins and minerals remain in the solid part.

In the oil part there is none of the above mentioned substances, in any concentration whatsoever.

This is particularly the case when solvents are used to extract the fat part.

For this reason the gluten in the proteins cannot be present in any concentration, however minimum, in commercial oils used for human consumption.

The raw oils resulting from the extraction processes are then further processed by filtering and refining whereby repeated procedures remove any minimum trace of components that do not belong to the oil or its vitamins.

In conclusion, no oil contains gluten or any trace thereof.

Prof. Dott. Enzo Fedeli
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