

ABSTRACT

In the Czech Republic, 50 000 people are diagnosed with Celiac disease and the only known treatment for it is a gluten-free diet. For such patients, gluten consumption can provoke inflammation of a small bowel that can result in heavy consequences. Gluten is a protein contained in wheat, rye, barley, and oats and plays an important role in food production, because of its properties. Bakery and other gluten-free products are produced from other types of cereals. They also require a special technological process, separate spaces, and have a much smaller target group of consumers, which can increase their price at the end. People following a gluten-free diet have to be very careful while eating in restaurants and canteens because even a small amount of gluten can harm their health. Health insurance companies in the Czech Republic contribute various amounts to the GFD, however, mostly only for children.

The goal of the research was to find out whether and for how much gluten-free food is more expensive than the ordinary one; and how the availability of gluten-free products and meals is assessed by people who have to eliminate gluten due to health reasons. To achieve the goal, quantitative research with a questionnaire survey was used. The questionnaire with 17 questions was filled in by a hundred respondents, registered in the Facebook groups, devoted to a gluten-free diet. The questionnaire also included a one-day menu, where the costs of gluten-free products were calculated and then compared to a gluten-containing option.

According to the results of the survey, non-gluten nutrition is 20 CZK per day more expensive. The vast majority of respondents are satisfied with the availability of gluten-free products in the store; on the contrary, the availability in restaurants and canteens was assessed as insufficient. A better system of financing a gluten-free diet would probably have a positive effect on patient compliance, thus reducing the incidence of complications and the cost of their treatment.

Keywords: Celiac disease, gluten-free diet, gluten, products availability, gluten-free products, availability of gluten-free products, gluten-free meals