

**Mass spectrometry** is used to identify the many proteins present in wheat endosperm by isolating the endosperm, extracting the proteins, processing them in a two-dimensional gel, and “visualizing” them with a blue stain. Scientists then scan the gels to get a digital image and use the image to compare samples and determine the amino acid sequence of the protein.

The enzyme-linked immunosorbant assay (**ELISA**) takes advantage of the ability of antibodies to recognize and bind to specific proteins. It is more rapid and less expensive than mass spectrometry.

Finally, a technique known as **polymerase chain reaction (PCR)** can be used to amplify a specific segment of DNA to levels high enough to detect by assay.

**Table 2-2**  
**Benefits and Drawbacks of Principal Methods of Gluten Detection**

Technique	Pros	Cons

Source: U.S. Department of Agriculture, Agricultural Research Service

### ***GF Diners “Thrilled” by Safe Menu Options***

She also said that restaurants are both developing more gluten-free options and simply indicating on their menus the items that are safe to eat. “Gluten-free consumers would be thrilled with either option as long as they are educated and confident in preparation procedures.

“Gluten-free menus are great because it shows the consumer that the restaurant values their patronage, hopefully has checked ingredients, and staff has procedures in place to serve safely. Plus customers will ask fewer questions because most of the investigating has been done for them.”

### ***GF Is No Menu Fad***

In the past restaurants have identified low-carb options on their menus — which now seems faddish — and pointed out heart-healthy fare — which has proven to be an enduring practice. But Moreland said that if restaurants do consider GF a fad, “I believe it’s because they are misinformed.”

### ***Gluten-free Showcase Pavilion Debuts at Restaurant Show***

NFCA and GREAT hosted the first-ever Gluten-free Showcase Pavilion at the 2010 National Restaurant Association show. According to a press statement, the Gluten-Free Showcase Pavilion was installed for the purposes of:

- Offering a business case for restaurants and food service to invest in a gluten-free consumer base;
- Demonstrating the entire gamut of gluten-free menu items;
- Presenting solutions that directly address the varying needs of kitchens, food service and developing gluten-free initiatives.

The Pavilion reportedly provided comprehensive gluten-free initiative assistance including menu investigation, ingredient and prepared food sourcing, safety and testing, staff training, taste testing, distribution and packaging.