**International Collaborative Project: What is the nutritional quality of the increasingly popular flatbreads?**

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SUMMARY

During the past ten years, traditional food options have been subjected to an increasing change in consumers’ eating behaviour. One of the products that are experiencing this change are flatbreads. Because they can be made from grains other than wheat, have simpler cooking methods, are convenient to carry, and can be filled with other foods providing a complete meal, flatbreads have effectively transitioned from the rural to the contemporary Civilization. In fact, consumers are becoming more and more drawn to flatbreads, which is leading them to experience new eating ways. In this collaborative project, flatbread markets of seven Mediterranean countries (France, Spain, Italy, Croatia, Greece, Malta, and Lebanon) were analyzed to evaluate their ingredients list and nutritional labels. Data collection took place between December 2021 and March 2022. Nutritional information was gathered from the labels of flatbreads mainly sold at the major stores in the examined countries. No toppings or coatings were taken into account when the samples were selected. Flatbreads were found in single-layer and double-layer types, as well as standard and gluten-free versions. Both gluten containing flatbreads were primarily made with wheat flour, with sunflower and olive oil employed as the predominant fat sources. However, rapeseed oil was the chosen fat in the French market, whereas lard was used in Italian *piadina*. In Lebanon, things were different, in fact, the ingredient lists did not include any fat. One-layer flatbreads, such *tortillas* and wraps, dominated the Spanish market, although *pita* was more prevalent in Greece. Many of the flatbreads sold in Croatia were not fermented. The final energy value was significantly (*p* < 0.05) impacted by the country of manufacture. In fact, the most energy dense flatbreads came from Italy, Croatia, and Spain, while Lebanese, Greek, and French products were placed on the other side. Gluten-free flatbreads had more ingredients listed on the labels than the gluten-containing versions. In the latter case, the most popular recipe involved blending flours and starches. In addition to being added for technical purposes, hydrocolloids, emulsifiers, and fibres also improved nutritional quality. Contrarily, it was found that gluten-free flatbreads contained less protein and fibre than their gluten-containing counterparts. Additionally, their calorie content, carbohydrate and salt content resulted to be lower.

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