



Gluten Free

pasta

Enjoy the taste!



HELIOS PASTA INDUSTRY

Synonymous with Quality since 1932

For **nearly 92 years**, the **HELIOS Pasta Industry's** name has been associated with high quality and innovation in the production and distribution of pasta products.

With people as its main focus, it invests in cutting-edge technology and develops new products that fit into the modern lifestyle. Reinforced by its highly trained personnel, HELIOS is now one of the top pasta industries in Europe.

The company strives to achieve responsible, long-term and sustainable development. As part of its **Corporate Social Responsibility** actions, it regularly contributes to society through a number of actions related to **sports, culture, education, the environment** and providing **relief to segments of society in need**. It listens and responds to the **special and individualized nutritional needs of people** in the 21st century and was inspired to create **a series of gluten-free products** for those suffering from celiac disease or who wish to follow **a gluten-free diet**.

“At the HELIOS Pasta Industry, we know how to and can create special pasta for each and every individual”.

What is gluten?

Gluten is a complex protein found in various grains, including wheat, barley and rye. It is composed of glutenin and gliadin proteins and is found in the endosperm of the seed.

Gluten must not be consumed by people suffering from celiac disease or who are gluten-intolerant.

Celiac?

That's a strange word.

Celiac disease, or gluten-sensitive enteropathy, is an autoimmune disease of the small intestine which occurs in genetically predisposed people of all ages.

The body produces anti-gliadin antibodies which destroy the intestinal mucosa (villi), and interfere with the normal absorption of nutrients, vitamins and minerals, resulting in poor nutrition.

The disease manifests in infants or young children as weight loss or failure to thrive, anorexia, iron-deficiency anemia, diarrhea, fatigue and others. In adults with symptoms of dyspepsia, it may present with chronic iron-deficiency anemia, osteoporosis, mood disorders and others.

Most patients with celiac disease are asymptomatic or have very mild symptoms, so that they remain undiagnosed for many years. So far, no method to prevent the disease has been found, and the only treatment is to follow a gluten-free diet.



Enjoy life without deprivation!

Gluten is found in a vast range of basic foods, such as bread and pasta, so that those who exclude gluten from their diet have far fewer options of foods to eat. As a result, those on a gluten-free plan often feel deprived of basic dishes in their daily diet.

Not anymore! The HELIOS Pasta Industry offers everyone the opportunity to enjoy their favorite, delicious **HELIOS pasta products** available in a **wide variety** of the most amazing flavor combinations.

Because life is good, and we make it even more delicious!

It is important to identify gluten-free products by the special label on the package, as gluten is often present even in products not based on grains.

Why should I choose HELIOS Gluten Free products?

HELIOS Gluten Free products are the ideal choice for those suffering from celiac disease or those who are allergic to wheat and its derivatives. They **taste delicious** and can be used in all pasta-based recipes (casseroles or baked dishes).

If you are simply interested in following a **balanced, light diet**, HELIOS Gluten Free pasta products, like all pasta, have a high carbohydrate content and are low in fat.



HELIOS Gluten Free pasta is produced in a plant that handles exclusively gluten free products.

HELIOS Gluten Free pasta products are authorized to use the Crossed Grain symbol of the Coeliac UK organization in the United Kingdom.





HELIOS

Gluten Free pasta

...by nature!

HELIOS Gluten Free pasta products are made from selected, **non-genetically modified corn and rice**. They are gluten free by nature, so you do not have to miss out on your favorite dishes.

They retain an al dente texture and have a slightly porous surface to absorb sauces for even more flavor.

High in energy and rich in carbohydrates, they are perfect for those seeking a **balanced diet** without limitations and deprivation.

The natural carotenes lend a **warm golden-yellow color** to your dishes, whether a traditional meat and pasta yuvetsi casserole, a classic plate of spaghetti, a refreshing pasta salad or a tagliatelle soufflé.



Wide variety

The wide range of HELIOS Gluten Free products challenges you to **let your imagination run wild** and create dishes full of inspiration and flavor.

Spaghetti with white or red sauces, soups, orzotto, baked yuvetsi, pasta salads, soufflé and au gratin are just a few.

We provide the pasta and you add the special touch and enjoy the result, guilt-free.

All HELIOS Gluten Free products have a far lower gluten content than the 20 ppm limit.



Where can I find HELIOS Gluten Free products?



You can find HELIOS Gluten Free products quickly and easily, anywhere in Greece.

They are available at supermarket chains, small shops, health food stores, selected pharmacies and through e-shops. In addition to these points of sale, we make sure to always be at your service. With just a phone call to **+30 210-2840140-7** or a click on welcome@heliospasta.gr, HELIOS Gluten Free products can be delivered to your door.



Mediterranean Orzo Soup



● 1.7 mm

SPAGHETTI 6

12 x 400 g
CODE NO.: 10.00628.07102
EAN: 5201020516013
ITF: 55201020516018



ORZO (KRITHARAKI)

12 x 400 g
CODE NO.: 10.01128.07102
EAN: 5201020516037
ITF: 55201020516032

- UK Coeliac Global licence number: CUK-G-069
- UK Coeliac European licence numbers: Spaghetti 6: GR-011-001 • Penne rigate: GR-011-002 • Orzo: GR-011-003 • Twist: GR-011-004 • Farfalle: GR-011-013



FARFALLE

12 x 250g
CODE NO.: 10.05828.01102
EAN: 5201020510233
ITF: 55201020510238



TWIST

12 x 400 g
CODE NO.: 10.02428.07102
EAN: 5201020516044
ITF: 55201020516049



PENNE RIGATE

12 x 400 g
CODE NO.: 10.03128.07102
EAN: 5201020516020
ITF: 55201020516025

**Tortelloni with spinach and ricotta cheese
with avocado sauce
and sun-dried tomatoes**



Serving suggestion



**TORTELLINI
WITH PROSCIUTTO**

6 x 250 g
CODE NO.: 10.10528.01101
EAN: 5201020510165
ITF: 35201020510166



**TORTELLONI
WITH SPINACH
& RICOTTA CHEESE**

6 x 250 g
CODE NO.: 10.10628.01101
EAN: 5201020510172
ITF: 35201020510173



TAGLIATELLE

8 x 300g

CODE NO.: 11.04728.25216

EAN: 5201020516211

ITF: 55201020516216



CANNELLONI

12 x 250 g

CODE NO.: 11.06528.01202

EAN: 5201020510226

ITF: 55201020510221



- UK Coeliac Global licence number: CUK-G-069

- UK Coeliac European licence numbers: Tagliatelle: GR-011-005 • Cannelloni: GR-011-012

Buckwheat CousCous with smoked salmon

Serving
suggestion



Organic Gluten Free CousCous

HELIOS Organic Gluten Free CousCous is instant and can be prepared in just a few minutes to be transformed into any dish you like. Quick and easy to cook, it is ideal for cold or hot dishes, traditional and ethnic recipes, salads and desserts.



Healthy, easily digestible and with a pleasant taste, HELIOS Organic CousCous is **gluten free and a source of fiber**.

The HELIOS Organic CousCous line earned the **Silver Prize at the 2020 Packaging Awards and at the 2021 Healthy Diet Awards**. In addition, the International Taste Institute (iTi) gave the HELIOS Organic CousCous made from corn, rice and chickpeas the 2021 **Superior Taste Award** for its excellent quality, flavor and texture.

How to prepare:

- ✓ **40'-45'** steamed
- ✓ **3'** in a microwave oven
+ **3'** to rest out of the oven*
- ✓ **5'** in hot water*
- ✓ **20'** in cold water*

**Stir vigorously to make fluffy.*



The organic line of HELIOS pasta products is certified under European Council Regulation (EC) 848/2018 by the DIO Inspection and Certification Organization of Organic Products (www.dionet.gr).





ORGANIC CHICKPEAS & RED LENTILS CousCous

12 x 250 g

CODE NO.: 11.10228.01202

EAN: 5201020910088

ITF: 35201020910089



ORGANIC BUCKWHEAT CousCous

12 x 250 g

CODE NO.: 11.10428.01202

EAN: 5201020910095

ITF: 35201020910096



KIDS

ORGANIC CORN, RICE & CHICKPEAS CousCous

12 x 250 g

CODE NO.: 11.10328.01202

EAN: 5201020910101

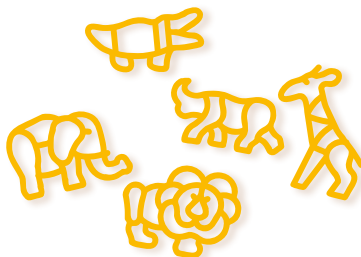
ITF: 35201020910102

Organic Gluten Free Kiddo Pasta

The brand new **HELIOS Gluten Free Kiddo Pasta**, is crafted exclusively from yellow lentil organic flour.

It is rich in proteins with a high content of phosphorus, iron and manganese and is a source of vegetable fiber and zinc, while it is a modern and alternative to traditional pasta.

Thanks to their unique shapes and subtle flavor, they are ideal for kids over 3 years old. Gluten Free Kiddo Pasta HELIOS is the basis for a full and enjoyable meal while both children and adults can play and learn.



KIDDO PASTA Yellow Lentil Little Animals

12 x 12oz (340g)

CODE NO: 11.07828.38210

EAN: 857802003346

ITF: 08578020033466

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Kiddo Pasta Little Animals with Broccoli, Cauliflower and Feta Cheese Sauce

Ingredients:

- 250g HELIOS Gluten Free Organic Kiddo Pasta
- ½ broccoli
- ½ cauliflower
- 1 medium carrot
- 125g feta cheese, crumbled
- juice of ½ lemon
- salt, pepper
- 1 tbsp olive oil

Method:

Wash broccoli and cauliflower and cut into small florets. Cut through the leaves and the «trunk». Peel, wash and slice carrot. In a pot, boil vegetables for about 4'.

Save some freshly-cooked vegetable water. In a bowl, add vegetable water, two small broccoli florets, half of the feta cheese, juice of ½ lemon and olive oil. Salt and pepper. Using a fork, press until smooth.

Meanwhile, in plenty of salted, boiling water, add HELIOS Gluten Free Organic Kiddo Pasta Little Animals stirring occasionally. Boil it for about 7'-8'.

Strain pasta and add remaining broccoli, cauliflower and carrot. Pour feta cheese sauce and stir. Serve pasta with the remaining crumbled feta cheese.

Organic Gluten Free products from Legumes, Vegetables and Cereals

The new **gluten free products from legumes, vegetables, and cereals** are intended for those who follow a healthy and balanced gluten-free diet.

Low in saturated fat, digestible and a good source of energy, they are suitable for those who follow a strictly vegetarian diet. HELIOS Organic Striftaria from Red Lentil & Beetroot and HELIOS Organic Rigatoni from Yellow Lentil & Pumpkin contain selected legumes, making them rich in protein and fiber, which contribute to their nutritional value. The vegetables and grains in the Organic HELIOS Penne Rigate from Brown Rice and Cauliflower have been carefully selected, making the product rich in trace elements and a source of fiber.



STRIFTARIA FROM RED LENTIL & BEETROOT

12 x 250g

EAN: 5201020910279

ITF: 55201020910274

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RIGATONI FROM YELLOW LENTIL & PUMPKIN

12 x 250g

EAN: 5201020910286

ITF: 55201020910281



PENNE RIGATE FROM BROWN RICE & CAULIFLOWER

12 x 250g

EAN: 5201020910293

ITF: 55201020910298

- UK Coeliac Global licence number: CUK-G-069

- UK Coeliac European licence numbers: Rigatoni: GR-011-017, Striftaria: GR-011-015, Penne Rigate: GR-011-016



PASTA INDUSTRY

The secret to serving
a plate of delicious
Gluten-Free HELIOS pasta
lies in the correct
boiling technique



Tips for success:

Save 1-2 spoonfuls of the boiled
water from the pasta to thin
or bind the sauce.

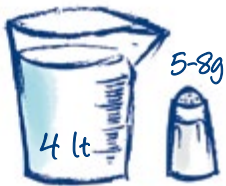


In calculating cooking time,
remember to take into account the
time needed to mix the pasta with
the sauce, usually another 1'-2'



Small secrets for success:

Ratio of pasta - water - salt:
For 400g gluten-free pasta, use 4 L water and 5-8g (about 1 tsp) salt.



In a deep pot, bring the water to a rolling boil before you add the pasta and then the salt. Do not break spaghetti in half.



Do not add oil to the water!
When adding the pasta, do not reduce the heat and do not cover with a lid.



Stir regularly with a wooden or plastic cooking spoon.



Cook the pasta according to the recommended boiling time as written on the package, and depending on your personal preference.



Drain, add oil or another vegetable oil if you like, or mix with the sauce of your choice and serve.



INTERNATIONAL DISTINCTIONS

Gluten Free



HELIOS Gluten Free products have earned numerous distinctions at international competitions for both their flavor and their innovativeness.

HELIOS Gluten Free Tagliatelle earned a **silver award** at the 2024 Vegan Awards and **first prize** at the 2019 Free From Food Awards. **HELIOS Gluten Free Farfalle** earned the **bronze award** at the 2023 Christmas Free From Awards. **HELIOS Gluten Free Tortellini & Tortelloni** was a finalist in SIAL Innovation to 2022 and earned the **bronze award** in the Packaging that Extends Food Life Category at the 2021 Packaging Awards.

The **HELIOS Gluten Free Organic CousCous Line** was finaliste SIAL Innovation 2022 and earned **2 silver prizes** in the “Free From or Low” Food Products and Plant Based Food Products categories at the 2021 Healthy Diet Awards.

The **HELIOS Organic Gluten Free Buckwheat CousCous** earned the **gold award** at 2023 Christmas Free From Awards and the **Organic Gluten Free Chickpeas & Red Lentil CousCous ΗΛΙΟΣ** earned **two gold awards** at 2024 Plant Based Awards and 2024 Vegan Awards, respectively.

The **HELIOS Organic Gluten Free Products from legumes, vegetables, and cereals** earned three awards, **platinum, gold** and **bronze** at the 2024 Healthy and Bio Awards.

The **Gluten Free KIDDO PASTA Yellow Lentil Little Animals** earned the **gold prize** at the 2023 Healthy & BIO Awards and at the same time it was finalist in the 2023 SIAL Innovation and 2023 Free From Awards.

I can do
without gluten!



*All HELIOS Gluten Free products have a far lower
gluten content than the 20 ppm limit.*



PASTA INDUSTRY

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