

HEALTHY FOOD, LIVING FOOD

BLAGA DIANA*, **NICOLETA MATEOC-SÍRB***, **CAMELIA MÂNESCU***, **MORARIU
LUCIAN***, **GAIȚĂ RUXANDRA***

* Banat's University of Agricultural Sciences and Veterinary Medicine, Timisoara –
Faculty of Agricultural Management
diana.blaga@uex-usamvbt.org

Abstract - Healthy food, living food

We can not talk about the future, without knowing the current issues of agriculture and food crisis. Humanity as a whole faces a number of serious problems - the economic crisis, fast population growth, natural environmental degradation, energy and raw materials, and their unresolved threat the existence of life on earth. Agriculture and Food is a global problem with the most profound and complex implications and effects on the economic and social condition of contemporary political. Food and agriculture are vital necessities and activities are essential elements without which human life is conceivable. Food products are life-giving, hope and net day security.

Keywords: food, processed products, organic agriculture

INTRODUCTION

Currently about 20% of the over 6 billion inhabitants of the planet suffer from absolute poverty primarily for the lack of food security, and over 800 million people worldwide suffer from chronic undernutrition in rural areas of the developing countries. These data point to the existence evidentă a global food crisis and the rapid population growth that continues to widen the demographic explosion of the crisis. These data reveal the existence of a global food crisis and the fast population growth respectively the demographic explosion continues to deepen this crisis.

MATERIAL AND METHOD

To achieve the objectives of this paper, the working method used were: study data collection, processing, analysis and interpretation.

In the achievement of this paper as working methodology I started consulting the statistical data from the "Statistical Yearbook of Romania" on the agri-food sector and more specifically the evolution of the average food consumption per inhabitant in Romania in the 1990-2009.

With the processed data and other information sources specify on the bibliography I analyzed: the food preservation methods and their influences on human health and organic production systems as a production source of clean food.

RESULTS AND DISCUSSIONS

Over the time, the agricultural sector has enjoyed a positive image among consumers. The situation has changed in recent years, with unprecedented development, with the introduction of intensive and extensive in the production of the latest scientific achievements.

Of course, progress in agro-food production were perceived, in a first phase, as beneficial for consumers, but, in time, they discover and negative valences of modern technologies.

Modern era foods, obtained by artificial procedures and treatments are charged with toxic substances. They are considered by nutritionists, dead food, because, does not keep active principles. Basically, they don't send anything, just provide that sensation of saturating.

In contrast, raw food, fresh, as our ancestors once ate them, are filled with vitamins, minerals, enzymes and beneficial substances. This is raw food.

Few of us realize that just food quality determines our physical, emotional and mental performance. For maximum health, you need to know which foods are healthy and clean and what benefits we have from them.

Fruits, plants and seeds are foods consumed in their natural state, provide maximum health for the body plagued anyway by stress and pollution.

Concern for quality of food has become more intense once people began to investigate the causes for " the disease of the end of the century ": cancer or diabetes.

Food consumption

Romania is one of the two countries from the European Union that disposes of optimal natural premises in assuring the population a proper feeding level. In the EU, Hungary is found in a similar situation (POPOVICI, VERAART, VAN DE KERK, 2008).

The pattern of food consumption in Romania is distinguished through the following:

- the relatively high weight factor of nutritional cost in the total of consumption costs;
- the relatively high weight factor of nutritional consumption from the agricultural production of personal households (reduced marketing of the rural economy);
- excessive consumption of cereals and potatoes – food with a relatively low nutritive potential and that present a high risk of hyperglycemia in intensive stress conditions;
- excessive consumption of alcohol, tobacco and fats – as a consequence, the incidence of affections such as cancer, cardiovascular diseases, tuberculosis and nutritional diseases increases, while alcoholism induces severe malfunctions in the social life, in general;
- the relatively low presence of autochthonous ecological markets in building the food daily basket of households.

Together with the burst of consumption, after 1990, choices became more and more difficult and a new criteria appeared : healthy feeding.

The consumed quantity of nutritional products increased and their requirements towards these products became more and more diverse and complex.

Tabel 1. Anual medium consumption of the main nutritional products and beverages, on the romanian population

SPECIFICATION	U.M.	1990	2002	2006	2007	2008	2009*
Products of vegetal origin	kg	658,2	729,4	742,9	704,7	711,1	688,2
Cereals and cereal products							
- in equivalent beans	kg	213,6	225,0	207,9	206,9	204,0	200
- in equivalent flour	kg	158,5	169,8	157,3	156,0	154,1	151
Potatoes	kg	59,4	90,1	97,4	96,1	99,5	93
Vegetables and vegetable products (in equivalent fresh vegetables), bean legumes and melons	kg	127,0	162,6	181,7	164,1	176,0	168,2
Fruit and fruit products (in equivalent fresh fruit)	kg	86,6	68,9	83,2	67,8	62,9	60
Sugar and sugar products (in equivalent refined sugar)							
Vegetable fats (gross weight)	kg	13,1	13,0	15,4	13,8	14,6	16
Products of animal origin	kg	227	294,9	346,1	347,5	349,5	328,4
Milk and milk products (in equivalent milk with 3,5% fat (excluding butter))	litres	140,1	215,0	246,6	252,8	254,7	233
Eggs	pieces	246,0	238,0	277	268	267	243
Fish and fish products (in equivalent fresh fish)	kg	5,1	3,2	4,6	3,8	4,0	4,8
Meat, meat products and edible organs (in equivalent fresh meat)	kg	61,0	54,3	69,9	66,7	66,6	67,5
Animal fats (gross weight)	kg	5,1	4,0	3,8	3,3	3,3	3,7
Beverages - Total	litres	84,8	188,9	235,3	263,6	277,1	-
Non-alcoholic beverages	litres	18,9	101,1	134,1	146,6	157,6	-
Beer	litres	43,5	56,0	78,2	92,0	92,5	-
Wine and wine products	litres	18,5	27,0	21,1	23,4	24,6	-
Distilated alcohol beverages distilate (in equivalent alcohol 100%)	litres	3,9	4,8	1,9	1,6	2,4	-
Total consumption	kg	970,0	1213,2	1324,3	1315,8	1337,7	1016,4

Source: Year Book of Statistics, 2009

* INS data in course of finalisation

In 1990, the medium consumption of nutritional products per inhabitant head was 970 kg, from which 658,2 kg products of vegetal origin, 227 kg products of animal origin and 84,8 l beverages, from which 18,5 l alcoholic beverages.

In 2002, the medium consumption of products per inhabitant head was 1213,2 kg, from which 729,4 kg products of vegetal origin, 294,9 kg products of animal origin and 188,9 l beverages, from which 101,1 l alcoholic beverages.

In regard to 1990, in the year 2002 the medium consumption per inhabitant head has increased with approximately 25%, in 2006 with 36% and in 2008 with 37.9.

The medium consumption of beverages per inhabitant head was bigger with 137% in 2002, with 177% in 2006 and with 219% bigger in 2008 in relation to 1990.

More exactly, in the year when the level of poverty increased the medium anual cereal consumption has known a sensible growth. During 1991-2006 the potato consumption nearly doubled (table 1). From 1991 to 2002 the meat consumption has reached a substantial downsize, although it was already amongst the lowest in Europe.

We can remark that milk and milk products hold an important rank in human alimentation and because the milk production was subsidized from the state for a period of time it decreased less. The fish production and consumption decreased a few times, which had a negative impact on the nutritional diversity of the consumer.

Product conservation

The more sophisticated, industrialized and processed the food is the more toxic and harmful it is.

A clean food, free of toxins, means a life free of disease. Any living food becomes dead when it is burned. When we talk about natural alimentation we talk about the respect towards life, ourselves and most of all towards the universal laws.

For centuries people discovered and perfected different methods of conserving food, such as :

- drying it through sunlight, natural ventilation or on a wood fire;
- salting and fumigating meat;
- eliminating the water (dehydrating);
- conservation in fat or sugar;

- keeping the olives in water –approximately 4000 years ago jugs for keeping olives were found in the palace from Cnossos. This procedure was also used for fruit, spices kept in alcohol or vinegar. Eggs were conserved in weakly acidified solutions.

- fermentation was applied to bread, which was certified in Turkey 900 years ago, and also in obtaining alcoholic beverages – beer, cider, wine – and on fruit, when being stored in wrack.

- conservation through the use of artificial cold was applied approximately 4000 years ago at the austro-italian border (in Tyrol) by hunters that preserved the kill in ice at an altitude of 3200 metres. The romans preserved in ice mussels, fish from Rhine and lobster from Sardinia so that they can be mentained fresh until arriving to Rome. The north burried the hunting kill or the fish in the snow or ice so they can preserve it during wintertime. Alexander the Great and Nero served fruit icecream and honey. On the premises of Versailles, Ludovic the XIV-th installed coolers in order to preserve food. There is also documentary certification that illustrates the appliance of different conservation methods from ancient times. Part of this techniques were kept until moder times, when they are subjected to modernism and technical and scientific progress.

1. *Eliminating microorganisms though fizical separation* : microfiltering and ultracentrifugation.

2. *Destroying microorganism (sterilization) through* :

● heat action: classic boiling (100°C), sterilization – appertization (110...140°C) and UHT;

● ionic radiations (cold sterlization): accelerated electrons, γ and X rays and ultraviolet radiations;

● usage of liquid or vapoury antiseptics: alcohols, acids and chemical conservants.

3. *Stopping effect of microorganism* – protection effect (not of exclusion) :

● Usage of low temperatures: refrigerating through decreasing the temperature to 0...3°C, refrigeration in vacuum, freezing and overfreezing;

● reducing the water content (eliminating 60-70% from the constitution water): dessicating and dessication-fumigation, dehydration and lyophilisation;

Other particular dessicating procedures are:

- dessication with infrared radiations;
- dessication with microwaves;
- dessication favorized by ultrasounds;
- azeotrope dessication;
- partially osmotic dessication.

Attention towards the risks of using chemicals in agriculture, considering both the health of the consumers and ecological effects, has been manifested since the 50's. Then research was conducted for discovering technological alternatives that will diminish this negative impact. Their results were embodied in alternative agricultural systems such as : biological agriculture (bio), biodynamic agriculture, etc., that can eliminate or substantially diminish the use of chemical fertilizers and pesticides.

CONCLUSIONS

Whether we discuss the quality of food in a restrictive way, as in looking at it like material goods or whether we discuss its quality on a larger scale, in present times the accent is put especially on enhancing the quality of the food. However, it has to be mentioned that the evolution of food quality will be dependent of the existence of a real economical growth that will allow the promotion of the term quality at all levels, for the satisfaction of the final consumers.

- A healthy life style implies living in harmony with nature.
- Clean food means less processed nutrients and less use of chemical substances.
- Without acting together we will destroy some of the most precious ecosystems of the Earth, leaving humanity profoundly affected.

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