



TRADITIONAL FOODS OF BLACK SEA COUNTRIES

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INTRODUCTION:

Traditional dietary patterns, generally beneficial to health as judged over time, should be promoted beyond the native country's borders. Scientific data is a prerequisite for the successful promotion of a sustainable diet, including data on the traditional foods involved in the diet. The Mediterranean diet is a distinguished example of such a dietary pattern. Accumulating scientific evidence has established it globally as a model diet.

A framework for the investigation of traditional foods, aiming primarily at the elucidation of their role on health, was recently expanded to Black Sea Area Countries (BSAC) through the European project BaSeFood (Sustainable exploitation of bioactive components from the Black Sea Area traditional foods). A principal objective of BaSeFood is to deliver information on the nutritional composition, with focus on bioactive substances, and potential related health claims of BSAC traditional foods in order to give opportunities to stakeholders to develop sustainable diets.

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METHOD/DESIGN:

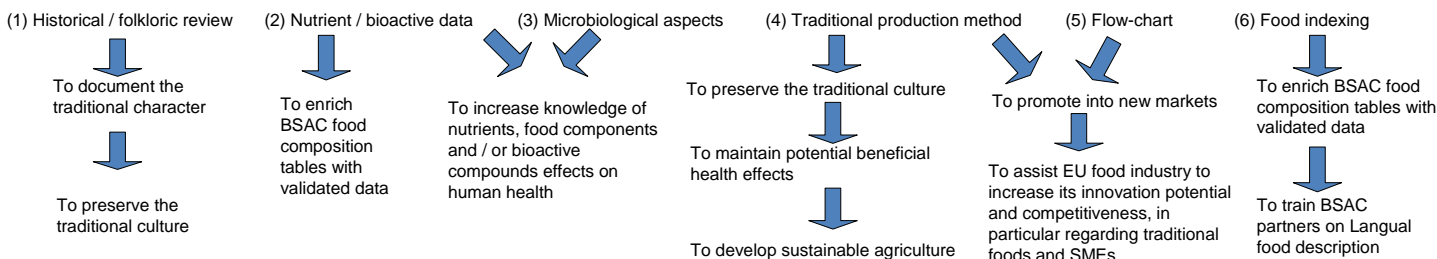
Following EuroFIR documentation / prioritization methodology [1], thirty-three BSAC traditional foods have been selected for in-depth investigation from six food groups (cereals, vegetables, fruits, oilseeds, herbs & spices, fermented foods). An integrated record will be developed for each food for possible purposes of registration or health and nutrition claims.

BULGARIA	GEORGIA	ROMANIA	RUSSIA	TURKEY	UKRAINE
Cereal ale (Boza) Mursal tea Pumpkin pie (Tikvenik) Rhodopian bean soup Rose jam Sunflower seed tahini halva	Churchkhela Flax oil Nettle with walnut Tsiteli doli bread Wild plum sauce	Elderberry soft drink (Socata) Herbal dish Nettle soup (Ciorba) Plum jam (Magiun) Polenta, boiled (Mamaliga)	Bread Kvass Buckwheat porridge, crumbly Mustard oil Vegetable okroshka Watermelon juice	Black tea Bulgur pilaf Fruit of the evergreen cherry laurel Green bean dible Kale soup	Meatless borsch Pomazanka (cottage cheese with dill) Roasted sunflower seeds Sauerkraut Sour rye bread Transcarpathian green borsch Uzvar

The integrated record will include: (1) Historical and folkloric review, which documents its traditional identity; (2) Nutrient and bioactive composition data; (3) Information on microbiological aspects, wherever applicable; (4) Recording of the traditional production method; (5) Flow-chart for its potential industrial or semi-industrial production; (6) Food indexing using Languag

RESULTS:

The EuroFIR standards for the investigation of traditional foods [2] (including recording, sampling and analytical determinations) have been shared with BSAC partners increasing the number of European countries following a common methodology [3]. Anticipated outcomes of the study on the BSAC traditional foods include:



CONCLUSIONS:

Several Mediterranean traditional foods are likely to contribute to better health. It remains to be substantiated if the same also applies to BSAC traditional foods. BaSeFood has contributed to an initial registration of BSAC traditional foods and has provided essential tools for their promotion within and beyond the region.

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