

NUTRITIONAL COMPOSITION OF TRADITIONAL FOODS FROM BLACK SEA AREA COUNTRIES

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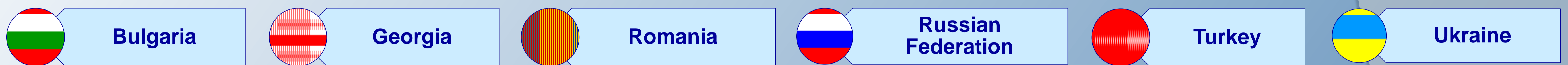
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INTRODUCTION

The "Sustainable exploitation of bioactive components from the Black Sea Area traditional foods" (BaSeFood) is a 3-year collaborative research programme, funded by the European Commission 7th Framework Programme. The project consists of a research consortium of 13 partners, namely Italy (two), United Kingdom, Greece, Portugal, Serbia and six Black Sea area countries (BSAC): Russian Federation, Ukraine (two), Romania, Bulgaria, Turkey and Georgia.

Traditional foods are key elements that differentiate the dietary patterns of each country. In most countries, there is limited information on the nutritional composition of such foods, therefore, there is a need to investigate, register and promote traditional foods. One of the aims within BaSeFood project is to provide new data on the nutritional composition of traditional foods of plant origin from BSAC to promote their sustainable development and exploitation.

Black Sea Area Countries (BSAC)



Food categories

- Cereal or cereal based foods
- Fruit or fruit based foods
- Vegetable or vegetable based foods
- Herbs, spices and aromatic plants
- Low or non-alcoholic fermented products
- Oilseeds or oilseed products

33 Selected traditional foods

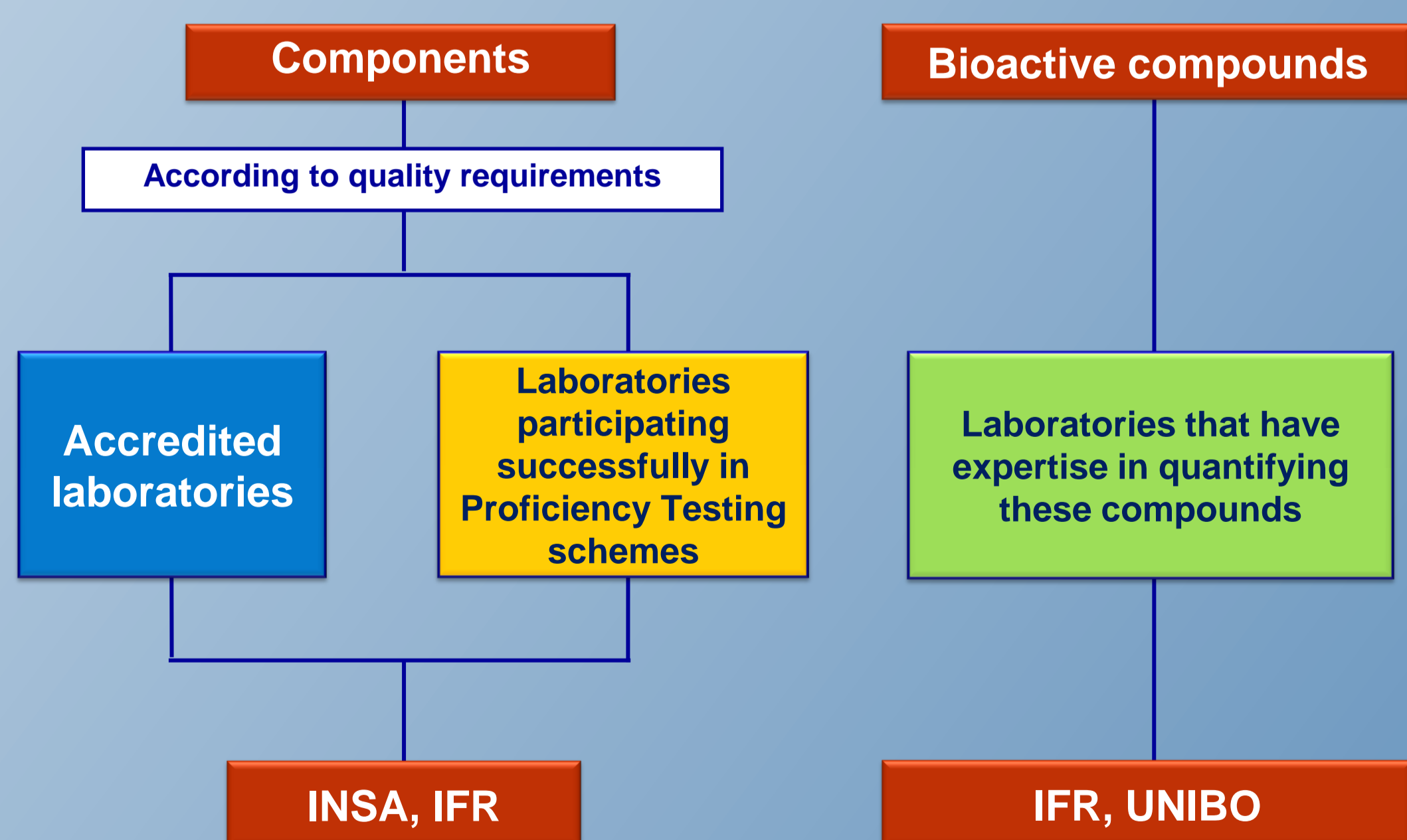
Country	Selected Traditional Foods
BULGARIA	(A) Baked layers of pastry stuffed with pumpkin; (B) Halva; (C) Millet ale; (D) Mursal tea; (E) Rodopian dried beans; (F) Rose jam
GEORGIA	(A) Nettles with walnut; (B) Tsiteli doli bread; (C) Churchkhela; (D) Flax oil; (E) Wild plum sauce.
ROMANIA	(A) Cornmeal mush; (B) Nettle sour soup; (C) Herbal dish; (D) Elderberry soft drink; (E) Plums jam.
RUSSIAN FEDERATION	(A) Buckwheat porridge crumby; (B) Kvass southern; (C) Watermelon juice; (D) Mustard oil; (E) Vegetable okroshka.
TURKEY	(A) Black tea; (B) Bulgur pilaf; (C) Fruit of the evergreen cherry laurel; (D) Sautéed pickled green beans; (E) Kale soup.
UKRAINE	(A) Sauerkraut; (B) UKRAINIAN borsch; (C) Transcarpathian green borsch; (D) Roasted sunflower seeds; (E) Uzvar; (F) Sour rye bread; (G) Cottage cheese with dill and garlic.

Nutritional composition of traditional foods

Prioritisation of components and bioactive compounds

Proximates	Moisture, ash, total nitrogen (for protein), total fat (individual fatty acids, cholesterol), dietary fibre, total sugars and starch
Vitamins	Vitamin A (all-trans-retinol), vitamin C, vitamin E (α-tocopherol), vitamin B ₂ (riboflavin), total folate
Minerals & trace elements	Sodium, iron, zinc and selenium
Bioactive compounds	Phenolics, glucosinolates and carotenoids

Selection of laboratories



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CONCLUSION

Great variability on nutritional composition was found among the analysed plant based foods, highlighting the wide range of ingredients available in the BSAC, as well as their biodiversity.

ACKNOWLEDGMENTS

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