Recent achievements in Europe through EuroFIR and BaSeFood projects

Biodiversity and Sustainable Diets
3-5 November 2010
FAO Rome

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• Research into traditional/ethnic foods in Europe (EuroFIR/BaSeFood projects)

• Harmonised framework for prioritizing, collecting and analysing foods

• Integration of concepts and approaches for characterisation of plant, food and cultural diversity
Food Data Platform 2010
Importance of Studying Traditional foods

Harmonised procedures for prioritisation, sampling and analysis of specific foods across Europe

- Expression of culture, history and lifestyle
- Despite globalization, different dietary patterns between countries
- Imprints on dietary patterns
- Potential health properties
- Lack of nutrient data on traditional foods in most current national food composition tables

EuroFIR Traditional Foods WP

Systematic study of traditional foods

- Definition of the term “Traditional”
- Selection procedure of the Traditional Foods and recipes
- Recording and sampling of Traditional foods
- Laboratory selection
- Nutritional Composition of Traditional Foods
<table>
<thead>
<tr>
<th>Protected Designation of Origin (PDO)</th>
<th>Covers agricultural products and foodstuffs which are produced, processed and prepared in a given geographical area using recognised know-how.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protected Geographical Indication (PGI)</td>
<td>Covers agricultural products and foodstuffs closely linked to the geographical area. At least one of the stages of production, processing or preparation takes place in the area.</td>
</tr>
<tr>
<td>Traditional Speciality Guaranteed (TSG)</td>
<td>Highlights traditional character, either in the composition or means of production.</td>
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</table>
Definitions

TRADITIONAL
Means conforming to established practice or specifications prior to the Second World War.

TRADITIONAL FOOD
Is a food of a specific feature or features, which distinguish it clearly from other similar products of the same category in terms of the use of “traditional ingredients” (raw materials or primary foods) or “traditional composition” or “traditional type of production and / or processing method”.

[www.eurofir.org]
Selection Procedure

Documentation

✓ Description of each food
✓ Documentation of the traditional character of the food
✓ Consumption data on the food or the wider food category
✓ Availability or not of compositional data for the food
✓ Coded references linked to all above fields of information

Prioritisation

✓ Documentation of traditional character
✓ Availability and quality of composition data
✓ Consumption data ("Frequent" or "Not frequent")
✓ Health implications
✓ Marketing potential
Selection Procedure of Traditional foods

From 13 European countries:
Austria, Belgium, Bulgaria, Denmark, Germany, Greece, Iceland, Italy, Lithuania, Poland, Portugal, Spain and Turkey.

Examples

**Turkey**
- Tarhana Soup: Tarhana ÜOEak
- Pastirma: Pastırma (Kayseri)
- Kebab with yoghurt: Kebap, yöeurtlu
- Hamsi Anchovy: Hamsi Buoeulama
- Baklava: Baklava Gaziantep

**Iceland**
- Cured Shark: Kastur hakarl
- Stockfish, haddock: Hardfiskur, hert ysa
- Smoked Lamb: Hangikjot
- Pickled Blood Sausage: Sursadur blodmor
- Skyr: Skyr
Apple strudel: (Apfelstrudel)

The Austrian cuisine is internationally famous for catering to the sweet tooth. Very similar to Bohemian cooking, sweet meals (Mahlzeiten) are often served as main courses. It is a mix of culinary styles originating from the many ethnics of the former multinational Austrian Empire.

The quantities are given for 10 portions. Preparation time is about 3 hours 10 minutes.

Preparation
First the strudel pastry jacket is prepared by mixing the respective ingredients and kneading them into dough. The surface is sprinkled with the vegetable oil and left untouched for about 1 hour.

For the breadcrumb mix, butter and margarine are liquefied in a pan until chummed; sugar and breadcrumbs are added and roasted until golden brown. The apples are peeled, resiped, and mixed with sugar and cinnamon.

Then the pastry is rolled out on a dish cloth which was sprinkled with wheat flour. Vegetable oil is applied to the surface of the dough. The dough is stretched very thinly, laid out again on the dish towel. One third of the pastry jacket is filled with the breadcrumb mix, the raisins soaked in rum, and lastly with the apple mix, and then rolled up with help of the towel.

The liquefied butter is repeatedly applied to the surface of the pastry jacket.

Finally the strudel is baked on a tray in the oven at 190 degree Celsius until golden brown (approx. 1 hour).

Ingredients
Strudel pastry jacket:
- 300 g Wheat flour (type: 400)
- 10 g Salt
- 6 g Vegetable oil
- 175 ml Tap water (soft and lukewarm)
- 10 g Wheat flour (type: 400) to knead into the worktop
- 3 g Vegetable oil to spread the pastry jacket

Breadcrumb mix:
- 60 g Butter
- 50 g Margarine
- 90 g Sugar
- 60 g Breadcrumbs

Raisins mix:
- 34 g Raisins
- 12 g Rum

Apple mix:
- 1650 g Tarteh apples
- 140 g Sugar
- 12 g Cinnamon

In addition:
- 10 g Butter to butter the baking tin
- 60 g Butter to butter the pastry jacket

Nutritional value per 100 g of edible portion
- Energy (kcal / kJ): 800 / 3340
- Protein (g (N x 6.25)): 2.2
- Total Fat (g): 5.9
- of which saturated fatty acids (g): 2.9
- Carbohydrate (g): 30.0
- of which sugars (g): 25.3
- Dietary fibre (g): 2.4
- Sodium (mg): 123

For more information on Austrian traditional foods, contact the University of Vienna at http://www.univie.ac.at/
Greek Traditional Chickpea Soup
(Ελληνικά Παραδοσιακά Ρεβίθια Σούπα)

According to Greek mythology, chickpeas were found by the God of the sea, Poseidon. Their cultivation in Greece goes back to the 3rd-4th millennium BC. Today, it represents a recipe that is widely known throughout Greece.

Ingredients:
- 1 kg (from 500 g of raw chickpeas) Chickpeas, soaked in water
- 3.7 kg Water
- 110 g (2 Medium sized) Onion, grated
- 135 g Extra virgin olive oil
- 55 g (Juice of 1 ½ lemons) Lemon juice, fresh
- 17 g (3 Tablespoons) Wheat flour (white)
- 16 g Salt
Definition of Ethnic Foods

**Authentic ethnic food** represent the foods mainly consumed by ethnic population groups. is “a food from countries other than the home market contributing to a different food culture than the traditional cuisine of the host country. Food may be adapted by combining local and imported ingredients and is prepared at home”.

**Modified ethnic food** represent the foods consumed by the mainstream population in a region or country. is “a commercially-modified version of food as prepared in an immigrant’s country to suit the taste and preference of the host country”.  

Why ethnic foods?

• To provide new and reliable data on the nutritional composition of ethnic foods by both ethnic and mainstream populations for inclusion in national FCDBs
• Develop standards and mechanisms for calculating nutrients from recipe information to generate validated data
• Transfer scientific and technological knowledge to consumers and industry;
• Promote knowledge of ethnic foods thereby increasing consumer choice and market opportunities.

• Increased consumption by both the mainstream and ethnic populations;
• Impact on dietary intakes of nutrients, other naturally-occurring compounds and contaminants;
• Reported higher risk of diet-related diseases among the ethnic minority groups across Europe;
• Absence of information on composition inhibits effective intervention and provision of accurate dietary advice.
Standards and mechanisms to generate new and reliable data have been achieved to exploit for other EU member countries.

New data on 117 foods (87 foods from analysis & 30 from recipe calculations).

Requirements for dietary assessment methods and tools differ for ethnic groups:
- Communal pot, preparation and eating practices vary within ethnic subgroups.
- Lack of information on food composition, recipe and portion sizes.

Selected ethnic foods in Europe:
- Biteku – teku (Belgium)
- Ladoos (UK)
- Steamed ravioli (Italy)
- Brik (France)
BaSeFood

Sustainable exploitation of bioactive components from the Black Sea Area traditional foods
(FP7-KBBE-227118)
Coordinator - L. Filippo D’Antuono
BaSeFood Consortium
To identify and characterise bioactive compounds in traditional food products that can be beneficial for human health and are typical for the diet of EU neighbouring regions. Scientific data on the risks and benefits linked to these products or compounds will be produced and evaluated. It will include the study of role and mechanisms (absorption and activity) of bioactive compounds and also factors influencing their functional properties (e.g. processing).

**Expected impact:**

To increase knowledge of nutrients, food components and/or bioactive compounds effects on human health, substantiating health and nutritional claims. to provide sound scientific data and to help in

Enhance the cooperation between scientific disciplines and stakeholders (nutrition, practitioners, local food companies, etc.).

Assist EU food industry to increase its innovation potential and competitiveness, in particular regarding traditional foods and SMEs.
WP1: Surveying, recording and describing traditional foods (HHF)

Selection of 30 foods from Black Sea Countries:

- Recording
- Description
- Analysis
- Bioactivity

Criteria for selection of foods:

- Environmental, botanical cultural;
- Raw materials & ingredients;
- Processing, home preparation;
- Present use, importance & diversity follow ups.
WP1: Surveying, recording and describing traditional foods (HHF)

Surveying traditional foods of the BSAC

EuroFIR guidelines adapted to BaSeFood

National documented files
- Description / origination of the food
- Traditionality according to the EuroFIR definition
- Consumption of the food or its wider food category
- Composition of the food or its wider food category
- Potential bioactive components
- References
Selection of traditional foods of BSAC

Preliminary (external to foods)
• Collection of availability data from HBS
• Collection of supply data from FBS
• Collection of WHO mortality data of the BSAC

Selection criteria (intrinsic to foods)
• Documentation of traditional character
• Availability of composition data with focus on bioactive substances
• High consumption
• Health implications
• Marketing potential

Adapt EuroFIR prioritisation guidelines to the specific needs of BaseFood

Prioritised food list
Selection of traditional foods in BSAC

Selected foods will represent following categories:

- Cereals and cereal based foods
- Vegetables
- Fruits
- Products from oilseeds
- Herbs, spices, aromatic plants
- Fermented products of plant origin

Selected foods will be:

- Recorded and described in detail
- Analytical (WP2) & bioactivity (WP3) characterised
Recording and description of traditional foods

- Implementation of recording and collection of data
  - Information on raw materials and ingredients
  - Detailed recording of the traditional preparation method
  - Dietary and health promoting issues in relation to the composition

- Development of flow charts of the traditional preparation or production procedure

- Development of integrated records for possible purposes of registration
To document diversity, environmental, cultural and other issues in a wider group of traditional foods:

- Foods from specific crops, relevant for biodiversity characterisation and preservation;
- Plant origin foods from specific geographic areas and/or ethnic groups;
- Plant foods with similar putative healthy properties with popular knowledge of different areas;
- Plant origin foods used for similar preparations in different areas and particular interest for stakeholders;

- Activities extended to Armenia, Azerbaijan and Moldova
An example: a possible corn study

- Corn history
- Reasons for uses
- Ethnic, social facts

- Local plant resources: landraces
- used raw materials (landraces, hybrids)
- quality and technological characters

- Bioactives and health issues
- Analytical data on composition, bioactivity and retention on processing

- Traditional flow charts
- Enhanced flow charts
- Scaling up
- New products

Conclusions
- Perspectives in health sector
- Perspectives in traditional food sector
**Nutritional composition of 9 Traditional Foods from 6 countries of Black Sea Area**

### Systematic Study of Traditional Foods

- Prioritisation of components and bioactive compounds
- Guidelines for sampling plan and sample handling
- Selection of laboratories

<table>
<thead>
<tr>
<th>Nutrients and Compounds</th>
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<tbody>
<tr>
<td><strong>Moisture; ash; total nitrogen (protein);</strong></td>
</tr>
<tr>
<td><strong>total fat and individual fatty acids;</strong></td>
</tr>
<tr>
<td><strong>cholesterol; starch; total sugars and</strong></td>
</tr>
<tr>
<td><strong>dietary fibre</strong></td>
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<tr>
<td><strong>Vitamins:</strong> A, E, C and B₂</td>
</tr>
<tr>
<td><strong>Minerals and Trace elements:</strong></td>
</tr>
<tr>
<td>Na, Fe, Zn and Se</td>
</tr>
<tr>
<td><strong>Bioactive compounds:</strong></td>
</tr>
<tr>
<td>Glucosinolates, phenolics, anthocyanins, isothiocyanates, etc</td>
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</tbody>
</table>
WP2: Analysis

Selection of laboratories

Components

According to quality requirements

Accredited laboratories

Laboratories participating in Proficiency Testing schemes

INSA

Bioactive compounds

Laboratories that have expertise in quantifying these compounds

IFR, UNIBO, INSA
Conclusions (EuroFIR & BaSeFood)

Contribution to integration of approaches and methods in traditional food research and development

• Generation of reliable scientific data on food nutrients and plant bioactive substances, properties and effects

• Integration of concepts and approaches for characterisation of plant, food and cultural diversity

• Contributing to biodiversity, food composition and sustainability diets in Europe
9th International Food Data Conference
Food Composition and Sustainable Diets

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www.eurofir.org
Acknowledgements

- EuroFIR funded under the EU 6th Framework Food Quality and Safety thematic priority (Contract FOOD-CT-2005-513944).

- BaSeFood - Sustainable Exploitation of Bioactive Components from the Black Sea Area Traditional Foods funded by FP7-KBBE-227118)

- Several EuroFIR and BaSeFood partners especially Prof Filippo D’Antuono (Univ of Bologna), Prof Antonia Trichopoulou (NKUA/HHF), Dr Helena Soares Costa (INSA) and Dr Santosh Kokhar (Univ of Leeds)