

The Mediterranean Diet Terminology and Enciclopedic Diccionary

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THE MEDITERRANEAN DIET TERMINOLOGY AND ENCICLOPÉDICO DICCIONARY

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*A Inés, Ignacio y Juan Ruiz Canal,
mis nietos, consciente de que
sabrán valorar y practicar esta
“Dieta” mediterránea en su vida*

Índice

Presentación.....	9
Prólogo.....	11
Introducción	13
APERITIVO	
Los activos de la DM en el Diccionario de la RAE	53
PRIMER PLATO	
Propiedades de los Nutrientes en la DM. Acciones	95
CORTANTE	
Beneficios, Propiedades y Valores nutricionales de los productos y actitudes de la DM.....	115
SEGUNDO PLATO	
Tablas de composición nutricional de los alimentos de la DM	
Valores medios de diferentes fuentes.....	271
SEGUNDO CORTANTE	
Consumo de productos de la DM en España 2016. Consumo siglo XXI	331
POSTRE	
Refranes de la Sabiduría Popular de La Dieta Mediterránea	337
TERTULIA DE CAFÉ	
La Gastronomía de la DM. Celtiberia Soriana.....	343
LA CARTA. RESTAURADORES DE LA DM	
Bibliografía recomendada de este Diccionario.....	393
LA SIESTA	

Presentation

D. Carlos Martínez Izquierdo
President of Caja Rural of Soria

It seems to be yesterday when Dr. Ruiz Liso and I were named “Sorianos of the year 1993” in Madrid. It was after the celebration lunch, during the coffee time, when we talked about creating a service for the health of every people from Soria (in this time there were a few foundations). In 1982 we have already created the Service of Prevention and Early Diagnosis of Female Cancer -free of charge- in the Caja Rural. This service passed away four years after, when it was assumed by the Social Security.

Today, 25 years after that productive conversation, our Scientific Foundation is known and recognized not only nationally, but also internationally.

“Soria Saludable” (healthy), “Soria Cardioprottegida” (cardio-protected) and “Soria Mediterránea” (Mediterranean) are the “trinity” of that well-being that we planned in Paseo de la Castellana (The Castilian’s Mall) in Madrid, together with the numerous health education programmes in which we were pioneers.

Our quarter of century is fulfilled with the edition of this *DICTIONARY OF THE MEDITERRANEAN DIET*, by Dr. Juan Manuel Ruiz Liso, our Director, and I advise you to read it and consult it. As Professor J. Alfredo Martínez says, it is not a typical dictionary. No. It is the First Universal Dictionary of the Mediterranean Diet (M.D.) that also entails an extensive and varied gastronomic vision of our province of Soria with the dishes of 24 Restaurants also committed to Well-being and Health.

Juan Manuel Ruiz Liso has been working on this book for more than three years, in which the chapters arise from his particular “kitchen” of integral wellness doctor, justifying his titles through a menu in singular prose, from the aperitif to the bibliographic nap, in order to offer a vision of that “Diaita” -Lifestyle- that UNESCO recognized in 2010 and indicated Soria as the Emblematic Community of the Mediterranean Diet of UNESCO representative of Spain, and this year as coordinators, through our FCCR and its director, of the rest of the communities and countries: Portugal (Tavira), Italy (Cilento), Croatia (Hvăr and Brac), Greece (Koroni), Cyprus (Agros), Chefchaouen (Morocco) and of course Soria for Spain.

It will probably be translated into several languages, as have the Decalogues and the Temple of Health of the M.D. in Italian, Portuguese, Japanese, English and now in Arabic, to our satisfaction, which will show the value of its pages.

Thank you, reader, for trusting in Caja Rural of Soria, making possible the edition of health books like the one we present today.

Prologue

Professor Dr. D. J. Alfredo Martínez Hernández
Professor of Nutrition of the University of Navarra,
President of IUNS (International Union of Nutritional Sciences)

Soria was elected Spanish representative in 2010 within the Emblematic Communities of the Mediterranean Diet (M.D.), when it was recognized as Intangible Cultural of Humanity by UNESCO and so it is indicated with two monoliths, in the Jardín de las Semillas, in its central Plaza del Olivo.

The author of this Dictionary has been promoting this lifestyle “Diaita” for many years, having implemented in the Scientific Foundation of Caja Rural (FCCR) of Soria the program “Soria Mediterránea” which has led to create the **First City of the Mediterranean Diet** in Golmayo-Camaretas, in Soria, and where its streets bear the names of the food and attitudes that make it up, chosen by their schoolchildren. Today, Golmayo boasts the first edible park, recently inaugurated and baptized as “Parque Comestible del Dr. Ruiz Liso” (Dr. Ruiz Liso’s Edible Park.) It was also the **1st Mediterranean Diet School -San José-** where mathematics and other subjects were linked to the

D.M. where they added apples and the liters were of milk or healthy drinks. The costumes of the theatrical representations were also of fruits, legumes, nuts, etc. His Temple of Health and his Decalogue have been translated and taken to Japan, Italy, Morocco and Portugal among other countries and the reader will be able to delight with them in the text of these pages.

Today, aware of the absence of a book of these characteristics, Dr. Juan Manuel Ruiz Liso, presents us with this volume that he wants to be read and consumed, even though a dictionary is specifically for consultation. And that tasting begins with the title of the chapters that compose it, linked to a healthy chapter menu in which there is no shortage of coffee or the tertulia or the siesta. One by one and alphabetically -because it is a dictionary- all the foods and attitudes of the “Mediterranean Diet” are explained by different visions: fundamentally terminological, nutritional and gastronomic, without forgetting other resources necessary to get to know this lifestyle in depth.

The reader has a complete and unique text -there is apparently none like it- dedicated to the knowledge of who makes up materially and immaterially this healthy way of living. The **Introduction** includes the valuation of UNESCO to declare it Intangible Cultural Heritage, explains two confusing concepts, food and nutrition and typifies them. This section complements other sections of the WHO and the European Union in order to know the regulatory bases and the basic groups of the foods within the framework of the M.D.

On the **First plate**, it introduces the assets of the M.D. into the Dictionary of the Real Academia Española (RAE). It is essential to know the properties of the nutrients in MD and their actions, and it does so through the **1st Cutting** of this systematic Menu.

In the second course, it deals with the benefits and nutritional properties of “Daita” foods, making itself widely known, complementing it with other foods full of healthy values such as *sustainability, physical exercise, coexistence*, etc. which are essential, and which must be integrated, unflinching, with food. However, the content of this work does not end here. As in good menus, it includes a **2nd cutting** that contains the *Nutritional Composition Tables of the M.D. foods*.

The **dessert** places the reality of the consumption of MD products in Spain, throughout 2016, to know the numbers of each food that -individually- we consume.

The “Coffee talking shop” generate a theme that was the form of transmission of knowledge, in secular Spain, for many centuries. The *Sayings* linked to healthy living and in this case to the M.D. deserve a detailed reading.

The chapter “**La Carta**” is significant although due to script needs, it is the last one to appear. In its pages you will find a journey through the quality gastronomy of the M.D. along two dozen Restaurants of Soria, in a practical visual exercise, which only lacks the aromas, where -each of them- displays a first and second course, plus dessert, with their photographs and composition, as well as their recommended “tapa” and a selected wine.

A “**moderate nap**” that includes bibliography and greetings of coexistence, concludes its reading.

It is, therefore, the work of Dr. J. M. Ruiz Liso, an original, unique, productive, necessary, educational and very complete text, which must be read and meditated upon in each and every one of its sections, so that society, especially Spanish society, recovers the substance and form - mainly the new generations - of this healthy life promoted by the Mediterranean Diet, which we must recover.

To sum up, this work also offers the bases to understand the role of the Mediterranean Diet pattern in the maintenance of health, as well as for the prevention and treatment of cardiovascular diseases and other chronic affections such as obesity, diabetes and fatty liver.



Introduction

APPETIZER

The Mediterranean Diet is much more than just a diet. It enhances social interaction, since the act of eating together is the basis of social customs and festivals shared by a given community and has given rise to a considerable body of knowledge, songs, maxims, tales and legends. The Diet is based on respect for the territory and biodiversity and ensures the conservation and development of traditional activities and trades linked to the fishing and agricultural communities of the Mediterranean.”

MEDITERRANEAN DIET

On November 16, 2010, in Nairobi (Kenya), the Mediterranean Diet (MD) was recognized by UNESCO, Intangible Cultural Heritage of Humanity. An intergovernmental committee of UNESCO, chaired by Kenyan Jacob Ole Miaron, examined and inscribed MD on the List of Intangible Recognitions of this international organization.

A more than cultural heritage that linked the eating habits of the peoples of the Mediterranean basin, initially Italy, Spain, Greece and Morocco, and later, in 2013, with Portugal, Croatia and Cyprus. It is a heritage, an album of centuries-old traditions that remained practically unchanged until the 1950s, and that goes far beyond a simple list of foods to refer to the culture of life, to social and traditional agricultural practices. In Spain we can go back - in many “gastronomic” aspects - to the diet of Numancia (133 B.C.), without forgetting the traditions of the Spanish plateau and the Cañadas Reales, especially in Eastern and Western Soria.

The Mediterranean Diet is, as the etymology of the word (from the Greek *diaita*) suggests, a lifestyle, a *modus vivendi*, a relational and cultural element that strengthens the sense of belonging and exchange among the peoples living in the Mediterranean basin. Because “eating together”, characteristic of the Mediterranean Diet, does not mean simply enjoying a meal but means strengthening the basis of interpersonal relations, promote dialogue and creativity, transmit the identity and values of communities.

The Mediterranean diet is based on bread, pasta, vegetables, legumes, fresh fruit and nuts, but also white meat, fish, dairy products, eggs, olive oil and wine. A healthy and balanced food model is based mainly on foods of plant origin and their varied and balanced consumption, which is transmitted from generation to generation in seven different countries that look to the “Mare Nostrum”. Numerous scientific studies have also shown that the Mediterranean Diet is a healthy diet that helps prevent major chronic diseases such as cardiovascular disease, diabetes, neurodegenerative diseases, obesity and bulimia, and, thanks to the antioxidant power of olive oil combined with the consumption of vegetables, is an important tool to prevent tumours.

But the value of the Mediterranean Diet, schematised by us through the ***Temple of the Mediterranean Diet***, which is included in this text, together with the ***Decalogue of the MD***, which we did in 1999, does not reside only in nutritional and socio-cultural issues. The DM preserves the balance between nature and man and the renewal of resources through the use of natural resources and low-intensity greenhouse gas emissions (since it is based mainly on food of plant origin), as well as respect for the seasonality of products, land and biodiversity (through different sowings and crop rotation). It is a model of sustainable healthy diet, one of the most sustainable food patterns for both the environment and for integral health.



THE MEDITERRANEAN DIET IMMATERIAL CULTURAL HERITAGE OF HUMANITY

This is what UNESCO says about the incorporation of MD in the Representative List on its web:

“Spain, Greece, Italy and Morocco, the Mediterranean Diet. The Mediterranean diet involves a set of skills, knowledge, rituals, symbols and traditions concerning crops, harvesting, fishing, animal husbandry, conservation, processing, cooking, and particularly the sharing and consumption of food. The Mediterranean diet is characterized by a nutritional model that has remained constant over time and space, consisting mainly of olive oil, cereals, fresh or dried fruit and vegetables, a moderate amount of fish, dairy and meat, and many condiments and spices, all accompanied by wine or infusions, always respecting beliefs of each community. However, the Mediterranean diet (from the Greek *diata*, or way of life) encompasses more than just food. It promotes social interaction, since communal meals are the cornerstone of social customs and festive events. It has given rise to a considerable body of knowledge, songs, maxims, tales and legends. The system is rooted in respect for the territory and biodiversity and ensures the conservation and development of traditional activities and crafts linked to fishing and farming in the Mediterranean communities which Soria in Spain, Koroni in Greece, Cilento in Italy and Chefchaouen in Morocco are examples. Women play a particularly vital role in the transmission of expertise, as well as knowledge of rituals, traditional gestures and celebrations, and the safeguarding of techniques.

Countries:

Spain, Greece, Italy, Morocco

Nomination files for inscription in 2010 on the Representative List of the Intangible Cultural Heritage of Humanity (agenda item 6).

The documents below are the nomination files for inscription on the Representative List of the Intangible Cultural Heritage of Humanity in 2010 examined by the Subsidiary Body, in accordance with the procedures established in the Operational DIRECTIVES for the implementation of the CONVENTION for the Safeguarding of the Intangible Cultural Heritage of Humanity. Each nomination file includes:

Spain - Greece - Italy - Morocco EN: The Mediterranean diet

FR: La diète méditerranéenne File reference: 00394

Nomination form ICH-02: English|French Nomination form ICH-02 (annex): English|French Nomination form ICH-02 (annex): English

Consent of Chefchaouen community, Morocco: French/Arabic Consent of Cilento community, Italy: Italian/French/English Consent of Coron community, Greece: Greek/French/English **Consent of Soria community, Spain: French/Spanish**

ICH inventory - Spain: Spanish

ICH inventory - Italy: Italian ICH inventory - Morocco: French Mandatory photographs: Slideshow Draft decision 5.COM 6.41: English|French

This document includes part of more than 200 associations and non-profit organizations in the province of Soria that endorsed, certified and supported this nomination, during the years 2008 to 2010.

MD promotes social interaction, as shared meals are the cornerstone of social customs and festive events.

This has given rise to a considerable body of knowledge, songs, maxims, tales and legends.

1. - What is the Mediterranean Diet (MD)?

2. - Is it just about food? Is it a way of living? Is eating MD products enough?

3. - Is nutrition the same as food?

Mediterranean Diet benefits for the comprehensive health are based on the fact that, despite people in the Mediterranean countries consume more fat than people in the United States (UE), they also have less illnesses related to food. In 1948 appeared the first scientific references to the MD, when the epidemiologist Leland G. Allbaugh studied way the inhabitants of the Crete island lived and compared their food to the food of the inhabitants of Greece and USA. The north American physiologist Ancel Keys contributed to its divulgation. Ancel Keys also headed a study about the Coronary Heart Diseases (CHD), blood cholesterol and the lifestyle in seven different countries (Italy, Yugoslavia, Greece, Low Countries, Finland, USA and Japan) after the Second World War. Keys and his collaborators noticed that the CHD had less effect in the countryside of south Europa and Japan. They supposed there was a protective factor in their lifestyle and named it the “Mediterranean way”. They described this lifestyle as “very physically active (because of the limited mechanized agriculture), frugal and with a main ingestion of vegetal products and barely no animal origin products”. The afterwards dissemination of their results made the concept of “Mediterranean style” be recognized as “Mediterranean diet”.

Agricultural harvest The Mediterranean Diet is about a bunch of knowledges, practical competencies, rituals, traditions and symbols related to the agricultural harvest and cultivation, fishing and animal raising; and also, to the way of preserving, transforming, cooking, sharing and consuming food. Eating all together is one of the bases of the cultural identity and continuity of the countries in the Mediterranean areas. It is a moment of social exchange and communication, of affirmation and renovation of the identity bounds of a family, a group or a community. This component of the intangible cultural heritage emphasizes the values of hospitality, neighborliness, intercultural dialog and creativity, as well as a way of living based on respect and diversity. Moreover, it is an important social connector in cultural events, parties and celebrations, as it groups together people of all ages, conditions and social classes. It is also about craftwork and the fabrication of containers made to transport, preserve or consume food, such as ceramic plates and glasses.

Women are very important on the transmission of Mediterranean competencies and knowledges. They do it by protecting the culinary techniques, respecting the seasonal rhythms, taking care of the holidays and transferring MD cultural heritage values to the new generations. The food local markets are also very important, and they are used as a cultural space and as places of transmission of the MD where the daily exchange increases harmony and mutual respect.

Because of all I have already said, I considered it appropriated to develop this dictionary due to the lack of knowledge people have about this Culture and its elements. There are many activities and products that are classified as MD when they are —actually— just the opposite. MD is a synonym of Wellbeing and Traditions Album.

We need to go back to 1611, to the Spanish Dictionary of Sebastián de Covarrubias y Horozco, to be able to regulate the concept of “Mediterranean”, which is wrongly associated to the Mediterranean Sea and which has an etymological meaning of *“lo que está en medio de la tierra apartado del mar. Y de aquí se dijo mar Mediterráneo porque dista del mar Océano, y atraviesa por medio de la tierra, dividiendo la África de la Europa” (sic).*

Do we know the difference between food and nutrition?

Unfortunately for most part of the population, healthy food and healthy nutrition are the same thing. Huge mistake. They are two concepts that are used without distinction most of the times, and the truth is that they are not the same concept at all.

Our nutrition depends on our food. A proper nutrition needs a proper food.

What is food and what is nutrition?

Food:

Food consists on getting foods into your body. It is the result of a set of voluntary and conscious actions. People can change their food habits in order to have a healthy and equilibrated food.

By “foods”, we mean every substance that is elaborated, semi elaborated or pure and destined for human consumption. This includes drinks, chewing gum and any other substances used in foods fabrication, preparation or treatment. But it does not include cosmetics neither tobacco, or any other substances used only as drugs. VOLUNTARY AND EDUCATIONAL

Nutrition:

Nutrition is the amount of processes that take place in our system in order to take advantage of the nutrients found in the foods we eat. Nutrition includes ingestion, digestion, absorption, transportation, distribution, metabolism, storage and excretion. Nutrition is made in an unconscious, NON-VOLUNTARY, NON-EDUCATIONAL WAY.

We can give advices about food, but not about nutrition. Our metabolism rules over our nutrition.

So is food over which we can rule.

In food and nutrition, we can also find two terms that should be defined: foods and nutrient.

What do we understand by foods and by nutrient?

Foods are any solid or liquid product that provides nutrients. They can be of animal or vegetal origin and natural (raw) or elaborated.

Nutrients come from foods and they can be used as an energetic, structural and/or regulator material by our system.

There are different kinds of nutrients:

Carbohydrates: its main function is to provide energy. This is how we obtain glucose, our body's main fuel.

Proteins: they have a structural function (they are part of the nails, hair, collagen,...) and a regulator function (hormones, enzymes, neurotransmitters,...)

Lipids (fats): they have an energetic and regulator function (thermal, carriage of vitamin A, vitamin D, vitamin E and vitamin K,...)

Vitamins: they have a regulator function (immune system, use of minerals,...)

Minerals: regulator function (acid-base balance) and structural function (they are part of the skeleton, of proteins,...)

Water: structural function (50-60 % of the total body weight) and regulator function (body temperature, digestion, transportation,...)

Fiber: regulator function (satiating, laxative,...)

Nutrients can be essential and nonessential nutrients. The difference lays on our system, if it is capable of producing them or needs to obtain them from foods.

Some of the essential nutrients are vitamins, minerals, amino acids, omega 3,... We can have an adequate nutritional state if we feed our system with the right foods.

Diet is the amount of foods that we daily ingest, taking portions into account. So a balanced diet must provide the right quantity and quality of nutrients to be able to cover our needs depending on our physiological and pathological situation.

This is the reason why diets must be individual; the same diet cannot work out the same for different people.

What's even more, diet changes with seasons, you don't feel like eating the same on winter and on summer.

The following conclusions can be made: There are many different ways to food, but just one to nourish. You can teach how to food, but not how to nourish.

Nutrition depends on food. There is not such a thing as a "universal diet"

There are two more conclusions to add:

1.-To consume local foods. -To consume fresh foods- If cultivated -agriculture- or fed up -farming- without additives, with added value for ecologic products. MD supports products with added value.

2.- To consume seasonal products.

That is the smartest thing you can do. Let's just think of the Chinese proverb: "The father of the disease could have been anyone, but there is no doubt that the mother was the diet".

INTERESTING KNOWLEDGES

Calories are the only unit of measurement used to know the quantity of energy that foods provide us, and they are necessary because they give us the energy our system needs to properly work out. The problem starts when we consume more calories than we use, and we store them in our system.

The energetic value or caloric value of any food is proportional to the quantity of energy it can provide when burning in the presence of oxygen. It is measured in calories, that is the quantity of heat needed to increase a degree the temperature of a gram of water.

Following a Mediterranean diet is both beneficial for health and environment. Researchers from the Medicine College of the University of Navarra made an study which pointed out that following the MD can lead to "a minor consume of sources and minor harmful emissions to the ozone layer".

Relating to type of foods, the researchers of the Proyecto Seguimiento Universidad de Navarra (SUN), published on the magazine *Public Health Nutrition*, found out that red meat is, on average, the worst one for the environment, followed by the eggs and dairy products. Actually, replacing, for example, a portion of red meat for a portion of chicken can reduce the use of 2 square meters of land, 1,665 liters of water, 2 megajoules of energy and 2 equivalent kilograms of CO₂ approximately.

The main author of the project of the University of Navarra, Doctor Ujué Fresán, says that: "Un cambio moderado hacia pautas alimentarias basadas en el consumo vegetal y con menos presencia cárnica, como la dieta mediterránea, podría ser positivo no solo para reducir la mortalidad sino también para el medio ambiente".

To end up, related to the consumption of fish, the MD recommends consuming it two or three times each week, even though this might not be beneficial for the environment. Therefore the researchers recommend assuring its precedence from sustainable sources and only to consume wild fish of species that are not suffering overfishing.

MD is related to a minor index of abdominal obesity, which can lead to diabetes, hypertension, heart attack or cerebrovascular event. MD reduces in a 30 % the risk of suffering type 2 diabetes with no need of reducing the consumption of calories, the weight or making physical exercise. It also improves embryonic and fetal development and reduces diovolatory and infertility problems.

World Health Organization and MD

In order to have a healthy food you need:

To eat fruit, greens, vegetables (such as lentils, beans), nuts and whole corn (such as non-processed maize, millet, oats, wheat or whole rice).

At least 400 g (5 portions) of fruit and vegetables at day. Potatoes, sweet potatoes, cassava and other tubers are not considered neither fruits or vegetables.

BABIES WHO ARE FED UP BY THEIR MOTHER'S MILK AND KIDS

During the first two years of a baby's life, a good nutrition drives to a healthy growth and a better cognitive development. Moreover, it decreases the risk of suffering from overweight and obesity and the risk of developing diseases that won't be communicable in the future.

Advices for a healthy food during lactancy and childhood are the same as the advices for adults. The following advices are also important.

Breastfeeding must continue as a main pillar of baby's food.

Once the baby is six months old, complementary, diverse, adequate, harmless and nutritive foods must be introduced into his food.

PRACTICAL ADVISES FOR A HEALTHY FOOD

Fruit, greens y vegetables

To eat at least five pieces of fruit (or 400 g) and greens at day reduces the risk of developing non-communicable diseases and helps to eat enough dietary fiber per day.

Advices to improve the consumption of fruit and greens:

- to include greens in every meal;
- to eat fresh fruit and raw greens as snacks;
- to eat fresh and seasonal fruit and greens;
- to eat different types of fruit and greens.

Fats

To reduce the total fats consumption to less than a 30 % of the daily caloric intake helps to avert the increase of adult's weight.

Moreover, if you reduce the consumption of saturated fat to less than a 10 % of the daily caloric intake, and the consumption of trans fat to less than a 1%, and if you eat unsaturated fat instead of saturated fat, your risk of developing noncommunicable diseases decreases.

The intake of fats can be reduced as following:

- changing the way of cooking: by taking away fat part of the meet;

- by using vegetable oil (non-animal origin); by boiling or steaming foods or cooking them in the oven instead of frying them;
- avoiding the consumption of processed food with trans-fat. The industrial trans-fat (existing in processed food, fast food, snacks, fried food, frozen pizzas, cakes, cookies, margarine, and pastry) are not a part of a healthy diet.
- by reducing the consumption of foods with a high content of saturated fat (such as cheese, ice cream, fatty meat).
- Unsaturated fat (existing, for example, in fish oil, avocado, nuts, sunflower oil, canola oil and olive oil) is better than saturated fat (existing, for example, in fatty meat, butter, palm oil -cancer inducer- and coconut oil, cream, cheese and lard).

Salt, sodium and potassium

- To restrict the salt consumption to less than 5 grams at day (approximately a tea spoon) and to consume iodized salt.

Most of the people consume too much sodium by eating salt (an average of 9 to 12 g of salt at day) and not enough potassium. A high consumption of salt and a low consumption of potassium (less than 3.5 g) can lead to arterial hypertension. Arterial hypertension increases the risk of suffering from coronary heart disease and cerebrovascular event.

If salt consumption was decreased to the recommended level, that is, less than 5 g at day, 1.7 million deaths could be avoided each year.

Usually, people are not really conscious of the quantity of salt they consume. In many countries, most of the salt comes from processed food (such as prepared dishes, processed meat like bacon, ham, salami, cheese or salty snacks). Salt can also come from frequently high consumed foods (such as bread). Salt is also added to foods while cooking (such as stocks, different types of broths, soy sauce and fish sauce) or eating (such as salt).

The consumption of salt can be reduced as following:

- by avoiding salt, soy sauce or fish sauce when preparing foods;
- by avoiding the use of salt at the table;
- by reducing the consumption of salty snacks;
- by choosing low sodium products.

Some foods manufacturers are already changing their recipes in order to reduce the amount of salt in their products. Moreover, it is always advisable to read the foods tickets in order to check the quantity of sodium a product has before buying or consuming it.

Potassium can decrease the negative effects in blood pressure that a high consumption of sodium has. The consumption of potassium can be increased by eating fruit and greens.

Sugar

Sugar intake should get reduced during the lifetime. The information we have access to indicates that free sugars intake in kids and adults should be reduced to less than 10 % of the total caloric intake. In order to obtain major health benefits the previous quantity should be less than 5 %. By free sugars we mean every sugar that manufacturers, cooks or even the consumers add to the foods or drinks which they are about to eat. We can also find free sugars in honey, syrups, and juices and fruit concentrates.

Free sugars consumption increases the risk of tooth cavity. Too many calories coming from foods and drinks with a high content of free sugars can also contribute to weight gain, which can lead to overweight and obesity.

The intake of sugar can be reduced as following:

- by restricting the consumption of foods and drinks with a high content of sugar (such as sugary drinks, sugary snacks and candies); and by eating raw fruit and greens instead of sugary snacks.

How to promote a healthy food

Food evolves over time and many factors and complex interactions can influence it. Annuity, foods prices (which will influence on healthy foods availability), what people prefer and believe, cultural traditions and geographic, environmental and socioeconomic factors are related in a complex way so they can set each person's food habits.

That is why promoting a healthy food environment, which includes food systems that promote a diverse, equilibrated and healthy diet, requires the participation of different people and sectors, among which are the public sector and the private sector.

Public powers are very important in the development of a healthy food environment which can allow people to obtain and maintain healthy food habits.

- To promote the demand of healthy foods and healthy products among the consumers:
- To sensitize consumers about healthy diet;
- Create scholar politics and programs which encourage kids to follow a healthy diet;
- Teaching the kids, adolescents and adults about nutrition and healthy food habits
- Promoting the teaching of cooking, even in schools;
- To clear up the information about food products in the places where they are sold out by using, for example, labels with accurate, clear and understandable information about the foods nutritional content in agreeing with the Codex Alimentarius Commission;
- To give information about food and diet in primary healthcare services
- To promote the right food habits among babies and kids:
- To apply the International Code of Marketing of Breastmilk Substitutes and subsequent relevant World Health Assembly resolutions;

- To apply politics that promote the protection of working mothers;
- To promote, protect and support breastfeeding in health services and community services, even with the help of the Baby-Friendly Hospital Initiative.

WHO ANSWER

In 2004 the World Health Assembly (WHA) endorsed the World Health Organization (WHO) Global Strategy on Diet, Physical Activity and Health. It asks governments, WHO, international associates, the private sector and the civil society to act at global, regional and local level in order to promote healthy food and physical activity.

In 2010, the World Health Assembly passed a series of recommendations about foods and no alcoholic drinks promotion for kids. These recommendations have the aim to guide different countries when they come up with new politics and in order to improve the ones already in operation. This is to reduce non-healthy foods commercialization effects for kids. WHO is helping to create a nutritive profile type which can be used by countries as a way to apply the recommendations in relation to commercialization.

In 2012 the World Health Assembly adopted a whole application plan about the nutrition of the mother, nursing and little kid and six global goals to aim in 2025, among which we can found the reduction of slow growing, wasting, overweight in kids, improvement in breastfeeding and reduction of anemia and low weight of the just born baby.

In 2013 the World Health Assembly agreed nine global goals of self-willed application to prevent and control noncommunicable diseases, among which we can find the stop in the increase of diabetes and obesity, and a relative reduction of 30 % of the salt intake for 2025. The Global Action Plan for the Prevention and Control of Noncommunicable diseases 2013-2020 provides orientations and normative options to the Member States, the WHO and other systems of the United Nations to reach the goals.

In 2014, WHO created a committee about obesity in kids because there are many countries experiencing a fast growth of obesity among nurslings and kids. The committee will elaborate a report on which it will expound the more efficient strategies and measurements for different contexts in the world.

In November 2014, the WHO and the Food and Agriculture Organization of the United Nations (FAO) organized the second International Conference on Nutrition.

In the Conference the Rome Declaration on Nutrition and the Action Frame that recommends a series of options in relating to politics and strategies to promote a diverse, harmless and healthy food in every step of life were adopted. The WHO is helping the countries to put into practice the commitments assumed in the Conference.

It is important, before continuing with the development of the knowledge of this MD Dictionary, to know the basic groups of foods and its special characteristics that re developed in the following chapters.

BASIC GROUPS OF FOODS			
BOVINE OVINE	12-20 % Proteins 8-30 % Fats 60-65 % Water	Digestibility 85-100 %	Protein Vitamin B P Mg Fe Zn
POULTRY	20-25 % Proteins 3-8 % Fats 60-70 % Water	Digestibility 80-100 %	Protein Vitamin B Minerals
FISH SHELLFISH	15-23 % Proteins 1-15 % Fats 0-2 % Carbohydrates 60-70 % Water	Digestibility 70-100 %	Protein Vitamin B Minerals FI , Omega 3 (Bluefish)
EGGS	6-10 % Proteins 8-12 % Fats 80 % Water	Digestibility 90-100 %	Protein High quality
VEGETABLES	19-24 % Proteins 1-5 % Fats 50-60 % Carbohydrates 10-20 % Water	Digestibility Variable	Protein Quality average Fiber
NUTS	5-15 % Proteins 45-70 % Fats 10-20 % Carbohydrates 2-5 % Agua	Digestibility 90-100 %	Minerals Vitamins Fiber Lipids

EUROPEAN UNION Official Journal of the European Union, L 394, 30 December 2006 REGULATORY CONCEPTS

The label and publicity of a growing number of foods of the Community contains nutritional and healthy property declarations. In order to guarantee a high level of protection of the consumers and to provide that the consumers choose among the different foods, the commercialized products must be saved and have proper label.

The differences in the national provisions related to these declarations can stop foods free movement and create uneven competence conditions, which affects directly to how single market works. Therefore, it is necessary to assume community rules about the use of the nutritional declarations and of healthy food properties.

The general dispositions about label are included in the Directive 2000/13/EC of the European Parliament and of the Council of 20 March 2000 on the approximation of the laws of the Member States relating to the labelling, presentation and advertising of foodstuffs, in a general way the use of information that can lead the buyer to any mistake or that give medical properties to foods. The present Regulation aims to complement the general principles of the Directive 2000/13/EC and stablish concrete dispositions relating to the use of the nutritional declarations and of healthy properties of foods which are going to be delivered as such to consumers.

I recommend the complete reading of this Regulation, as it must be applied to every nutritional declaration and of healthy properties effected in the commercial communications, including collective publicity campaigns and promotion campaigns, such as the campaigns sponsored, totally or partially, by public authorities. Consumers have the most interest.

A diverse and balanced diet is fundamental to enjoy a good health; every product has a relative importance inside the total diet. Moreover, diet is one of the various factors that can lead to certain human illnesses. Other factors such as age, genetic predisposition, physical activity level, tobacco and other drugs consumption, environmental exposure and stress, can also lead to human illnesses. Therefore a proper label must be used in regard to illness risk reduction declarations.

NECESSARY CONCEPTS TO UNDERSTAND THE EU REGULATION

“Nutritional declaration” is any declaration that says that a concrete type of food has specific beneficial nutritional properties relating to:

- a) energy contribution (caloric value):
 - 1. that provides,
 - 2. that provides in a reduced or increased value, or
 - 3. that doesn't provide, and/or of
- b) the nutrients or other substances:
 - 1. that contains,
 - 2. that contains in increased or reduced proportions, or
 - 3. that doesn't contain;
- e) to hearten or accept the excessive consumption of any kind of food;
- d) to say that a diverse and balanced diet cannot provide enough quantities of nutrients in general. There can be exceptions for nutrients which cannot be taken enough through a diverse and balanced diet, including the conditions for its application, following the procedure in Article 24 (2) and taking the Member States special conditions into account.
- e) talk about changes in body functions that can lead to an alarm state or scare the consumer, no matter if it is word for word or through pictorial, graphical or symbolic representations.

LOW ENERGY VALUE

It can only be said that a product has a low energy value, as well as anything that means the same for the consumer, if the product doesn't have more than 40 kcal (170 kJ) per 100 g if it is a solid product, or more than 20 kcal (80 kJ) per 100 mL if it is a liquid product. A limit of 4 kcal (17 kJ) per portion will be applied to the sweeteners, with sweetener properties equivalent to 6 g of sucrose (approximately a tea spoon of sucrose).

REDUCED ENERGY VALUE

It can only be said that a product has a reduced energy value, as well as anything that means the same for the consumer, if the energy value is reduced, at least, at a 30 %, with an indication of the characteristic or characteristics that produce the reduction of the food total energy value.

WITHOUT ENERGY CONTRIBUTION

It can only be said that a product has no energy contribution, as well as anything that means the same for the consumer, if the product doesn't have more than 4 kcal (17 kJ) per 100 mL. A limit of 0.4 kcal (1.7 kJ) per portion will be applied to the sweeteners, with sweetener properties equivalent to 6 g of sucrose (approximately a tea spoon of sucrose).

LOW FAT CONTENT

It can only be said that a product has no energy contribution, as well as anything that means the same for the consumer, if the product does not have more than 3 g of fat per 100 g in solid products or 1.5 g of fat per 100 mL in liquid products (1.8 g of fat per 100 mL for semi-skimmed milk).

NO FATS

It can only be said that a product has no fats, as well as anything that means the same for the consumer, if the product doesn't have more than 0.5 g of fat per 100 g or 100 mL. Nevertheless, declarations expressed as "X % without fats" will be forbidden.

LOW SATURATED FATS CONTENT

It can only be said that a product has a low saturated fats content, as well as anything that means the same for the consumer, if the total of saturated fatty acids and trans fatty acids in the product is less than 1.5 g per 100 g for solid products and less than 0.75 g per 100 mL for liquid products, and in any case should the total of saturated fatty acids and trans fatty acids provide more than 10 % of the total energy value.

NO SATURATED FATS CONTENT

It can only be said that a product has no saturated fats content, as well as anything that means the same for the consumer, if the total of saturated fats and trans fatty acids is lower than 0.1 g per 100 g or 100 mL.

LOW SUGAR CONTENT

It can only be said that a product has a low sugar content, as well as anything that means the same for the consumer, if the product does not have more than 5 g of sugar per 100 g in solid products or 2.5 g of sugar per 100 mL in liquid products.

NO SUGAR

It can only be said that a product has no sugar at all, as well as anything that means the same for the consumer, if the product doesn't have more than 0.5 g of sugar per 100 g or 100 mL.

NO ADDED SUGAR PRODUCTS

It can only be said that a product has no added sugars, as well as anything that means the same for the consumer, if the product has not been added any monosaccharide neither disaccharide, or any

product used because of its sweetener properties. If sugar exist in a natural way in foods, label must show the following. "IT CONTAINS NATURALLY OCCURRING SUGARS".

LOW SODIUM/ SALT CONTENT

It can only be said that a product has a low sodium/ salt content, as well as anything that means the same for the consumer, if the product doesn't have more than 0.12 g of sodium, or the equivalent salt content, per 100 g or per 100 mL.

With respect to waters different to natural mineral waters which composition is written on Directive 80/777/EEC, this value should not be higher than 2 mg of sodium per 100 mL.

VERY LOW SODIUM/ SALT CONTENT

It can only be said that a product has a low sodium/ salt content, as well as anything that means the same for the consumer, if the product doesn't have more than 0.04 g of sodium, or the equivalent salt content, per 100 g or per 100 mL. This declaration will not be used for natural mineral waters and other waters.

NO SODIUM OR NO SALT

It can only be said that a product has no sodium or salt at all, as well as anything that means the same for the consumer, if the product doesn't have more than 0.005 g of sodium, or the equivalent salt content, per 100 g.



FIBER SOURCE

It can only be said that a product is a fiber source, as well as anything that means the same for the consumer, if the product has at least 3 g of fiber per 100 g or, at least, 1.5 g of fiber per 100 kcal.

HIGH CONTENT OF FIBRE

It can only be said that a product has a high content of fiber, as well as anything that means the same for the consumer, if the product has at least 6 g of fiber per 100 g or 3 g of fiber per 100 kcal.

PROTEINS SOURCE

It can only be said that a product is a proteins source, as well as anything that means the same for the consumer, if the proteins provide at least the 12 % of the energy value of the product.

HIGH CONTENT OF PROTEINS

It can only be said that a product has a high content of proteins, as well as anything that means the same for the consumer, if the proteins provide at least the 20 % of the energy value of the product.

SOURCE OF [NAME OF THE VITAMINS] OR [NAME OF THE MINERALS]

It can only be said that a product is a vitamins or minerals source, as well as anything that means the same for the consumer, if the product has at least a significant quantity of vitamins or minerals as defined in Directive 90/496/EEC in Regulation (EC) No 1924/2006 and in Regulation (EC) No 1925/2006 of the European Parliament and of the Council of 20 December 2006 on the addition of vitamins and minerals and of certain other substances to foods.

HIGH CONTENT OF [NAME OF THE VITAMINS] OR [NAME OF THE MINERALS]

It can only be said that a product has a high content of vitamins or minerals, as well as anything that means the same for the consumer, if the product has at least two times the value of the “source of [NAME OF THE VITAMINS] or [NAME OF THE MINERALS]”.

CONTAINS [NAME OF THE NUTRIENT OR OTHER SUBSTANCE]

It can only be said that a product has a nutrient or other substance, for the ones that specific conditions in the present Regulation are not established, as well as anything that means the same for the consumer, if the product fulfills every disposition applicable foreseen in the present Regulation, and in particular in article 5.

5 As regards to vitamins and minerals, conditions corresponding to the declaration “source of” will be applied.

MAYOR CONTENT OF [NAME OF THE NUTRIENT]

It can only be said that the content of one or more nutrients, different from vitamins or minerals has been increased, as well as anything that means the same for the consumer, if the product accepts

the conditions foreseen for the declaration “source of” and the increase of its content is, at least, 30 % compared to a similar product.

REDUCED CONTENT OF [NAME OF THE NUTRIENT]

It can only be said that the content of one or more nutrients has been reduced, as well as anything that means the same for the consumer, if the reduction of the content is at least, 30 % compared to a similar product, not including micronutrients, on which a difference of the 10 % can be admitted in the reference values established in the Council Directive 90/496/EEC, as well as for the sodium, or its salt equivalent, on which a difference of the 25 % can be admitted.

LIGHT/LITE

The declarations that confirm that a product is light or lite and any other declaration that can mean the same for the consumer, must fulfil the same conditions as the ones established for the term “reduced content”; likewise, the declaration must include a indication of the characteristic or characteristics that enable the product to be light or lite.

NATURALLY/NATURAL

When a product naturally joins the condition or conditions established in the present herein for the use of a nutritional declaration, it can be used the term “naturally/ natural” before the declaration.

MAIN GROUPS OF PRODUCTS RECOMMENDED BY THE MD

OLIVE OIL

The main gastronomic product of the Mediterranean diet is olive oil. In fact, the different investigations carried out by the World Health Organization (WHO) about the Mediterranean diet confirm that most of its benefits are due to the daily consumption of olive oil.

However, not all olive oils are the same, its quality is directly related to the beneficial effects that they are able to produce in the human system. This is why it is important to know the differences between a regular olive oil and a extra-virgin olive oil, whose quality is incomparable.

¿What differences exist between Regular Olive Oil and Extra-Virgin Olive Oil?

Olive oil is a mixture between virgin olive oil and refined olive oil. The difference between them is very notorious and it is determined by the oil obtaining process:

Virgin olive oil: Virgin olive oil is the one extracted exclusively through mechanical processes of cold pressed. It does not apply any method that increases oil production through heat application. Because it is obtained directly from the first pressed, virgin olive oil keeps all its original properties and has the major degree of purity.

Refined olive oil: It is a low-quality olive oil to which is subsequently applied a refinement system based on the use of high temperatures, which enables to eliminate the negative organoleptic properties. Refined olive oil stills being suitable for human consumption, but their properties have notoriously decreased, and it cannot be considered a pure oil.

The main difference between olive oil and virgin olive oil is that virgin olive oil can be considered a pure oil while olive oil has been mixed with refined oils and it is because of this mixture that it has almost no flavor.

The Extra-Virgin Olive Oil

Extra-virgin olive oil can be considered as the best olive oil and as the one with better organoleptic properties. Compared to other virgin olive oils, extra-virgin olive oil has a smaller oleic acid concentration, so its acidity is approximately 1 %.

Its low acidity gives extra-virgin olive oil a fruity and a little bit acid flavor, and a characteristic greenish color.

Although its price is higher than other olive oils' prices, extra-virgin olive oil is one of the best health investments. This is because the regular consumption of extra-virgin olive oil is the best way to obtain every beneficial properties of olive oil.



Extra-virgin olive oil properties

- Experts confirm that extra-virgin olive oil is the best one for human consumption. This is demonstrated by the properties assigned to the higher quality olive oil.
- Due to its low polyunsaturated fatty acids content, extra-virgin olive oil is the more stable olive oil. This is because it has a major resistance to oxidization and so it usually produces less dangerous substances for human health.
- Because extra-virgin olive oil is the one that better contributes to keep a healthy and balanced diet, it is considered to be the best olive oil for human consume due to its nutritional composition.
- Thanks to its oleic acid and antioxidants content it helps to reduce cardiovascular risk because it increases HDL cholesterol (good cholesterol) levels and decreases LDL cholesterol (bad cholesterol) levels, controlling the total cholesterol levels.
- Due to its high antioxidants content it prevents skin premature aging, as well as other degenerative diseases caused by free radicals' action.
- Olive oil fats have an anti-inflammatory effect in the human system, which converts this healthy ingredient into a complementary help to reduce joint and muscle pain.
- Due to its texture, the higher quality olive oil has a lubricant effect on the intestinal mucosal barrier, so it can naturally prevent constipation.
- Extra-virgin olive oil provides mainly healthy fats, and it has been demonstrated that the addition of healthy fats instead of other more harmful fats helps to follow a healthier diet. Thanks to this, extra-virgin olive oil consumption is related to a lower risk of having obesity or type 2 diabetes.
- Extra-virgin olive oil medical and organoleptic properties help extra-virgin olive oil to be an excellent ally for human health, however, regular olive oil goes through a process of refining that destroys every beneficial properties.

FRUITS

A fruit is the edible part of a vegetable developed from a flower and that has seeds on it.

The term “fruit”, unique botanical origin of this foods, is considered to be the edible part of a vegetable developed from a flower and that has seeds on it.

In this context, fleshy nature edible fruits that can be eaten without been prepared are considered fruits.

Although tomatoes or cucumbers have all the properties to be considered fruits, they are usually included inside the vegetables group due to cultural causes.

BERRIES

Berries have many anthocyanins and carotenoids on its composition. From the biochemical point of view berries have a high antioxidant activity; they neutralize the free radical's action, which is harmful for the human system. These properties can create diverse physiological effects; anti-inflammatory effects and anthocyanins antibacterial action, among others. These fruits do not only have anthocyanins and carotenoids, but also other antioxidants like vitamin C. The dietetic intake of these substances enhances the human immune or defenses system and contributes to reduce the risk of having degenerative or cardiovascular diseases, or even cancer. Likewise, vitamin C is able to further iron absorption, what improves or prevents iron-deficiency anemia. There are certain situations in which the organic need of vitamin C is higher, like pregnancy, lactancy, smoking, taking certain drugs, stress and low defenses, high sport practice, cancer, AIDS and chronic inflammatory diseases. In these situations, berries consumption with a high content of vitamin C is advisable.

Berries have a lot of fiber, so its regular consumption during the months when there are more berries can help to treat constipation and intestinal atony.

When they are not mature enough, berries have lots of tannins which give them their harshness sensation in the palate and are astringent and refreshing, but when they are totally mature tannins get reduced and berries start to have laxative, tonic and depurative properties.

Blueberries are particularly good for fighting infection and improve peripheral circulation. Red blueberries juice has a surprising antiseptic and antibiotic action on germs that cause urinary infections, mainly because of the Escherichia Coli. For cystitis it is advisable to drink a big glass of about 300 mL of fresh juice during one to three months as a treatment and prophylaxis.

Moreover, blueberries have quinic acid, a substance that eliminates and acidifies the urine, so it prevents calcium calculi kidney stones or stones from forming, not from other types of stones.

VEGETABLES

Vegetables are all the plants or parts of a plant used for food and which cultivation is made in market-gardens.

Vegetables that are the fruit of the plant, as tomatoes, cucumber or even aubergine could be considered fruits, but cultural and nutritional causes include them into the vegetables group.

When the edible part of the vegetable is formed by its green organs, its leaves, stems or flowers, they are considered greens.

Vegetables are a group of foods of a very diverse botanic origin because the part of it used for food is different from one to



another.

Types:

- Leaf vegetables: Lettuce, spinach, cabbage, chard, endive...
- Yolk vegetables: Artichokes, endives, asparagus
- Fruit vegetables: Tomato, pepper, eggplant, pumpkin, zucchini and cucumber.
- Root vegetables: Carrot, beet, radish and turnip
- Bulbs: Garlic, onions, leeks
- Tubers: Potato, sweet potato, sweet potatoes
- Inflorescences: Cauliflower and broccoli
- Green seeds: Beans, peas, green beans
- Flowers: artichoke, cauliflower, broccoli.

The Código Alimentario Español (CAE) defines them as “any herbaceous horticultural plant in seasoning (term used for plants mature enough to be eaten) that can be used as a food, raw or cooked”.

GREENS

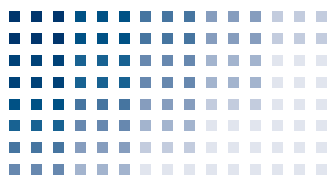
Inside the vegetables group there are greens such as the vegetables whose edible part is formed by its green organs (leaves, stems and flowers).

LEGUMES

It is said to be a legume (from the Latin legumen) the seed contained in the plants of the Leguminosae Family (Fabaceae). Green legumes are the non mature fruits and seeds of the legume vegetables.

The main legumes in Spanish human food are:

- Peas (*Pisum sativum*)
- Beans beans, beans, beans or beans (*Phaseolus vulgaris*)
- Chickpeas (*Cicer arietinum*)
- Beans (*Vicia faba*).
- Green bean (*Phaseolus vulgaris*)
- Lentils (*Lens culinaris*)
- Lupine lupine (*Lupinus*)
- Peanuts (*Arachis hypogaea*)
- Soy (*Glycine max*)
- Carob (*Vicia sativa*)



Soria - Milán



Soria, como comunidad emblemática de la dieta mediterránea, y el emprendimiento social de Huertos de Soria están representadas en la Exposición Universal de Milán.

Páginas 4 y 5.

FRUITS VEGETABLES AND LEGUMES

Fruits and vegetables are indispensable foods in our food. They usually provide little energy and are an important source of fiber, vitamins and minerals, they also have phytonutrients, also known as phytochemicals. The word “phytochemicals” comes from the combination of the term phyto (which means plant in Greek) and “chemical”. So phytochemicals are chemical substances naturally existing in plants. These substances protect us from degenerative diseases, so they improve total mortality and increase expectancy and quality. Consumption of at least 5 pieces of fruit and vegetables a day helps to keep a balanced food and has an important role in every stage of life. They are foods well accepted by old people, elementary during adulthood and essential for good food habits creation during childhood and adolescence.

New foods based on fruits and vegetables and the nowadays consumer reality are a confusion factor when it comes to follow the WHO recommendations on fruits and vegetables consumption based on 5 pieces a day (600 g per day). In Spain it is promoted by the *Asociación para la Promoción del Consumo de Frutas y Hortalizas “5 al día”* (5 at Day). The Director Document, elaborated by the Scientific Committee of this Association, establishes the qualitative and quantitative parameters to include foods in the recommendations “5 at day”.

The Scientific Committee has distinguished 3 categories of foods: Category I includes fresh and non-processed fruits and vegetables; category II includes processed fruits and vegetables with 100 % components coming from fruits and vegetables without free sugars addition, controlled in sodium (<120 mg/100 g), where fruit juices and fruit juice based on concentrates are included; finally, category III includes foods that contain a portion of fruits and vegetables with sodium <200 mg/100 g, <400 kcal per portion, <30% of the energy from total fat and <10 % from saturated fatty acids, among other parameters.

The complete document can be consulted in:

The Director Document elaborated by the Scientific Committee of “5 at day”.

How much is it a portion of fruits and vegetables?

In order to understand the concept of portion it is useful to use an example. The Scientific Committee of “5 at day” understands as “a portion” of apple the quantity of apple that, when changed by another fruit, doesn’t change much its nutritional composition (the quantity of energy, sugars and fiber are not substantially different). Moreover, it will be a quantity of apple that has a dietetic and culinary sense, and can be easily quantifiable and identifiable by the consumer. This judgement has been used for all fruits and vegetables.

For the “5 at day” association, a portion of fruit is equal to 175 grams (raw) and a portion of vegetables is equal to 145 grams (net).

Why consuming them?

Nowadays, there is this demand that foods composing the common diet contribute to the new con-

cept of health “complete physical, mental and social state of welfare” and so they have added values that improve the health state and prevent coming diseases.

Relating to this, the public opinion demands healthy foods that can improve life quality and expectancy. In this background, the consumption of at least 5 pieces of fruit and vegetables at day is essential to keep a healthy and balanced diet.

In the recent past, the fruit consumption in the diet was only a circumstantial contribution, being used as a complement or as a seasonal dessert. In the same way, vegetables have been considered, for many years, secondary foods.

Nowadays, the important role that vitamins, minerals and fiber have in food has improved the nutritional evaluation of these foods. Moreover, the last scientific advancements say they are health promoters because they have, as it has been said before, phytonutrients, which have a protector role fighting chronic diseases and contributing to improve the life quality of the population.

Another reason to consume fruits and vegetables is its low calories input and the high quantity of micronutrients that they have, what, together with the fullness feeling they provide and their ability to displace from the diet foods richer in fats and with a higher energy value, makes them essential in the weight controlling diets.

LEGUMES are a very homogeneous group of foods that come from the gynoecium, of a single carpel and that it gets opened by the ventral suture and by the dorsal nerve in two valves and with the seeds in a ventral row. These pods are usually straight and fleshy. Usually they have spongy, velvety and white flesh on the inside. Their internal part is the mesocarp and the endocarp of the fruit.

The size of legumes can vary from a millimeter or a little bit more to fifty centimeters. Its shape is usually elongated and compressed, as in the case of beans, but it can vary a lot.

They belong to the leguminous plants (Fabaceae family) group and, despite the amount of species that set this family, they are barely used for human food and stock.

Legumes have been cultivated for centuries by many different cultures. Legumes can be considered nutritionally recommended foods thanks to their composition, that includes proteins, carbohydrates, lipids, fiber, minerals and vitamins.

Legumes are likely to each other in nutrients composition, which varies a little in peanuts and soy because their lipids content can reach 18 %, instead of the 4 % of the other legumes.

Proteins

Usually legumes have from 20 % to 25 % of their weight in proteins; but this quantity is higher in peanuts and soy, where it reaches a 38 %. Due to this high percentage of proteins or nitrogenous substances, legumes' seeds are the most used complement for increasing the proteins content in the foods for birds, pigs and rabbits and other types of livestock feed.

Legumes consumed by humans have a lot of proteins and essential amino acids. Actually, despite they don't provide every one of those (they usually don't have much methionine) legumes are a special group of vegetal origin foods, that can be compared to cereals, which complement them adding lysine.

Carbohydrates

La quantity of carbohydrates in vegetables is about al 60 %. Legumes are vegetal origin foods with a high quantity of carbohydrates (like potatoes, cereals and fruits) that have polysaccharides or complex sugars such as starch, simple sugars such as sucrose, glucose, fructose, raffinose galactose and stachyose, and oligosaccharides often existing in cell walls, what gives them their special texture characteristics.

Just like every other food that provides calories, its “ability” to fatten depends on the quantities eaten and on the “accompaniment”, which are all the foods eaten together with them, such as chorizo, bacon, ear, and so on.

Carbohydrates are not essential for the human being, but diet is not correct without them. From the nutritional point of view the lack of legumes creates a bad food in healthy individuals. It is just needed to adapt the doses of each type of legume. In case legumes are eliminated, which is extreme and inadvisable, the quantity of fats and proteins should be increased in order to provide the body with enough energy. Green beans, peas and beans, when eaten tender, they have a smaller caloric value that the same weight of them when they are dry. This is because the quantity of water is higher, although its general composition is very similar.

The idea that legumes are difficult to ingest is wrong because the process of digestion is normal in healthy individuals, with the advantage that they are carbohydrates of slow assimilation. This thought can be caused by the symptoms that occur in the large intestine, with gas formation and dilation. These symptoms are due to the non-digestible sugar’s fermentation (complex carbohydrates and fiber) that can get stronger in people with gastrointestinal disorders due to the high proteins content in legumes.

Carbohydrates determine the behavior of legumes when cooking: the water absorption during the process, the cooked legume’s texture (more or less soft, “buttery” or “mealy”), the elasticity of the cell walls because of the pectin that they have, and so on.

Dietary fiber

Legumes are a source of dietary fiber because complex carbohydrates, like cellulose, are part of the structure of the cell wall of the vegetables and that are not absorbed by the human digestive system. Legumes have between 11 and 25 % of dietary fiber and are, together with cereals, its main source. This nutrient has preventive effects against obesity, Mellitus diabetes, constipation, diverticulitis and colon cancer. It has been proved that high doses of fiber reduce cholesterol.

Micronutrients

Legumes have lots of iron, copper, carotenoids, B1 vitamin, niacin, and are a important source of folic acid. Many research studies say that the intake of foods rich in phosphates can prevent Coronary Heart Diseases. They have high quantities of calcium and iron, although its assimilation is worse than the assimilation of calcium and iron from flesh or milk, and they are a good source of B vitamins.

Nevertheless, legumes have not a high quantity of vitamin C, except when they germinate or are yet green.

Lipids

Legumes have a low fats content. It has been proved that a diverse and legumes rich diet helps to reduce cholesterol levels in blood, although it is yet unknown how does it work. It is believed that the fact that they have saponin and certain plant sterols enables them to block cholesterol absorption. It is also since the person stops eating animal origin products, and so cholesterol too.

Legumes can be eaten tender, dry, cooked, fried, and so on. From a nutritional point of view tender legumes are more advisable, but from the gastronomic and palate point of view dry legumes are the most used ones due to their many preparation styles. They are usually part of many types of stews.

Green grains and legumes of some species are the pillar of many dishes. During cooking (soak and cook) toxicants it may contain are lost. It is essential that the pods do not have “parchment”, which is the tissue interspersed in the parenchyma of the fruit and its function is to cause the dehiscence of the pod in order to release the mature seed. The parchment’s elimination has been reached over the centuries and millenniums in the species with a variety of edible pods.

The most uncomfortable and unpopular part of legumes is its long preparation, based on a soak of many hours before a long baking. Without these culinary preparations, starches and proteins could not be available in conditions to be incorporated into the organism through the digestive system. Recommendations in vegetables consumption are:

- Soaking them about 12 hours in pure water with no salt or bicarbonate, which slows softening and changes flavor, but a small amount of baking soda has no organoleptic manifestation and by weakening the cellulose fibers of the legume cover makes them less indigestible and also increases water permeability.
- There is no need that baking is done in pressure cookers or by hermetically sealed, although they are usually useful to shorten baking time and preserve the nutritional properties.



- Salt must be added in the last moment in order to avoid peels from getting hard.
- It is advisable to consume legumes two times per week, maintaining its consume in summer adding legumes to, for example, cool salads or creams mixed with greens.

Today, many of the disadvantages of baking and soaking have been eliminated because it is possible to obtain the legumes packed in cans or glass jars that can last much longer (between five and six years since packing).

Legumes importance

Legumes, together with cereals and some fruits and tropical roots, have been the pillar of human food for millenniums accompany human evolution. The factors that made the legumes worldwide important are:

Almost 20 000 types of legumes. The huge variability of ways and strategies of the legumes have enabled them to adapt various ecologic conditions, from Africa, Asia and América tropics to the temperate and even cold zones. Leguminosae family existing in arid zones has also aquatic species. Their representatives are found in below cero altitudes and places of difficult acces like the Andes.

Some legumes species high proteins content makes from this family a important vegetal protein source for most part of the herbivores and omnivores, group in which we can find the human being.

The ability of many legumes to establish a symbiotic relationship with microorganisms capable of fixing atmospheric nitrogen and transforming it into assimilable form by plants, allows the natural colonization of soils that would otherwise remain almost depopulated. This characteristic does not only benefits legumes, but also grasses and other families that grow at one side. This association is essential in large natural and artificial meadows on which world livestock is based. Nowadays energy crisis causes the return to the classic systems of alternating crops that include legumes as a valid substitute for nitrogen fertilizers. Leguminosae therefore produce a state of natural fertilization for the soil, so it can be said that they are one of the few ecological crops that allow the alternation of legumes and cereals.

Legumes have different origins depending on the specie. In Mesopotamia, in pre-Columbian America and in East Asia, adapting perfectly to Mediterranean agriculture. Leguminosae and cereals were the first plants ever to be cultivated by the human being. About ten thousand years ago in the Near East area, there was an association between certain seeds such as wheat, barley, lentil, and pea and human settlements, which was an indication of a preferential collection: first step towards the birth of agriculture. The fossil remains of seeds of wheat, barley, lentils and peas from eight thousand years ago indicate that they were already domesticated by man, domestication that reaches the beans in the fourth millennium before Christ. Leguminosae appear also soon in the New World's agriculture (4 000 B.C.), almost a thousand years before corn.

Some middle eastern writings, such as the Bible talk about the legumes in the Jewish population diet, what indicated that legumes have been existing in Mediterranean food for so long. The Book of Genesis, for example, talks about Esau, who sold his first son for a lentils casserole. The Bible also talks about the first vegan diet. In the Book of Daniel, Chapter 1, it is related how the king of Babylon, Nebuchadnezzar 11, ordered that some children of captive Israelites be raised in his palace, among

them the one who would be the prophet Daniel, and that they should be given a daily ration of the king's food. In the story, Daniel asked the prince for permission not to contaminate himself with pagan food. At the end, he looked better than the ones who had eaten the king's food.

“Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.” So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So, the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

Daniel 1: 12-16, Holy Writings (1569)

The writings tell how this food was followed and when they were taken to the Nebuchadnezzar King he could perfectly recognize Daniel and his colleagues. For its part, one of the sentences in the book of Proverbs of Solomon, states that “it is better to eat vegetables where there is love, than fattened beef where there is hatred.”

Moreover, ancient Egyptians gave a lot of importance to lentils, cultivating them much and carefully. They were also very appreciated by the Romans; it is said that in the special ship in which an obelisk was transported from Egypt to Rome, during the reign of Caligula, 840 tons of lentils were transported. However, the beans were considered by the Egyptians as a despicable food. The priests did not eat them, although the common people did. Nor were they esteemed by the Greeks and the Romans. The cause may be that they can cause fabism (see also latirismo). The pea was usual food in Rome, although not very appreciated. It was in the seventeenth century when it became popular in green and became, in the court of Louis XIV, a fashion and madness “in the words of Madame de Maintenon.

The bean, cultivated throughout America since ancient times, was brought from America to Europe in the XVI century, constituting at first an extraordinary luxury, accessible only to the table of the rich.

From the cultivation of lentils and chickpeas in the Egyptian civilization and with the incorporation after the white and red beans that arrived from the New World, they were established in Mediterranean meals and stews in the Mediterranean diet.

Soy is the pride of being the first legume of which written record was left: Shen Nung's books, dating from the year 2800 BC, describe the five main and sacred crops of China: rice, soybeans, wheat, barley and millet. With it, the ancients prepared high protein preparations (cottage cheese, sauces, cheeses, pasta) used to flavor and enrich their basic cereals food. It is around the fourth century BC when they came up with methods to extract their oil.

Consumption sociology

Dry Leguminosae have been called “flesh of the poor”, what has been interesting in many different ways:

First, because of its high proteins content, usually more than 20 % of proteins in their seeds. In Medieval times the Catholic Church recommended the legumes consumption during Lent.

Second, Leguminosae mean poverty and flesh mean wealth. This is an old relation, known from the ancient classical Greece. So in Pluto, by Aristophanes, one of the characters says, referring to a new rich man: “Now he does not like lentils anymore”.

Third, the term flesh is considered derogatory because it is a second class food.

The flatulence problem

The generation of gas in the digestive system as a consequence of the consumption of legumes is due to the large amounts of carbohydrates that some of them contain (especially soy, white beans and crescent beans). Since human digestive enzymes cannot transform them into assimilable sugars, these hydrates leave unchanged the upper intestine and enter the lower areas of the intestine, where the resident bacteria perform the function that these enzymes should have done. The carbohydrates varieties responsible of the gas production are the oligosaccharides, the carbon dioxide and the hydrogen.

Nowadays the Leguminosae consumption changes from 3 grams/person/day in Sweden, Germany and so on to 71 grams in India. This consumption opposes the animal origin proteins consumption.

According to FAO, Leguminosae consumption in United States and Italy decreases as annuity gets higher. In Austria, Germany, the Netherlands, Norway and most countries in Central and Northern Europe, the small consumption of legumes is not influenced by income. In India, Japan and other Asian countries the consumption of legumes is higher in the high-income groups than in the lower-income groups. Surveys conducted on trends in Colombia seem to indicate greater consumption in richer families.

Since the sixties, legumes consumption in Spain has strongly dropped. The causes are multiple, among which are the development of the livestock sector, which has favored the production of food for animals, the absence of effective research processes to provide quality seeds to farmers, the lack of interest of the industrial sector in terms of marketing, despite the fact that traditional canned dishes such as fabada or stew are found and the tendency of consumers to choose proteins of animal origin. Another cause of the drop in the legume's consumption is the increase of the standard of living that has increased the consumption of other foods and the lifestyle: men and women work outside their houses and none of them has much time to cook.

In short, the growing inequality in the distribution of wealth and the increase in the human population make it possible to foresee that the consumption of meat will not be replaced in a short or medium term by the supply of vegetable proteins in the diet. A possible solution could be to convert the vegetal protein to animal protein using it on human food. Leguminosae are the most wanted for this role because of its interesting proteins content.

VITAMINS CONTENT IN THESE PRODUCTS

VITAMIN E: Olive oil, vegetable and seed oils, wheat, nuts, fresh almonds, vegetables and salads.

VITAMIN A: Carrots, potatoes, vegetables, broccoli, lettuce, pumpkin, apricot.

VITAMIN C: Oranges, lemons, kiwis, strawberries, grapes, tomatoes, peppers, potatoes, paprika.

FLAVONOIDS: Onions, apples, red wine.

POLYPHENOLS: Olive oil, red wine

HIGH FIBER CONTENT.

- Brussels cabbage.
- Cabbage, red cabbage, cabbage, cauliflower, celery, chard, lettuce.
- Carrots, potatoes.
- Pea and green beans.

NUTS

They are almonds, walnuts, chestnuts, pistachios, pine nuts, chestnuts, hazelnuts, cashew nuts, macadamia nuts, “peanuts “. Seeds such as sunflower seeds are not nuts.

Dried fruits such as dried apricots or prunes are not nuts neither. Nuts are considered to be an important energy source.

We have to take into account that nuts need to have much energy so a new plant can be born. Nuts are a small portion, highly concentrated and with a high nutrition value on fats, proteins, vitamins and minerals.

Most nuts have more or less the same number of calories, usually high, so they need to be eaten with moderation. Nevertheless, they have different quantities of nutrients like fatty acids omega 3, proteins and fiber.

Nuts have mostly the same composition, but different quantities and concentrations. That is why almonds have a low quantity of calories, but more calcium than other nuts; high

fiber content and vitamin E, what makes them good antioxidants.

Vitamin E is the scarcest vitamin, but pistachios and walnuts are the ones that have the highest vitamin E content. They have, however, a high vitamin E and vitamin B content.

Minerals: they have magnesium, zinc, sulfur, phosphorus, potassium, iron and calcium (this one in a lower quantity) and selenium.

Antioxidants: flavonoids and resveratrol.

Usually, nuts are made of:

- Omega-3 fatty acids: they have many omega-3 fatty acids, although omega-3 fatty acids are mostly on fish oils, nuts also have a high content of them, so they can be a good vegetal source.
- Nuts have a high essential fatty acids concentration.
- One of the most beneficial nuts are the walnuts. 14 half Walnuts /7 Walnuts contain:
- 170 calories (approximately, depending on the size)

- 18 grams of fats
- 4 grams of proteins
- Fiber: High content. These nuts have a high fiber quantity what decreases other carbohydrates absorption in the diet and so glucose levels in the blood can be decreased after meals.
- Vitamin E and Vitamin B
- Plant sterols. L-Arginine
- Proteins: From 9 to 20 % of proteins except chestnuts.
- Fats: From 49 to 74 %

These fats are monounsaturated and polyunsaturated, which is an alternative to saturated fats.

Some studies say that they can protect from type 2 diabetes. These studies concluded that women who consumed 30 grams of nuts at day during 5 or more days decreased a 30 % their risk of developing diabetes in comparison to the women who ate no nuts.

This effect is attributed, in part, to the fact that mono- and polyunsaturated fats levels can affect insulin sensitivity. Nuts are also beneficial for people who suffer from diabetes because they help to reduce the glycemic indexes of the diet.

They have a high content of linoleic acid, ALA and allogenenic acid, which is beneficial for cardiac arrhythmias.

They reduce the incidence of atheroma formation in the arteries by helping to reduce the amount of cholesterol

And it is as effective as olive oil when reducing inflammations and the arteries oxidization after a meal with a high fats content.

If we compare the type of fats, the high concentration of monounsaturated and polyunsaturated fats in comparison to the saturated fats, the studies say that 30 daily grams of nuts protect the heart.

The actions are regulating cholesterol levels in blood.

Fiber and plant sterols can reduce these levels and the resorption through the intestine.

Nuts and specially walnuts have a high content of Arginine; this amino acid is transformed into nitric oxide in the body helping to keep the elasticity of the blood vessels, and making them bigger, which improves the blood flow, stopping the formation of arteriosclerosis plaques.

Naturally with a low content of sodium and a high content of potassium, what improves the blood pressure.

Pistachios are one of the nuts that can be more beneficial for memory and the brain because they have a high amount of phosphates. They have a high potassium, calcium, phosphorus and iron content. Pistachios have a high content of folic acid and vitamin A, so they are beneficial in vegetarian diets and in pregnant women who need a higher quantity of this substance. Moreover, they have a lot of vitamin E.

Particularly beneficial are Brazil nuts, that contain less quantity of fatty acids than the other types of walnuts; however, they have magnesium, zinc and selenium.

They have a high content of selenium, what is very beneficial as an antioxidant, helping to regulate the thyroid function and to protect and reduce the risk of prostate cancer.

Although too much selenium can be negative, nowadays there are many debates on the quantity of selenium and the development of type 2 diabetes. Some studies confirm that too much selenium can lead to an increase of the risk of suffering from type 2 diabetes, but other new studies confirm just the opposite if the selenium comes from the diet, as when adding Brazil nuts to the diet.

Brazil nuts also contain Beta Sitosterol. It is a phytosterol, which has a structure similar to cholesterol, and is used in the treatment of benign prostatic hyperplasia.

This component binds to the tissue of the prostate and acts on the metabolism of prostaglandins, which take part into pain and inflammation.



DAIRY PRODUCTS

Milk provides essential nutrients and it is an important energy, high quality proteins and fats source. Milk can contribute to the necessary ingestion of nutrients like calcium, magnesium, selenium, riboflavin, vitamin B 12 and pantothenic acid. Milk and dairy products are foods rich in nutrients and its consumption can diversify diets based basically on vegetables consumption. Animal origin milk can have an important role on diets for kids in populations with a low level of fats ingestion and limited access to other animal origin foods.

A dairy animal, its race, age and diet, together with the lactation status, the number of births, the agricultural system, the physical environment and the season of the year, influence the color, flavor and composition of the milk and allow the production of a variety of dairy products:

- **Cow milk:** fats are about the 3 to 4 % of the solid content of the cow milk, proteins about the 3.5 % and lactose the 5 %, but the pure chemical composition of the cow's milk changes depending on the race. For example, the fat content is usually higher in the *Bos indicus* livestock than in *B. taurus* livestock. The fats content in the *B. indicus* livestock milk can be up to the 5.5 %.
- The buffalo milk has a very high content of fats that, on average, is the double than the content of cow milk. The relation fat/ protein of the buffalo milk is approximately 2:1. Compared to



cow's milk, buffalo milk also has a higher casein / protein relation. The high calcium content of the casein makes it easier for the cheese fabrication.

- The camel's milk has a similar composition to the cow's milk, but it is a little bit saltier. The camel's milk can have three times more vitamin C than cow's milk and represents a vital source of vitamin C for people living in arid and semi-arid zones who usually cannot obtain vitamin C from fruit or vegetables. Moreover, camel milk is rich in unsaturated fatty acids and B vitamins. The milk of the Bactrian camels has a higher percentage of fat than that of the dromedaries, but in both the levels of proteins and lactose are similar. Usually camel milk is consumed raw or fermented.
- Sheep milk has a higher fats and proteins content than goat's milk and cow's milk; only buffalo and yak milk have more fat. Moreover, sheep milk has usually a higher lactose content than cow, buffalo and goat milk. The high content of proteins and the solid content of the sheep milk make it especially convenient for cheese and yogurt production. Sheep milk is important in the Mediterranean area, where the most of it is transformed into cheeses, such as the pecorino, caciocavallo and feta.
- Goat milk has a similar composition to cow's milk. In the Mediterranean and Latin American countries goat milk is usually transformed into cheeses; in Africa and South Asia, is usually consumed raw or acidified.
- The yak milk has a sweet flavor and smell. Have from 15 to 18 % of solid content, from 5.5 to 9 % of fats and from 4 to 5.9 % of proteins. So it has a higher solid, fats and proteins content than cow and goat milks, and it is similar to buffalo milk. Shepherds and their families use raw milk mainly to prepare tea with milk. Yak milk can be transformed into a variety of dairy products such as butter, cheeses and fermented milk products.
- Equine milk: Mare and donkey milks have a similar composition. Equine milk, just like human milk, has a relatively low level of proteins (specially caseins) and ashes and has a lot of lactose. In comparison to other dairy species, equine milk has a low level of fats and proteins. Most of the equine milk is consumed fermented and is not appropriate for cheese fabrication.

FISHES

There are four main groups of fishes, and they are very important in the MD.

- **BLUE or FATTY***
- **WHITEV or LEAN**
- **SEMI FATTY**
- **OTHER SEA PRODUCTS**

The difference between white and bluefishes depends on how digerible its flesh is and, consequently, on the different fat proportion of their muscles. Therefore lean fish is also called white fish and fatty fish is called bluefish. There is also another group called semi fatty fish. There are fishes that, depending on the time of the year, change its body fat quantity and so their definition as white fish or bluefish changes too.

BLUEFISH

Fats:

This type of fish travels a lot, so they need to accumulate fat in their muscles. They have between a 5 and a 10o/o of body fat. Most of the fat is in the tissues.

Coloration

The fat quantity affects coloration, so most of the fatty fishes have blue coloration. Maybe therefore this fish has always been called "bluefish".

A regular consumption of bluefish is advisable because of its nutritive properties, especially in people who have a risk of suffering from cardiovascular diseases and thrombosis, and it helps to prevent the risk of kidney cancer in women.

It has been proved that countries with a higher fish consumption index have a lower percentage of population that suffers from heart problems and other diseases, such as the ischemic heart disease, which triggers angina pectoris and stroke.

Fatty acids

It provides fatty acids such as oleic, linoleic (essential because the organism cannot synthesize it and can only get it through food) and omega-3. Is this last type of fatty acid that helps to have lower cholesterol levels in blood, decreasing the risk of cholesterol accumulation in the arteries and leading to a arteriosclerosis.

The fatty acids omega-3 proportion depends on different factors that affect fish.

Omega-3 acts by reducing the blood levels of the known as bad cholesterol (LDL), and slightly increases the good cholesterol (HDL), so that it reduces the risk of thrombus formation. This is why blue fish consumption is specially beneficial for those who suffer from circulatory alterations. And in fact, in case of heart disease or alterations in the levels of fats and cholesterol, it is advisable to increase the consumption of blue fish, whenever possible, from the two usual ingestions per week in our country to four. Omega 3 also acts by inhibiting platelet aggregation. This avoids plate formation inside the blood vessels, which is an important factor for protection against cardiovascular diseases. It has also been proved that this type of fats reduce the heart pressure and blood viscosity.

Proteins

Blue fish has proteins of the same quantity and quality as those from the egg and the flesh. This nutritive input also depends on the type of fish. While sea fish contains a little more sodium than fresh water fish, preserves, smoked and salted fishes have a very high amount of this mineral. Therefore it is sometimes advisable to decrease or avoid the consumption of the species with more sodium, under medical supervision, in order to avoid the risk of hypertension, fluid retention, renal impairment, heart failure...

People with a high level of uric acid should also decrease (or even avoid) blue fish consumption.

Blue fish protein is best than red flesh protein. Vitamins

Regarding the contribution of vitamins, fat soluble ones stand out (A and D), which are logically concentrated in the most fatty areas (muscles, liver y and other viscera), over the water soluble ones, of the B and C complex, among which only a high content of 812 is appreciated.

It also has vitamin E, with a protector antioxidant effect.

Minerals

It has minerals such as iodine, magnesium, phosphorus, iron (less than meat). and calcium (in the species eaten with spine).

It has a lot of sodium and potassium, but not so much calcium. Its iodine content is 25 times higher than the one from other proteins of animal origin. Fried fish is a good source of calcium and phosphorus; the same happens with canned sardines. Fish consumption is advisable for growing kids and pregnant women because of its minerals content. Example of blue fish:

Anchovy, Angula, Anguilla, Abin, Bonito, Mackerel, Cazón, Chicharro, Lamprey, Palometa, Swordfish, Salmon and Sardina.



SEMI FATTY FISH

Usually semi fatty fish doesn't exist but depending on the time of the year a blue or white fish turns into a semi fatty fish, because its body fat content is reduced. Fats: It has more fats than blue fish, 2.5 %, no more than 6 %.

Examples of semi fatty fish: Anguilla, Sea bream, Sea bass, Dorada and Mummot

WHITE FISH

White fish finds its foods near it, so it doesn't need to move. It is sedentary, so it doesn't need to accumulate fats in order to travel.

They have a 2 % of body fat, and it is in the liver. These fishes are easy to digest.

They contain many proteins, mineral salts and great content in jellies. But they have few calories.

They all have a similar nutritive value, although those that come from sea waters have a high iodine content, a very important mineral for the thyroid gland to work properly. All of them are rich in vitamins B. Fats: There are types that have more fats, such as the bream, the red mullet or the sea bass, which contain vitamin A.

Among white fish species we can find the so-called **flat fish**, such as the sole, the sea bream, the rooster or the turbot. These fishes fat content is even lower (more or less the 2 % of their weight) and their protein content is higher (more or less the 17 % of its weight). If they are fried, they absorb much more oil than round fish, which can quadruple their energy value.

Cholesterol: Regular consumption of this type of fish can reduce cholesterol levels and heart disease, taking into account that the best way to consume it is steamed, baked or cooked. Its consumption is recommended for children and convalescents.

Examples of white fish: Cod, Scorpionfish, Sole, Hake, Monkfish, Pout, Conger, Rooster and turbot.

MOLLUSCS

Mollusks (Mollusca, from Latin *molluscum* «soft») form one of the great groups of the animal kingdom. They are invertebrates with bilateral symmetry (although some may have a secondary asymmetry) and non-segmented, soft-bodied, naked or protected by a shell.

Mollusks are the most numerous invertebrates after arthropods, and include such well-known forms as clams, oysters, squid, octopus, slugs and a great diversity of snails, both marine and terrestrial.

It is estimated that there may be about 100,000 living species, and 35,000 extinct species, since mollusks have a long geological history, ranging from the Lower Cambrian to the present.

CRUSTACEANS

Crustaceans (Crustacea, from the Latin crust, “crust” and aceum, “relation or the nature of something”) are an extensive subtype of arthropods, with more than 67,000 species and undoubtedly there are five to discover ten times this number. They include several groups of animals such as lobsters, shrimps, crabs, prawns and barnacles. Crustaceans are fundamentally aquatic, and they inhabit in the depths, in the marine and brackish as well as in freshwater environments; a few have colonized the terrestrial environment, like the cochineal of moisture (isopods). They dominate the seas, as insects dominate the earth. Like almost all arthropods, crustaceans are characterized by having an articulated exoskeleton. The articulated exoskeleton is formed mainly by the chitin protein.

There are different types:

Saltwater Freshwater Brachyuros Decapod

- **Freshwater crustaceans**

They come from the Decapod family

Freshwater crustaceans' examples: River crab.

- **Freshwater crustaceans**

Lobster, Lobster, Prawn, King prawns, Crab, Sea bream.

- **Crustacean brachyura**

The cephalothorax of the brachyurans is wider than long, and crushed.

It has five pairs of legs. The first of these five pairs of legs is transformed into tweezers, used for the capture of food, for defense and for social interactions. Crabs are usually good walkers, they run sideways when they start walking faster. Sea crab, spider crab and sea crab

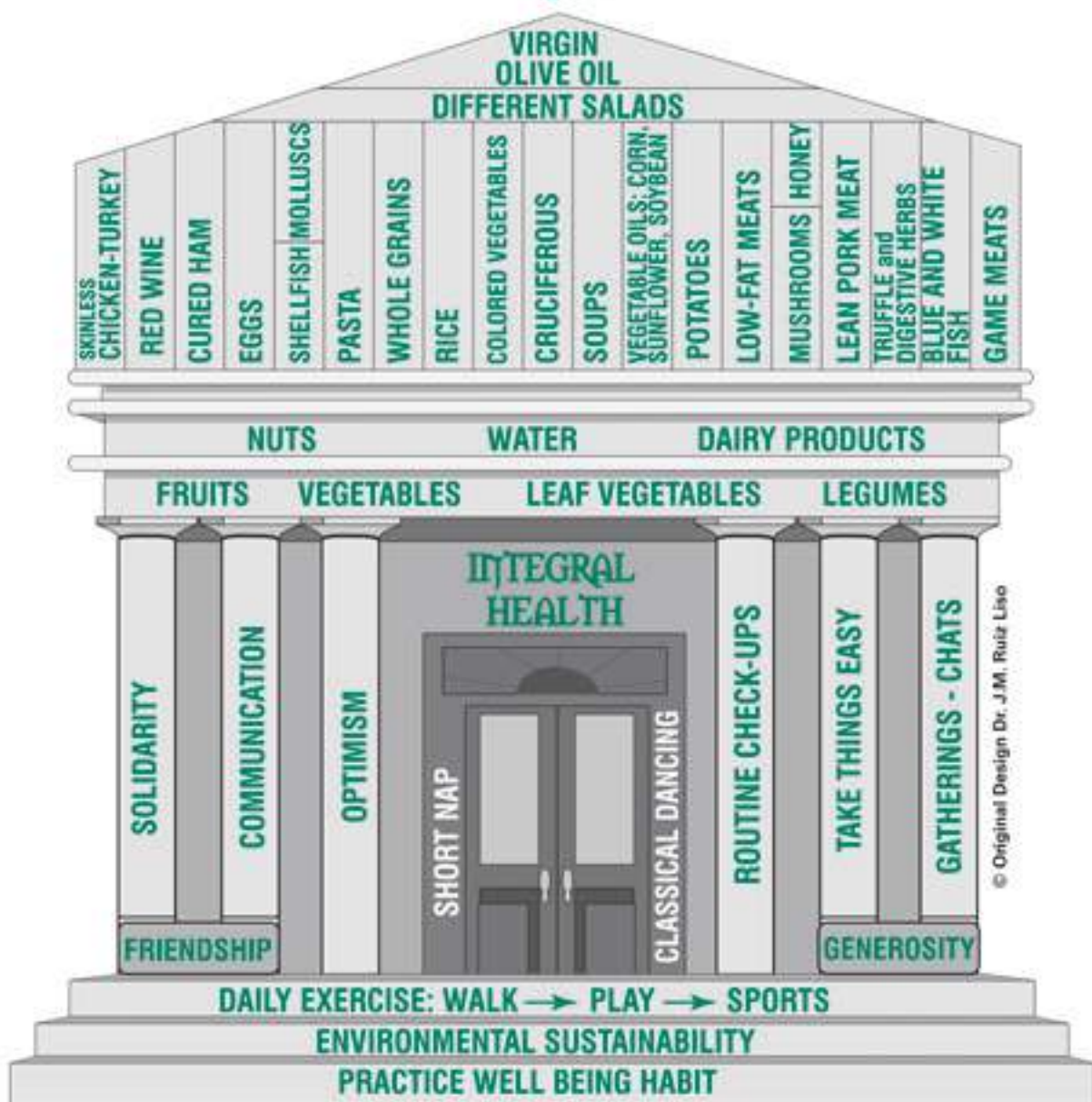
- **Crustacean decapod**

It has ten legs.

Lobster, Shrimp, Carabinero, Norway lobster, Shrimp, Nécora.

TEMPLE OF HEALTH

BASED ON THE MEDITERRANEAN DIET



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- 1.- CHEW FOOD SLOWLY
- 2.- HAVE BREAKFAST DAILY
- 3.- MAKE MEALS IN COMPANY
- 4.- AVOID CONVENIENCE AND FRIED FOOD AND JUICE BOXES
- 5.- YOU CAN EAT ANYTHING MODERATELY, AND SOME THINGS IN SMALL PORTIONS FROM TIME TO TIME.



The assets of the DM in the Dictionary of the RAE

There are hundreds of types of bread, very healthy and especially all of bakery ovens. Its antioxidants, vitamins, and minerals they make it irreplaceable.

Our daily bread of the PAN is one of the oldest foods in Human Consumption from secular times and fundamental and essential axis of the diet Mediterranean The density of data it generates would necessitate another book similar to this dictionary in content.



FIRST
PLATE

DICCIONARIO

Repertorio en forma de libro o en soporte electrónico en el que se recogen, según un orden determinado, las palabras o expresiones de una o más lenguas, o de una materia concreta, acompañadas de su definición, equivalencia o explicación.

Catálogo de noticias o datos de un mismo género, ordenado alfabéticamente. Diccionario bibliográfico, biográfico, geográfico.

DICCIONARIO ENCICLOPÉDICO

Diccionario que, además de las palabras comunes de una lengua, contiene nombres propios de destacados personajes, acontecimientos, lugares, etc.

DIETA MEDITERRÁNEA

Régimen alimenticio de los países de la cuenca del mar Mediterráneo basado preferentemente en cereales, legumbres, hortalizas, aceite de oliva y vino.

DIETA: Conjunto de sustancias que regularmente se ingieren como alimento.

MEDITERRÁNEO: Que está rodeado de tierra.

TERMINOLÓGICO, CA:

Pertenciente o relativo a un término o a una terminología y a su empleo.

DICCIONARIO ESPAÑOL DE SEBASTIÁN DE COVARRUBIAS Y HOROZCO -1611-

MEDITERRÁNEO: “Lo que está en medio de la tierra, apartado del mar. Y de aquí se dijo Mar Mediterráneo, porque dista del mar Océano, y atraviesa por medio de la tierra, dividiendo la África de la Europa (sic)”.

DIETA: del griego. Régimen de vida (dieta)

DICCIONARIO

Categories

Chapter index

1. VEGETABLE OILS	57
2. DRINKS	58
3. COFFE AND TEA	58
4. MEAT	59
5. FRUITS	62
6. NUTS	
7. EDIBLE AND AROMATIC HERBS	70
8. EGGS	72
9. DAIRY PRODUCTS	72
10. LEGUMES	74
11. MYCOLOGY TRUFICULTURE	75
12. PASTA RICE CEREALS	75
13. FISH AND SHELLFISH	76
14. VEGETABLES	81
15. ATTITUDES / VALUES / ACTIVITIES OF THE DIET MEDITERRANEAN AS A LIFE STYLE	87



Enric Servera

VEGETABLE OILS

OIL

1. Fatty liquid obtained from fruits or seeds, such as peanuts, cotton, soybeans, nuts, almonds, linseed, castor beans or coconut, and of some animals, such as whales, seals or cod. Cod liver oil.
2. Olive oil
3. Dense liquid of natural origin, such as oil, or obtained by distillation of certain bituminous minerals or coal, lignite and peat.
4. Fatty substance, liquid at ordinary temperature, of greater or lesser viscosity, immiscible with water and of lower density than it, which can be synthetically obtained.

OLIVE OIL

1. Fatty yellowish green liquid, obtained by pressing the olives.

Virgin oil:

1. Olive oil obtained by first cold pressure.

SUNFLOWER OIL

1. Annual plant from Peru, of the family of the compound, with herbaceous stem, straight, about three centimeters thick and about two meters high, alternate leaves, petiolate and heart-shaped, terminal flowers, which are doubled at maturity, yellow, 20 to 30 cm in diameter, frutoand fruit with many blackish seeds, almost ellipsoidal, edible, and from which a good oil can be extracted for seasoning, and that is cultivated to obtain the oil and on a smaller scale to consume the seeds

CORN OIL

1. Plant of the family of grasses, with the thick stem, from one to three meters high, depending on the species, long, flat and pointed leaves, more culinary flowers in terminal clusters and the female axillary axes sheltered by a sheath. It is indigenous of tropical America, grown in Europe and produces cobs with coarse and yellow grains that are very nutritive.

SOY OIL

1. Legume plant that comes from Asia.
2. Fruit of soy, edible and very nutritive



DRINKS

BEER

[U or C] an alcoholic drink made from grain and hops (= a type of plant):

GRAPE JUICE

- 1.- Grape juice; people usually drink it as soda or a snack.
- 2.- 1.Grape's juice, before fermentation and turning into wine.
"the first days of the harvest festivities commemorate the obtaining of the first grape juice".

RED WINE

Alcoholic drink made from the grape's juice, pressed and naturally cooked through fermentation.

JUICE

Liquid that comes from herbs, flowers, fruits or other similar things, and which is extracted by squeezing or mastering them.

juice (useful and sustantial part).



COFFEE AND TEE

COFFEE

Coffea's seed of a centimeter long and yellow color, convex on one side and, flat on the other and with a longitudinal groove.

Drink that is made by infusion with the roasted and milled coffea seed.

TEA

Bush of the Far East, of the family of the teáceas, that grows up to four meters of height, with the ever-green leaves, alternate, elliptical, pointed, toothed and íacoriáceas, of six to eight centimeters in length and three of width . It has white flowers, axillary and with peduncle, and capsular, globose fruit, with three blackish seeds.

Tea leaf, dry, rolled and slightly touched.

Infusion of tea leaves.



FLESH

OSTRICH

Big bird that can reach the 2 m high, has short wings that cannot fly, long and naked neck and large legs that enable the ostrich to run fast. They live in Africa and Arabia.

QUAIL MEAT

Migratory gallinaceous bird, about 20 cm long, with pointed wings, a very short tail, spurless feet, dark beak, white eyebrows and brown head, back and wings, with darker rays. It has a yellowish gray bottom. It is common in Spain, from where it emigrates to Africa in the autumn.

RABBIT MEAT

m. and f. Lagomorphs mammal of about 40 cm long, including the tail, of thick and ordinarily gray color fur, very long ears, hind legs longer than the front ones and very short tail. It lives in burrows. It is easily domesticable and appreciated for its meat and its hair.

Rabbit meat.

TURKEY MEAT

m. and f. Bird of the order of the galliformes, native of America, larger than the hen, with a long neck and without feathers. From the head and the neck hang some red carnosities.

PARTRIDGE MEAT

Gallinaceous bird, up to 40 cm in length and 50 cm in span, thick body, small head and grayish plumage with red spots, very appreciated for its meat.

White partridge

Gallinaceous bird, slightly larger than the common partridge, of which it is distinguished by the ashen bill, the legs of the same color and feathers up to the nails, and the white plumage on the body and black on the tail and wings, although the ends of these are also white.

Partridge with white legs that turns white in winter in cold countries, what distinguishes it from the one that is white only on its feet and does not have feathers.

CHICKEN MEAT

Bird that is born from birds' eggs, usually hen's eggs.

Young hen or cock.

BULL/BULLOCK MEAT

Adult bovine male.

Res vaccine two or three years, especially when not tamed.

HUNTING

Set of animals not domesticated before and after hunted.

Major hunt

wild boars, wolves, deer or other similar animals hunting.

Minor hunt

hares, rabbits, partridges, pigeons or other similar animals hunting.

CORNED BEEF

Salted meat, lees and dried in the air, sun or smoke.

PIG

m. and f. Artiodactyl mammal of the group of Suidae, with a thick body, large head and ears, a narrow snout and short legs, which is specially bred to take advantage of its body in the human diet.

DEER

m. and f. Ruminant mammal animal, about 1.30 m in height, slender, with rough, short and reddish brown hair in summer and gray in winter. It is clearer on the belly than on the back, and it has long legs and a very short tail. The male is armed with antlers and fluted and branched horns that he loses and renews every year, increasing with time the number of points, which reaches ten on each pole. It is an indomesticable animal and is hunted to use its skin, its antlers y its flesh.

ROE DEER

m. and f. Ruminant mammal of the family of the cervid, somewhat larger than the goat, raand raof reddish-gray color, which has small, warty and forked horns towards the tip.

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WILD PIG

m. and f. Artiodactyl mammal, whose domestic variety is the pig, of great strength, very gray or brown coat and large fangs protruding from the mouth, which lives in forests and bushes.

HAM

Rear leg of pork, cured or cooked whole.

Ham flesh.

Black leg ham

Iberian pork ham, of black hoof.

York ham

stew ham.

Serrano ham

stew ham.

TURKEY HAM

m. and f. Bird of the order of the galliformes , native of America, larger than the hen, with a long neck and without feathers. From the head and the neck hang some red carnosities.

DUCK HAM

m. and f. Water palm-footed bird, with a flattened beak and short legs, with fingers joined together by a membrane, of which there are several species, some of them domestic.

LOIN

Lower and central part of the back. U. t. has the same meaning in singular and plural.

In the quadrupeds, the whole backbone, from the cross to the haunches.

Each of the two pieces of pork or beef that are next to the spine and under the ribs.

DEER

m. and f. deer.

Res of major hunt, particularly bear, wild boar or deer.



FRUITS

OLIVES

olive (tree)

f. olive (fruit of the olive tree).

AVOCADO

Tree of America, of the lauraceae family, from eight to ten meters high, with alternate, coriaceous and evergreen leaves, dioecious flowers and edible fruit.

Fruit of the avocado.

Persea americana, commonly known as avocado or avocado is an arboreal species of the genus *Persea* belonging to the Lauraceae family, native to Mesoamerica and domesticated by the indigenous people of that area about 10,000 years ago.

APRICOT

Fruit of the apricot. It is an almost round drupe with a groove, usually yellowish and partly incarnate, velvety, with a pleasant flavor, and with a smooth bone of bitter almond.

The apricot (*Prunus armeniaca*), also known as damascus or albérchigo, is the fruit of the baricoquero. It belongs to the Rosaceae family, which includes more than 2,000 species of herbaceous plants, shrubs and trees distributed in temperate regions around the world. The main European fruits, besides the rose bush, belong to this great family.

ALBÉRCHIGO

Fruit of the alberchiguero, of strong, juicy and yellow meat, and whose skin, yellowish also, has a pink spot very lit by the part where it has more sunlight. It is of various sizes, although usually about six centimeters of diameter

KHAKI

Tree of the family of the ebenáceas, original of Japan and China, of which numerous varieties in Europe and South America can be cultivated. Its fruit, sweet and fleshy, about the size of an apple, is edible.

Fruit of the khaki.

CHERRY

Fruit of the cherry tree. It is a drupe with a long, almost round stick, about two centimeters in diameter, with a lateral groove, smooth skin of a more or less dark red color, and a very juicy, sweet and edible pulp.

Cherry is the name of the fruit of several trees of the *Prunus* genus, although a limited number of species are commercially exploited. The tree is known as cherry-tree

CUSTARD APPLE

Fruit of the custard apple. It is a greenish berry with black seeds and white pulp that has a very pleasant flavor. Its size varies from that of an apple to that of a melon.

Annona cherimola is a tree belonging to the *annonaceae* family whose edible fruit is the cherimoya. It is considered one of the most appreciated tropical fruits within the genre.

PLUM

Fruit of plum. It is a drupe, very variable in shape, color and size according to the variety of the tree that produces it. The epicarp usually separates easily from the mesocarp, which is more or less sweet and juicy and is sometimes attached to the endocarp.

The plum is the fruit of the plum tree, common name of several tree species belonging to the sub genus *Prunus*. The plum is a drupe, that is, a fleshy fruit with a single seed surrounded by a woody endocarp.

COCONUT

It is called like that because the shell of the fruit with its three holes resembles a head with eyes and mouth, like that of the infantile ghost.

The coconut tree is a kind of palm tree of the *Arecaceae* family. It is monotypic, being its only species *Cocos nucifera*.

Tree of the family of the palms, which usually reaches 20 to 25 m in height, with the leaves divided into lacinias ensiformes folded backwards, and flowers in clusters. It usually produces two or three times its fruit annually. An alcoholic drink is taken from the trunk.

The fruit of the coconut, which is of the shape and size of a regular melon, covered with two barks, just like the walnut, the first fibrous and the second very hard; inside and adhered to this has a white and tasty pulp, and in the central cavity a coolant. With the first crust ropes and coarse fabrics are made; with the second, cups, glasses and other utensils; from the flesh they are made sweet and oil is extracted.

DATE

Fruit of the palm tree, of prolonged ellipsoidal shape, of about four centimeters long and two thick, covered with a yellow film, edible whitish flesh and almost cylindrical bone, very hard and with a groove throughout.

RASPBERRY

Fruit of the raspberry, similar to the blackberry, a little bit hairy, of fragrant and soft smell, and very pleasant bittersweet flavor

Rubus idaeus, common name raspberry, is a species of *Rubus* genus native to Europe and northern Asia

STRAWBERRY

Plant of the Rosaceae family, with creeping and knotty stems and with stolons, petiolate leaves, hairy, whitish on the underside, divided into three oval segments with coarse teeth on the margin; pedunculated flowers, white or yellowish, solitary or in little nutritious corimbos, and almost round fruit, somewhat pointed, one centimeter long, red, succulent and fragrant.

Fruit of the strawberry.

POMEGRANATE

Fruit of the pomegranate, globose, with a diameter of about ten centimeters, and crowned by a short tube with little teeth, rest of the sepals of the chalice; bark yellowish reddish, thin and leathery, covering a multitude of incarnate grains, juicy, sweet at times, sweet others, separated into several groups by membranous partitions, and each with a somewhat bitter whitish nugget. It is edible appreciated, refreshing, and is used in medicine against throat diseases.

The pomegranate is a small deciduous fruit tree of the family Lythraceae, and whose fruit is the pomegranate.

RED GROSELLA

Fruit of the currant, which is a red or black or white grape or berry, juicy and sweet and very pleasant sour taste. Its juice is medicinal, and is often used in drinks and jelly.

GUAYABA

Fruit of the guava tree, which is oval in shape, about the size of a medium pear, of several colors, and more or less sweet, with the meat filled with small grains or seeds.

FIG

Second fruit, or the later, of the fig tree, soft, of sweet taste, inside color more or less red or white, and filled with very small seeds; outwardly it is covered with a fine skin and verdant, black or purple, according to the various castes of them.

KIWI

Edible fruit of the kiwi, with a slightly hairy skin and a green pulp.

LIME

Fruit of lime, spherical shape flattened and about five centimeters in diameter, nipple well protruding from the base, smooth and yellow rind, and greenish pulp, divided into segments, edible, juicy and slightly sweet taste.

LEMON

Fruit of the lemon tree, ovoid, with about ten centimeters on the major axis and about six on the minor axis, nipple projecting at the base, smooth, wrinkled or grooved bark according to the varieties, and frequently yellow, yellowish pulp divided into segments, edible, juicy and acid taste.

MANDARIN

Orange tangerine, or tangerine orange

Variety of orange that is distinguished because of being small, crushed, having a very easy to separate peel and a very sweet pulp.

MANGO

Tree of the family of the Anacardiáceas, original of the India and very propagated in America and in all the intertropical countries. It grows up to fifteen meters of height, with straight trunk of black and rough bark, big and thick glass, persistent hard and lanceolate leaves, small, yellowish and in panicle flowers, and oval, kidney-shaped, yellow fruit of thin and leathery cortex. It is aromatic and with a pleasant flavor.

APPLE

Fruit of the apple tree, globose somewhat sunken by the ends of the shaft, thin, smooth and light green epicarp, and pale yellow or incarnate mesocarp with acidic or slightly sweet flavor, and small, mahogany-colored seeds, enclosed in a leathery endocarp.

PASSION FRUIT

Edible fruit of the passiflora, rounded and yellow or purple, and very appreciated in food.

PEACH

Fruit of the peach tree. It is a drupe with a pleasant smell, spherical, six to eight centimeters in diameter, with a deep groove that occupies half a circumference, thin, hairy, yellow with red spots epicarp, yellowish mesocarp, pleasant taste and attached to a brown, hard and rough bone that encloses a very bitter almond.



MELON

Annual herbaceous plant, of the Cucurbitaceae family, with spreading, rough, with tendrils and branches stem, and from three to four meters in length, petiolate leaves, divided into five obtuse lobes, solitary flowers of yellow corolla, and ellipsoidal fruit 20 to 30 cm long, with white, yellow, green or stained skin of these colors, odorous, abundant, sweet, soft and watery flesh, which leaves inside a hole where there are many nuggets of yellow bark and white almond . It comes from Orient and it is very estimated.

QUINCE

Shrub of the Rosaceae family, three to four meters high, very branchy, with petiolate, whole, ovate or almost round leaves, green on the beam and lanuginous on the underside. It has roosse, solitary, almost seated flowers and of persistent calyx. It also has fruit in knob, ten to twelve centimeters in diameter, yellow and very aromatic, and rough meat, which contains several mucilaginous seeds. It is originally from Asia Minor; the fruit is eaten roasted or preserved, and the seeds are used to make bandolina.

Fruit of the quince.

BLACKBERRY

Fruit of morality, about two centimeters long, with an oval shape, formed by the aggregation of small, fleshy, soft and bittersweet globules. It turns purple when mature.

Fruit of mulberry, very similar to blackberry, but half its size and, already mature, yellowish white and entirely sweet.

fruit of the strawberry.

Wild strawberry.

ORANJE

Fruit of the orange tree, of globose form, of six to eight centimeters of diameter, rugose crust, of color between red and yellow, like the one of the pulp, that is divided in segments, and is edible, juicy and of bittersweet flavor

NECTARINE

Peach variety of smooth skin.

MEDLAR

Tree of the Rosaceae family, with a tortuous trunk, thin and with open and more or less spiny branches, petiolate, large, elliptical, hard, whole or serrated in the upper half leaves that are green on the upper surface and lanuginous on the underside; white flowers, axillary and almost seated. It is spontaneously cultivated.

Fruit of the medlar tree (pinkish tree), ovate, yellowish, reddish, about three centimeters in diameter, crowned by the lacinia of the chalice, hard and acerbic when it is detached from the tree; soft, pulpy, sweet and edible when fermented.

Fruit of Japanese medlar, yellowish or orange, almost spherical, about three centimeters in diameter, with very thick seeds, and bittersweet flavor.

PAPAYA

Fruit of the papaya, usually oblong, hollow and that encloses the seeds in its concavity. The mollar part, similar to that of the melon, is yellow and sweet, and it is made, when green, a very esteemed jam.

PEAR

Fruit of pear-tree.

PILLORY

Variety of cherry, which is characterized by its pointed shape, fleshy consistency and very little adherence to the peduncle.

PINEAPPLE

Exotic, vivacious plant, of the family of bromeliaceae, which grows up to about 70 cm in height, with glaucous, ensiform and rigid leaves with spiny edges and topped with a very sharp point; purple flowers and large fruit in the shape of pineapple that is fleshy, yellowish, very fragrant, succulent and finished by a tuft of leaves.

BANANA

Tree of the family of the platanáceas, with a height of 15 to 20 or more meters and wide cup, cylindrical trunk, of smooth bark of clear tone, grayish green, that renews itself annually, detach by leaving in irregular plates, deciduous leaves and alternate, broad limb, palmate-lobed, with petiole widened at its base, which covers the subsequent bud. It is a shade tree, very appreciated for linear plantings in streets and walks. Its pink white wood, of medium hardness, offers a beautiful mottled and lends itself to cabinet work.

Herbaceous plant of large dimensions, which in some countries called banana. It belongs to the Musaceae family. It reaches a height of 2 to 3 m and a shaft about 20 cm in diameter, formed by the leaf sheaths, tightly wound one on top of the other and finished in a broad limb, about 2 m long and about 30 cm wide, rounded at its apex. The set of these leaves forms the plume or crown of the plant.

Edible fruit of banana (musacea plant), which is an elongated berry, ten to fifteen centimeters in length, curved and smooth and yellow.

POMELO

Cidra de forma globosa como la naranja

WATERMELON

Annual herbaceous plant, of the Cucurbitaceae family, with vellus, flexible AND creeping stem of three to four meters long, leaves divided into rounded segments and dark green, yellow flowers, almost spherical fruit, so large that sometimes it weighs 20 kg, of uniform green or marbled bark and incarnated, watery and sweet pulp, among which are found, forming concentric lines, many black and crushed nuggets. It is very cultivated plant in Spain.

GRAPE

Berry or grain more or less round and juicy, fruit of the vine, which forms clusters.

YUCCA

Plant of tropical America, of the family of liliaceae, with arborescent and cylindrical stem full of scars, up to two meters high, crowned by a tuft of long, thick, stiff and ensiform leaves, which has white, almost globose flowers, pendants of a long central scape, and thick root, from which food flour is extracted, and which is cultivated in Europe as an ornamental plant.

BLACKBERRY

Fruit of the bramble, which, mature, is a berry composed of black and shiny grains, similar to blackberry, but smaller and round.

NUTS AND OTHERS

ALMOND

Fruit of almond-tree. It is an oblong drupe, with pericarp formed by a membranous epicarp, a leathery mesocarp and a woody endocarp, or bone, which contains the seed, wrapped in a cinnamon colored film.

Seed of the almond.

CASHEW

Name of several species of tropical trees with small flowers whose fruit is edible and used in medicine.

Fruit of the cashew.

HAZELNUT

Fruit of hazelnut -tree. It is almost spherical, about two centimeters in diameter, with hard, thin red and cinnamon color, inside which, and covered with a reddish film, there is a white flesh, oily and pleasant taste.

PEANUT

Annual papilionácea plant from America, with creeping stems and villous, alternating blades and yellow flowers. The fruit has a leathery shell and depending on the variety, two to four white and oil seeds, edible after toast. It is also cultivated in order to obtain oil.

Fruit of the cashew.

CACAO

Tree of America, of the family of the sterculiaceae, of smooth trunk of five to eight meters of height, alternate, glossy, smooth, hard and ovate leaves, small, yellow and red flowers whose fruit is used as the main ingredient of chocolate.

CHESTNUT

Tree of the family of the fagáceas, about 20m high, with thick trunk, broad and round glass, large, lanceolate, sawed and leathery leaves, white flowers and fruits like spiny chaffs similar to the hedgehog, which enclose the chestnut.

Fruit of chestnut, very nutritious and sabroso, the size of the walnut, and covered with a thick leathery dark brown shell.

TIGER NUTS

Each one of the tubers that, like knots, one centimeter long, have the roots of a species of sedge, of triangular reeds and shaped leaves, which are yellowish on the outside and white inside, they taste sweet and pleasant, and they are used to make a refreshing horchata.

SEEDS (SUNFLOWER)

Annual plant native to Peru, of the family of the compound, with herbaceous stem, right, about three centimeters thick and about two meters high, alternate leaves, petiolate and reasonaseo reasoned, terminal flowers, which are folded into maturity, yellow, from 20 to 30 cm in diameter, and fruit with many blackish seeds, almost ellipsoidal, edible, and from which a good oil can be extracted for seasoning, and that is cultivated for obtaining of oil and on a smaller scale to consume the seeds.

They are called sunflower because of their ability to turn towards the sun.

CORN

Plant of the family of grasses, with the thick stem, from one to three meters high, depending on the species, long, flat and pointed leaves, more masculine flowers in terminal clusters and the female axillary axes sheltered by a sheath. It is indigenous of tropical America, grown in Europe and produces cobs with coarse and yellow grains that are very nutritive.

Grain of corn.

MILLET

Plant of the family of grasses, native to India, with stems about 60 cm long, flat, long and pointed leaves, and flowers in terminal panicles, bent at the apex.

Millet small, round, bright and of yellowish white color seed.

NUT

Fruit of walnut. It is an ovoid drupe, three or four centimeters in diameter, with the thin and smooth epicarp, green with blackish spots, the mesocarp leathery and deciduous, and the hard, brownish, rough endocarp and divided into two symmetrical halves, enclosing the seed, devoid of albumen and

with two thick cotyledons, edible and very oleaginous. de albumen y con dos cotiledones gruesos, comestibles y muy oleaginosos.

Fruit given by some trees and that, because of the nature of its pericarp, resembles the nut. Coconut, areca, buri, nipa, nutmeg.

PINION

Seed of pine, of different sizes, depending on the species, from 2 to 20 mm long and one to five thick, ellipsoidal, with three obtuse edges, very hard woody cover and white almond, sweet and edible in the stone pine.

Edible almond of the pine seed.

PINE TREE. Shrub of the Euphorbiaceae family, two to five meters high, with arcuate leaves, usually divided into lobes and petioles, flowers on top and fleshy fruit with crass seeds. It grows in the warm regions of America, its seeds are used in medicine as purgatives, and in the industry to extract its oil, and the roots serve to dye violet color.

PISTACHIO

Tree of the family of the Anacardiáceas, of about three meters of height, compound and of dark green color leaves, flowers in flowerpot and fruit druceo with a small almond of greenish color, oleaginous, sweet and edible, called pistachio. Mastic is extracted from the trunk and branches.

Fruit of the pistachio.

SOY

Legume plant that comes from Asia.

Fruit of the soy, edible and very nutritive

EDIBLE AND AROMATIC HERBS USED ON FOOD

BASIL

Annual plant of the Labiatae family, with spiky and hairy stems of about 30 cm high, oblong, hairless and very green leaves, white flowers, somewhat purple, which has a strong aromatic smell and is cultivated in the gardens..

ALOE VERA

Perennial plant of the Liliaceae family, with long and fleshy leaves, from which a resinous and very bitter juice is extracted. The juice is used in medicine, and starts from the lower part of the stem, which ends in a spike of red and sometimes white flowers.

CORIANDER

Herb of the Umbelliferae family, with a hairless stem 60 to 80 cm high, lower leaves divided into dentate segments, and uppermost filiform, reddish flowers and ellipsoidal seed, aromatic and of stomach virtue.

GINSENG

Herbaceous plant of the Araliaceae family, native from Korea, whose root, thick and branched, extracts a substance used as a tonic and stimulant.

GINGER

Plant of India, of the family of the cingiberáceas, with radical and almost lineal leaves, flowers in spike, of purple corolla, on a central scape of 40 to 60 cm high, capsular fruit quite pulpy and with several seeds, and rhizome of the thickness of a finger, somewhat crushed, knotty and ashen on the outside, yellowish white on the inside, with an aromatic smell and acrid and spicy flavor like pepper, and which is used in medicine and as spice.

OREGANO

Herbaceous vivacious plant, of the family of labiadas, with erect, prismatic, hair stems of 40 to 60 cm of height, small, oval, green leaves on the beam and lanuginous on the underside, purple flowers on terminal spikes, and a dry and globose fruit, which is aromatic herb and abundant in the mountains of Spain, and whose leaves and flowers are used as tonic and in seasonings.

PARSLEY

Herbaceous perennial plant, of the umbelliferae family, which grows up to 70 cm in height, with angled and millified stems and leaves that are petiolate, glossy, dark green, broken into three jagged segments, white or greenish flowers and small, brownish, ovate seeds with very thin veins, which is spontaneous in some parts and is cultivated a lot in the orchards, as it is a widely used condiment.

RHUBARB

Herbaceous plant, vivacious, of the family of the polygonaceae, with radical, large, petiolate, with serrated edge and sinuous leaves that are rough above, sinewy and hairy below, and yellow or green flowers that are small, in spikes, on a fistulous and curved scape. It measures from one to two meters high, it has a dry fruit, with a single triangular seed, and brown rhizome on the outside, reddish with white spots on the inside, compact and bitter taste. It lives in Central Asia and the root is used a lot in medicine as a purgative

SESAMO

Pedaling plant, of the sesame species and joy.

EGG

EGGS

Rounded body, of variable size and hardness, produced by females of birds or other animal species, and containing the germ of the embryo and the substances intended for nutrition during incubation.

HEN'S EGG

Hen egg, normally used for human food.

QUAIL EGG

Egg from the quail. Not specified in any dictionary

OSTRICH EGG

Egg from the ostrich. Not specified in any dictionary

DAIRY PRODUCTS

MILK

White liquid created by females mammals in order to feed their children.

Some animal's milk is used as people's food.

Milk powder

milk that has been subjected to dehydration.

Whole milk

milk that retains all the fat and nutritive substances.

Semi-skimmed milk

Milk with 50 % of its fat

Skimmed milk

Milk with no fat

Evaporated milk

whole milk concentrated by evaporation of a large part of the water and subsequently sterilized.

DAIRIES OF BUFFALO

Corpulent bovid, with long depressed horns, of whose two main species one is of Asian origin and another of African origin.

GOAT DAIRY

Domestic ruminant mammal, about one meter tall, very agile to jump and climb steep places, with short, rough and often reddish hair, horns turned back, a tuft of long hairs hanging from the lower jaw and very short tail.

Female of the goat, somewhat smaller than the male and sometimes without horns.

COW DAIRY

Female of the bull.

SHEEP DAIRY

Medium sized ruminant mammal, which has very appreciated wool and meat, whose male has horns coiled in spiral and from whose female milk is obtained with which cheeses are made.

Female of the sheep, as opposed to the ram.

KEFIR

Artificially fermented milk that contains lactic acid, alcohol and carbonic acid.

Creamy milk product obtained by curdling the milk and separating it from the serum.

CHEESE

Product obtained by ripening the milk curd with its own characteristics for each of the types according to its origin or manufacturing method.

YOGURT

Variety of fermented milk, which is prepared by reducing it by evaporation to half its volume and then subjecting it to the action of a ferment.



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LEGUMES

LEGUME

Fruit or seed that is bred in pods.

Plant that grows in the orchards.

f. Bot. Fruit of the leguminous plants.

CHICKPEA

Herbaceous plant of the papilionaceas family, of 40 or 50 cm of height, hard and branchy stem, leaves composed of elliptic leaves and sawed by the margin, white flowers and axillary, and fruit in inflated pod, hairy, with one or two yellowish seeds, about one centimeter in diameter, gibbous and with a bent apex.

Seed of the chickpea.

LENTIL

Herbaceous annual plant, of the family of the papilionaceas, with flimsy, branchy and striated stems of 30 to 40 cm, oblong leaves, lanceolate stipules, little tendrils, white flowers with purple veins, on an axillary peduncle, and fruit in pod small, with two or three brown disc-shaped seeds about half a centimeter in diameter.

Edible seed of the lentil.

BEAN

Herbaceous annual plant, of the family of the papilionaceas, with flimsy and fickle stems, to three to four meters in length, large leaves, composed of three heart-shaped leaflets joined by the base, white flowers in axillary groups, and fruit in flattened pods, finished in two points, and with several kidney-shaped seeds. It is grown in the orchards for its fruit, edible, dry as well as green, and there are many species, which are differentiated by the size of the plant and the volume, color and shape of the pods and seeds.

fruit of the bean.

Seed of the bean.



MYCOLOGY AND TRUFICULTURE

MUSHROOM

Common name to several species of agaric mushrooms, some of which are edible.

MUSHROOM

Any kind of fungus, edible or not, shaped like an umbrella, supported by a pedicel.

BLACK TRUFFLE

Very aromatic variety of land breeding. *Tuber melanosporum*

PASTA. RICE. CEREALS

RICE

Own annual plant of very humid lands, whose fruit is an oval grain rich in starch.

Fruit of the rice.

CEREAL

Gramineous plant cultivated mainly for its grain, widely used in human and animal food, and of which there are numerous species, such as wheat and barley.

Set of the seeds of cereals.

pl. Food made with cereals and that is usually riched with vitamins and other substances.

PASTA

Dough made of one or more smashed substances.

Dough prepared with flour with which the noodles, macaroni, cannelloni, ravioli, etc. are made.

Set of different varieties of food made with pasta, such as noodles, macaroni, etc.

FISH. SHELLFISH

HADDOCK

Cod.

Common name for different fishes of the same family as the cod.

CLAM

marine lamelibranch mollusc with almost oval shells, matt or slightly glossy on the outside, with concentric furrows and striated radiations very thin, whitish and somewhat pearly inside, and edible meat and much appreciated.

ANCHOVY

Anchovy cured in brine with part of its blood.

HERRING

Teleost fish, fisostome, about 25 cm in length, compressed body, small mouth, teeth visible in the two jaws, narrow ventral fins, and bluish color above, silver on the belly, and with a golden stripe along the body at the time of spawning. (Spawning)

TUNA(-FISH)

Teleost fish, acantoptergio, common in the seas of Spain, often two to three meters long, bluish black above and silver gray below, and with very small eyes, whose meat is consumed fresh or preserved.

COD

Teleost fish, anacanto, of symmetrical body, with three dorsal and two anal fins, and a chin in the symphysis of the lower jaw.

COCKLE

Bivalve mollusk, about four centimeters long and almost circular fluted shells, which lives buried in the sand and is highly appreciated as edible.

SEA BREAM

Marine teleost fish, atoptoptery, pinkish in color, usually with a black spot in the area of the pectoral fins, large eyes and whose flesh is much appreciated.

LOBSTER

Marine crustacean, decapod, brightly colored, very similar in shape and size to the locust, which is distinguished mainly because the legs of the first pair end in very large and robust claws.

ANCHOVY

Teleost fish, fisostome, similar to the sardine, but smaller, that abounds in the Mediterranean and part of the Atlantic Ocean, with which the anchovies are prepared.

CRAB

Crustacean marine decapod, larger than the sea crab, with thick claws and five rounded teeth at the edge of the carapace.

MACKEREL

f. Teleost fish, 30 to 40 cm long, blue and green with black stripes on the back, which lives in banks in the North Atlantic and is appreciated in the canning industry.

SQUID

Edible cephalopod molluscum, with an elongated body, with an internal shell shaped like a bird's feather and ten tentacles with suckers, two of them longer than the rest, and which secretes a black liquid to defend against attacks.

CRAB

Each of the crustacean arthropods of the order of the decapods.

SEA CRAB

Marine crustacean, decapod, brachyura, wider than long, with green carapace and strong claws on the first pair of legs. Some of its species are edible.

RIVER CRAB

Crustacean decapod, macruro, about ten centimeters long, with greenish carapace, and thick claws at the ends of the legs of the first pair. There are lots in many Spanish rivers, it is edible and its meat is very appreciated.

SNAIL

Each of the test-acid mollusks of the class of gastropods. Of its many species, some of which are edible, some live in the sea, others in fresh waters and others are terrestrial.

IBERUS GUALTIERANUS ALONENSIS

caracol serrano.

CARP

f. Teleost fish, fisostome, of fresh water, generally greenish above and yellow below, large scales and a single dorsal fin, of small mouth without teeth and with two small beards on the sides of the mouth, and some of whose species are raised as ornamental.

SWORDTAIL

Teleost marine fish of the suborder of the acantopterigios, which reaches four meters in length. Rough skin, without scales, blackish on the back and white on the belly, plump body, pointed head, with the upper jaw in the form of a sword of two cuts and about one meter long. It feeds on marine plants and its meat is highly esteemed.

PRAWN

Crustacean similar to the prawn, but somewhat smaller, and without the furrows that it has in the carapace on either side of the mocha keel. It lives in the Mediterranean Sea and it is edible.

MUSSEL

Marine lamelibranch mollusk, with the shell formed by two symmetrical, convex, almost triangular valves, bluish-black on the outside, somewhat anacaradas on the inside, and about four centimeters in length, which lives attached to the rocks by means of the filaments of the bisco and is very appreciated as edible

SWORD RAZOR

Lamelibranch marine mollusc whose shell is composed of two symmetrical, smooth and greenish valves with white and bluish tints, ten to twelve centimeters long and two wide, whose shape reminds the scales of the knife.

LOBSTER

Decapod macruro crustacean, which reaches up to 50 cm in length, with all its legs ending in small claws, four antennas, two short and two very long and strong laterals, prominent eyes, almost cylindrical body, and long and thick tail. It has a fusco colour which turns red when cooking. He lives on the high seas, and his flesh is considered delicacy.

PRAWN

Decapod macruro crustacean , marine, from twelve to fourteen centimeters long, small legs, edges of the fibrous jaws, compressed body, very long tail, inconsistent and grayish carapace, which changes into pink rose by cooking, and whose flesh is very appreciated.

SOLE

marine fish of very appreciated flesh, of oblong body and very compressed, almost flat, and asymmetric head, that lives, like many other species of the order of the pleuronectiformes, thrown always of the same side.

BASS

Teleost marine fish, of the suborder of the acantopterigians, up to 80 cm long, oblong body, pointed head, large mouth, small and sharp teeth, blackish blue back, white belly, two fins on the back and straight tail, and whose flesh is very appreciated.

OYSTERS

Marine lamelibranch mollusc with shell of uneven, rough, grayish outside and white inside, of which the largest is more convex than the other and is attached to the rocks.

BARNACLE

Cirripod crustacean, which has a carapace composed of five pieces and a fleshy peduncle with which it adheres to the rocks of the coasts. It is raised forming groups and it is edible.

PLAICE

Marine teleost fish, anacanth, similar to the sole, but less appreciated flesh and scales stronger and united, and brown with yellow spots on the upper face, which lives in the bottom of the mouths of the rivers in northern Spain.

OCTOPUS

Cephalopod marine mollusk, dibranchial, octopod, very voracious and large, with a sac-shaped body and tentacles provided with suckers, and whose flesh is appreciated.

FISH MONKFISH

Marine teleost fish of the suborder of the atoptoptery, which reaches a meter in length, with a huge, round, flattened head and with three appendices its long and movable legs, a very large mouth, as well as the eyes, in the top of the head, small body and fusiform, pectoral fins very large, and small ones on the back and tail, which has no scales, is dark in color on the back and white on the belly, and has all around the edge of the body like fleshy barbels.

FARO: Portugal. Minister of Agriculture of Portugal, Rector University of Faro and Mayor of TAVIRA 2017



TURBOT

Marine teleost fish, anacanto, of very appreciated meat, of about 80 cm in length and that can reach a meter of width, with flattened body, asymmetric, whitish and smooth below, brown bluish and with very hard tuberculous scales above, head small, eyes on the left side, dorsal fin as long as the whole body, and almost round tail.

SALMON

Teleost fish up to one and a half meters long, with a plump body, a pointed head and a dorsal adipose fin next to the tail, with a bluish back, a silvery belly, with iridescent reflections on the coast, that traces the rivers to spawn, and whose meat, reddish and tasty, is much appreciated.

SARDINE

Marine teleost fisomystomo, edible, twelve to fifteen centimeters long, similar to herring, but of more delicate flesh, relatively smaller head, dorsal fin very front and body more fusiform and blue black color above, golden on the head and silver on the sides and belly.

SEPIA

Dibranchial cephalopod mollusk, decapod, with an oval body, with a fin on each side. Of the ten tentacles, the two longer ones have suckers on the end, while the other eight have them on their full length. On the back, covered by the skin, has a calcareous shell, soft and light. It reaches about 30 cm. long, it abounds in temperate seas and is edible.

RIVER TROUT

Freshwater teleost fish, of the salmonid family, measuring up to 80 cm in length, with a brown body and full of reddish or black spots, depending on the case, small head, tail with a small entree and white edible meat or incarnated.

SCALLOP

Edible mollusc, very common in the seas of Galicia, and whose shell, formed by a flat valve and another very convex, is the insignia of the pilgrims of Santiago.

ZAMBURIÑA

Bivalve mollusk similar to the scallop, but smaller.



GREENS VEGETABLES

CHARD

Hortense plant of the family of the quenopodiAceas, edible, of large, wide, smooth and juicy leaves, and whose petiole is thick and grooved on the inside.

GARLIC

Plant of the Liliaceae family, 30 to 40 cm high, with very narrow ensiform leaves and bohordo with small white flowers. The bulb is also white, round and has a strong smell and is widely used as a seasoning.

Each of the parts or teeth in which the bulb or head of garlic is divided.

ARTICHOKE

Hortense plant, of the family of the compound, of fusiform root, striated stem, branchy and more than half a meter in height, and somewhat thorny leaves, with edible headsplant.

CAPER

f. Plant from the caparidaceas family, branchy, of spreading and thorny stems, alternate, rounded and thick leaves, axillary, white and large flowers, and whose fruit is the caper.

CAROB

Annual herbaceous plant of the legume family and of the same genus as the bean, used as fodder.

ALGAE

Each one of the talofitas plants, unicellular or pluricellular, that live of preference in the water, both sweet and marine, and that, in general, are provided with chlorophyll accompanied sometimes by other pigments of varied colors that mask it. The petal of the pluricellular ones has filament, ribbon or sheet form and can be branched.

BEAN

f. haricot (plant).

f. haricot (fruit).

f. haricot (seed).

AMARANTH

Annual plant of the amarantaceas family, 80 to 90 cm high, with thick and branchy stem, oblong and wavy leaves, terminal flowers in dense spike, velvety and compressed like a crest, and commonly, according to the different varieties of the plant, crimson, yellow, white or mottled, and fruit with many shiny black seeds, which is native to India and grown in the gardens as an ornamental plant.

CELERY

Edible plant of the Umbelliferae family, 50 to 60 cm high, with juicy, thick, hairless, hollow, curved and branched stem, long and split leaves, and very small and white flowers

BLUEBERRY

Plant of the Ericaceae family, 20 to 50 cm high, with angular branches, alternate leaves, ovate and serrated, solitary, axillary flowers, greenish-white or pinkish, and berries blackish or blue, sweet and groceries.

SWEET POTATO

Vivacious plant of the convolvulaceous family, with a creeping and branching stem, alternate, heart-shaped and deeply lobed leaves, large flowers, bell-shaped, red on the inside, white on the outside, and roots like those of the potato.

Edible tuber of the root of the sweet potato, brown on the outside and yellowish or white on the inside, fusiform and of about twelve centimeters long and five in diameter.

AUBERGINE

Annual plant of the Solanaceae family, 40 to 60 cm tall, broad-leaved, with large, ovate, green leaves, almost covered with a white powder and filled with stingers, large purple flowers, and ovate fruit, ten to twelve centimeters long, covered by a purple film and filled with a white pulp inside which are the seeds.

Fruit of the aubergine.

BIMI

Cruciferous of oriental countries without dictionary record

SWEET POTATOES

Sweet potato, especially the variety whose tubercle has white meat.

Edible tuber of sweet potato.

BORAGE

Annual plant of the family of the borraginaceas, from 20 to 60 cm in height, with thick stem and branchy, large and ovate leaves, blue flowers arranged in cluster and very small seeds. It is covered with harsh and sharp hairs, it is edible and the infusion of its flowers is used as sudorific.

“Agua de borrajas” Wrong derogatory Spanish expression from the gastronomic point of view.

BRECOL

brocoli.

BROCOLI

Variety of the common cabbage, whose leaves, of dark green color, are more cut out than those of this one and do not crowd.

ZUCCHINI

Small cylindrical squash with green bark and white flesh.

PUMPKIN

Fruit of the pumpkin, very varied in its shape, size and color, usually large, round and with many seeds or seeds.

THISTLE

Annual plant, of the family of the compound, which reaches a meter in height, large and thorny leaves like those of the artichoke, blue flowers in the head, and pencas that are eaten raw or cooked, after the plant is crowded to produce whiter, tender and tasty.

ONION

Hortense plant, of the lily family, with stem 60 to 80 cm high, hollow, fusiform and swollen towards the base, fistulous and cylindrical leaves, greenish-white flowers in round umbel, and fibrous root that comes from a spheroidal bulb, white or reddish, formed of tender and juicy layers, with a strong smell and a more or less spicy flavor.

Strain or bulb of the onion, which is eaten tender before flowering.

CABBAGE

Hortense plant, of the family of the cruciferous, with very broad radical leaves usually and thick pith, panicle flowers at the end of a bohordo, small, white or yellow, and very small seed. Many varieties are grown, all edible, distinguished by the color and shape of their leaves. The most vulgar has white pencas.

BRUSSELS SPROUTS

Variety of cabbage that, instead of growing in a single bud, has stems around which many small buds grow tight.



RED CABBAGE

Lombarda (species of purple cabbage).

CAULIFLOWER

Variety of cabbage that when casting casts a pellet composed of various heads or white lumps.
Cauli+flower

CRUCIFEROUS

Said of a plant: Of the group of dicotyledonous angiosperms, which has leaves to alternate, four sepals in two rows, cruciform corolla, stamens of greenish glands at their base and seeds without albumen; p. eg, wallflower, watercress, cabbage, turnip or mustard.

ENDIVE

Smooth variety of escarole, from which the bud of tender and pale leaves is consumed.

ESCALONIA / ECHALOTE

Garlic shallot. Escalonian onion

ENDIVE

Plant of the family of the compound, curly and bitter leaves to taste, which soften depriving them of light until they acquire a pale yellow color.

ASPARAGUS

Plant of the Liliaceae family, with herbaceous stem, very branchy, needle-like leaves and small leaves, greenish-white flowers, fruit in red berries the size of a pea, and creeping root, which in the spring produces abundant buds of straight and edible stem.

Edible bud that produces the root of the asparagus.

ESPELT

Spelled.

SPINACH

Hortense plant, edible, annual, of the family of the quenopodiaceae, with branchy stem, radical, narrow, sharp and soft leaves, with reddish petioles, dioecious flowers, without corolla, and round seeds or with horns, according to the varieties.

PEA

Hortense plant of the family of the papilionaceas, with voluble stems of one to two meters in length, stalked leaves, composed of three pairs of elliptical leaflets, whole and waved by the margin, stipules often converted into tendrils, axillary flowers in hanging clusters white, red and bluish color, and fruit in almost cylindrical pod, with several approximately spherical seeds, six to eight millimeters in diameter.

Seed of the pea.

BEAN

Annual herbaceous plant, of the family of the papilionaceas, with a branchy stem approximately one meter, with leaves composed of bluish-green elliptic leaflets, white or pink flowers, and a pod-like fruit about twelve centimeters long, containing five or six oblong and crushed seeds.

Edible bean fruit and seed.

HARICOT

Herbaceous annual plant, of the family of the papilionaceas, with flimsy and fickle stems, to three to four meters in length, large leaves, composed of three heart-shaped leaflets joined by the base, white flowers in axillary groups, and fruit in flattened pods, finished in two points, and with several kidney-shaped seeds. It is grown in the orchards for its fruit, edible, dry as well as green, and there are many species, which are differentiated by the size of the plant and the volume, color and shape of the pods and seeds.

Fruit of the haricot.

f. Seed of the haricot.

LETTUCE

Herbaceous plant of the family of the compound, with a branchy stem of 40 to 60 cm in height, large, radical, soft, nervous, transverse, whole or serrated leaves, flowers in many heads and yellowish petals, and dried fruit, gray, compressed, with a single seed. It comes from India, it is grown in the orchards and there are many varieties of it. The leaves are edible, and abundant latex of pleasant flavor can be extracted from the stem.

TURNIP

Annual plant of the cruciferous family, 50 to 60 cm high, with glaucous, rough, hairless, large leaves divided into three oblong lobes, the radicals, and whole, lanceolate and somewhat envainadoras the superior, terminal spike flowers, small and yellow, dry fruit in cylindrical vanilla with 15 or 20 seeds, and fleshy root, edible, tapered, white or yellowish.

POTATOE

Annual herbaceous plant, of the Solanaceae family, native to America and cultivated today in almost all the world, with branchy stems of 40 to 60 cm in height, leaves uneven and deeply divided, white or purple flowers in terminal corimbos, fruit in berry fleshy, yellowish, with many whitish seeds, and fibrous roots that at their ends have thick tubers re reado, fleshy, very starchy, brown on the outside, yellowish or reddish inside and that are one of the most useful foods for man.

CUCUMBER

Annual herbaceous plant, of the Cucurbitaceae family, with soft stems, creeping, hairy and two to three meters long, petiolate leaves, hairy, split in acute lobes, yellow flowers, separated male from female, and pulpy fruit, cylindrical, six to twelve centimeters long and two to five thick, yellow when ripe, and before green more or less clear on the outside, comestible.

internally white and with a multitude of oval and pointed seeds by one of its ends, flat and small. It is edible.

Fruit of the cucumber.

PEEPER

Annual herbaceous plant, of American origin, of the Solanaceae family, with hollow berry fruit, green, red or yellow in shape and more or less conical.

Edible fruit of the peeper.

LEEK

Annual herbaceous plant, of the Liliaceae family, with a stem of 60 to 80 cm, flat, long, narrow and entire leaves, flowers in umbel with reddish-white petals, and whose bulb, elongated and simple, is edible.

RADISH

Annual herbaceous plant, of the cruciferous family, with a ramosous and hairy stem 60 to 80 cm high, rough, large leaves split in dentate lobes, the radicals and almost the entire upper ones, white, yellow or purplish flowers, in terminal clusters, dried fruit in striated vanilla, with many small seeds, and fleshy root, almost round, or fusiform, white, red, yellowish or black, depending on the varieties, of spicy flavor.

BEET

Annual herbaceous plant, of the family of the quenopodiaceas, with right, thick, branchy stem, of one to two meters of height, great, whole, oval leaves, with central reddish nerve, small and green flowers in terminal spike, dry fruit with a lenticular seed, and a large, fleshy, fusiform root, usually incarnate, which is edible and from which sugar is extracted

CABBAGE

Sprout whose leaves, light green, wide and tight to each other, form a rounded head.

Rounded head that form the leaves of some plants such as cabbage or red cabbage.

ARUGULA

Mediterranean plant whose leaves are used in salad or cooked.

SOY

Legume plant that comes from Asia.

Fruit of the soy, edible and very nutritive

TOMATOE

Red berry, the fruit of the tomato plant, with a smooth and shiny surface, in whose pulp there are numerous semi-crushed and yellow seeds.

YUCCA

Plant of tropical America, of the family of liliaceae, with arborescent and cylindrical stem full of scars, up to two meters high, crowned by a tuft of long, thick, stiff and ensiform leaves, which has white, almost globose flowers, pendants of a long central scape, and thick root, from which food flour is extracted, and which is cultivated in Europe as an ornamental plant.

Cuba, El Salv. y Nic. Yucca root that is eaten cooked in various typical dishes.

CARROT

Umbelifera herbaceous plant, with white flowers and purple central umbel, with dried and compressed fruit and fusiform root, about 20 cm long, yellow or reddish, juicy and edible.

ATTITUDES. VALUES

LIFE STYLE ACTIVITIES OF THE MEDITERRANEAN DIET

WATER

Transparent, colorless, odorless and tasteless liquid in its pure state, whose molecules are formed by two hydrogen atoms and one oxygen atom, and which is the most abundant component of the earth's surface and the majority of all living organisms. (Formula. H O).

Liquid obtained by infusion, dissolution or emulsion of flowers, plants or fruits, used as a soft drink or in medicine and perfumery. Orange blossom, barley, lemon water.

Mineral water spring.

Mineral-medicinal water.

maritime zone near the coast of a place.

Raw water

Hard water.

angels water

Hard water.

“agua de borrajas”

Spanish expression meaning something that has little or none importance, especially when it seemed to be important at first.

AUTHOR'S NOTE: Conceptual error from the nutritional point of view

Sonchus oleraceus water

Water that comes from the Sonchus oleraceus

“Agua de borrajas” .

Cocont water

Liquid inside the coconut.

Table water

Mineral water (from bottled spring).

Snow water

Water that cools with snow, and more commonly with ice.

Water that comes from the thaw.

Standing water

Running water, like that of springs and springs.

remedy water

coloc. Infusion of herbs or other medicinal plants. Seltzer water

Carbonic water. thin water

f. Water that contains a little salt quantity. sweet water

Water from the earth's surface, and especially drinking water, as opposed to that of the sea.

Hard water.

Water that contains much salt, which prevents the formation of foam when touching the soap.

Mineral water

Spring water that carries in solution mineral substances and that may have medicinal value.

Spring water packed for human consumption.

Mineral-medicinal water

Mineral water that is used for the treatment of some ailment.

Dead water

Non-moving water

Sea. water that enters the vessel as if undergoing or at intervals.

Oxygenated water

Aqueous solution of hydrogen peroxide, widely used as a disinfectant.

Ferruginous water

Chem. Water with a high iron content.

Carbonated water

Artificial carbonic water.

Thick water

Hard water.

Light water

Chem. Normal water, in opposition to heavy water.

Rain water

Rain (water that falls from the clouds).

lustral water

Water with which the victims and other things were sprinkled in the gentile sacrifices.

meek water

Water that flows calmly and peacefully.

residual water

Water that comes from homes, towns or industrial areas and drags dirt and detritus .

brackish water

Water without a proper quantity of salt for drinking and other uses.

termal water

Water that always springs from the spring at a temperature higher than the environmental average, and to which, in many cases, therapeutic virtues are attributed. U. m. en pl.

tonic water

Soft drink, slightly bitter taste, flavored with quinine.

living water

Water that flows and runs naturally.

f. Mar. water that enters the vessel with force and without intermission.

f. Arg. and Ur. livingwater.

white waters

f. pi. Ven. Water able for human consumption.

continental waters

Waters that are in firm ground, in opposition to marine water.

“tomar las aguas”

loc. verb. Being in a spa to cure mineral water.

JOY

Feeling of hapiness and aliveness that is usually externally shown.

Words, signs or actions that express joy or happiness.

FRIENDSHIP

Personal affection, pure and disinterested, shared with another person, born and strengthened by the deal.

Affinity, connection between things.

loc. verb. Starting a friendship. Hacer las amistades dos o más personas loc. verb. Reconcile after being at odds.

TREE

Perennial plant, woody trunk and high, which branches to a certain height of the ground.

HARMONY

f. Unity and combination of simultaneous and different sounds, but chords.

Well concerted and pleasant variety of sounds, measures and pauses resulting in prose or verse by the happy combination of syllables, voices and clauses used in it.

Proportion and correspondence of some things with others in the set that they compose.

Friendship and good correspondence among people.

ART

Hability to do something.

Manifestation of human activity through which the real is interpreted or what is imagined is expressed with plastic, linguistic or sound resources

Set of precepts and rules necessary to do something.

DANCE

The act of dancing.

Each of the different ways of dancing that follow a rule.

intr. Execute rhythmic movements with the body, arms and feet.

WELLBEING

Well+ being

Loose or supplied life of what it leads to have a good time and tranquility.

State of the person in whom the good functioning of his somatic and psychic activity is made sensitive.

WALK

tr. To walk a certain distance. To travel.

intr. To walk from one place to another.

intr. To go towards a place or objective.

COMPANY

The action of accompanying.

One or more people that accompany another person or thing.

f. Society or board of several people united for the same purpose, company.

loc. adj. Said of a person: That accompanies and helps another person. Accompany sir, lady.

FELLOWSHIP

Link existing among partners.

Friendship and good correspondence among people.

COMMUNICATION

The act to communicate.

Treatment, correspondence between two or more people.

Link that is established between certain things, such as seas, towns, houses or rooms, through steps, bays, stairs, roads, channels, cables and other resources.

CONCORD

Conformity, union.

Adjustment or agreement between people who contend or litigate.

Legal instrument, authorized in due form, which contains what has been discussed and agreed between the parties.

COEXISTENCE

1. Act of living: intr. Living with the company of others.

SPORT

Physical activity, exercised as a game or competition, whose practice involves training and compliance with standards.

Recreation, hobby, pleasure, fun or physical exercise, usually in the open air.

DIALOGUE

Conversation between two or more people, who alternately express their ideas or feelings



Members of the ceEE as the MD in a meeting in HVAR (Croatia) 2018

HAPPYNESS

State of pleasant spiritual and physical satisfaction.

Person, situation, object or group of them that contribute to make happy. My family is my happiness.

Absence of inconveniences or stumbles. Traveling with happiness.

FLOWER

Sprout of many plants, formed by colored leaves, from which the fruit will form.

Bot. Reproductive outbreak of flowering plants, and, by extension, of many others, consisting of fertile leaves, carpels and stamens, and non-fertile, accompanying leaves, which form the perianth.

Best part and better chosen part of something. Army flower. Bread flower. The flower of flour.

GENEROSITY

f. Being generous.

1. adj. Truthful, liberal.

2. adj. That works with magnanimity and nobleness of mind. U. t. c. s.

AROMATIC HERBS

HERBS

1. Any small plant whose stem is tender and perishes after giving the seed

in the same year, or at most to the second, unlike the bushes, shrubs and trees, which lay trunks or hard and woody stems.

Set of many herbs that are born in a field.

AROMATIC

adj. That has aroma (pleasant smell).

ORCHARD

Land of short extension, generally fenced, in which vegetables, legumes and fruit trees are planted.

HUMANISM

To cultivate or know human letters.

Renaissance movement that advocates the return to Greco-Roman culture as a means of restoring human values.

Interest in philological and classical studies.

Doctrine or vital attitude based on an integrating conception of human values.

Belief system centered on the principle that the needs of human sensitivity and intelligence can be satisfied without having to accept the existence of God and the preaching of religions.

IMAGINATION

Faculty of the soul that represents the images of real or ideal things.

False apprehension or judgment of something that is not really there or has no basis.

Image created by fantasy.

Hability to create new ideas, new project, etc.

MENTAL INSPIRATION

Action and effect of inspiring someone or yourself.

Illustration or supernatural movement that God communicates to the creature.

Stimulus that encourages creative work in art or science.

Inspired thing.

CHEWING

Action and effect of chewing.

MUSIC

Melody, rhythm and harmony, combined.

Succession of modulated sounds to recreate the ear.

Concert of instruments or voices, or both at the same time.

The art of combining human voice sounds or instrumental sounds, or both at the same time, so that the resulting sound is pleasant and touches sensibility, either in a happy or a sad way.

LIGHT

Fisical agent that makes objects visible.

Clarity that radiate the bodies in combustion, ignition or incandescence.

Model, person or thing capable of illustrating and guiding.

OPTIMISM

Propensity to see and judge things in their most favorable aspect.

Fil. Doctrine that attributes to the universe the greatest possible perfection.

WALKING

intr. To go by feet in order to get distracted or to do exercise.

PEACE

Relationship of harmony between people, without clashes or conflicts.

RECOLECTION

Action and effect of recolecting.

Compilation (compendium or summary).

Harvest of the fruits.

NAP

Sleeping after having lunch.

Time used to sleep or rest after having lunch.

SOLIDARITY

Circumstantial adherence to the cause or to the company of others.

Der.. Mode of right or obligation in solidum.

adj. Adhered to or associated with the cause, company or opinion of someone.

adj. Der.. Said of an obligation: That allows each one of the creditors to claim for himself the totality of the credit, or that obliges each one of the debtors to satisfy the entire debt, without prejudice to the subsequent payment or reimbursement that the collection or term determines between the one that He performs and his cointerested.

adj. Der.. Said of a person: That accepts a solidary obligation.

SUSTAINABILITY

Being sustainable.

adj. That can be sustainable.

1.-adj. Especially in ecology and economics, which can be maintained for a long time without exhausting resources or causing serious damage to the environment.

SOCIAL GATHERING

Meeting of people who meet regularly to talk or recreate.

VEGETAL

adj. Related to plants. Vegetal species. That is obtained from plants. Vegetal oil.

plant (auto-live being).

VINTAGE

Grape recolection and harvest.

Time on which the vintage is made.

Profit or abundant fruit that is taken from something.



*Properties of Nutrients
in the M.D. Actions*



CORTANTE



Liag Son

SIGNS AND ABBREVIATIONS

HC Carbohydrates	Na Sodium
Ca Calcium	AGM Ac Monounsaturated fats
Fe Iron	AGP Ac Polyunsaturated fats
I Iodine	AGS Ac Polyunsaturated fats
Mg Magnesium	K Potasium
Zn Zinc	P Phosphorus
Se Selenium	Pb Lead
gr grams	Kcal Kilocalories

L. VITAMINS

VITAMIN A

Vitamin A is a fat-soluble vitamin of both animal (retinol) and vegetable origin (expensive tenos), in the latter case in the form of pro-vitamin A. While retinol is absorbed by the body in a proportion between 80-90% , the carotenes do it between 40-60%.

It collaborates in the functions of growth, maintenance and repair of the bone system, at the same time that it contributes to the cellular development related to sight, mucous membranes, epithelia, skin, nails, hair and tooth enamel.

It also plays a decisive role in the reproductive function, contributing both to the production of sperm and the female reproductive cycle, and favoring the normal development of cells and tissues of the fetus during pregnancy.

Vitamin A is a natural antioxidant that prevents cell aging, eliminates free radicals and hinders DNA mutation, reducing the chances of cancer.

Vitamin A deficiency can lead to ocular alterations (eg xerophthalmia, dryness of the ocular membrane and opacity of the cornea), of the immune system (decreased defenses to infections due to lack of contribution to the maintenance of mucous membranes), bone (problems of inhibition of growth and regeneration), skin (roughness, dryness and weakness of skin, hair and nails), reproductive and other senses (hearing, taste and smell).

Retinol. It acts as an antioxidant preventing cellular aging and protecting the body against free radicals and the appearance of cancer, while increasing the efficiency of the immune system and reducing the chances of heart attacks. Retinol also helps to prevent certain changes in vision such as cataracts, glaucoma, loss of vision or twilight cecum, and helps to fight bacterial infections such as conjunctivitis. It helps to improve nocturnal vision.

VITAMIN B1

Vitamin B1 - or thiamin - participates in energy production by collaborating in the metabolism of carbohydrates. It also plays an essential role in the absorption of glucose by the brain and nervous system, so the deficiency of this nutrient can lead to fatigue, poor mental activity, lack of coordination, depression, etc.

Other functions such as the growth and maintenance of the skin or the sense of sight, depend largely on the levels of this vitamin in the body.

There is usually no deficiency of this vitamin, although there are special circumstances in which vitamin B1 supplements are prescribed such as brain dysfunction, pressure states, diuretic treatments and alcoholism (due to the loss and reduction of thiamine absorption in these cases)., heartburn or situations such as pregnancy, breastfeeding, chronic and post-operative diseases.

VITAMIN B2

Vitamin B2 - or riboflavin - favors intercellular oxygenation activity, improving the state of the cells of the nervous system and collaborating in the regeneration of tissues such as skin, hair, nails and mucous membranes, and especially in the integrity of the cornea, contributing in this way to improve visual health.

This vitamin also intervenes in the transformation of food into energy, and supplements vitamin E in its antioxidant activity, and vitamins B3 and B6 in the production of red blood cells, helping to keep the immune system in good condition.

This vitamin helps to harness the energy of the macronutrients, as well as being part of the antibodies and red blood cells and keeping the skin, mucous membranes and eye functioning in perfect condition.

The lack of this vitamin can be given by the use of certain medicines, the absence of dairy products in the daily diet, an exclusively vegetarian diet, intestinal absorption or intense physical activity. Symptoms that may indicate a deficiency of riboflavin may be ulcers in the mouth, inflamed tongue, cracked skin, dermatitis, difficult scarring, red and inflamed eyes, anemia, weakness, etc.

VITAMIN B3

Vitamin B3 - or niacin - intervenes in the process of energy transformation from carbohydrates, proteins and fats, and helps to relax the blood vessels by giving them elasticity, to stabilize the levels of glucose and fatty acids in the blood, and already reduce the cholesterol secreted by the liver.

Along with other vitamins of the B complex, niacin helps maintain healthy skin and digestive mucous membranes, in addition to helping in the good state of the nervous system.

Niacin deficiency affects all the cells in the body. Its lack can cause digestive disorders, nervous system alterations, fatigue, skin disturbances, mouth ulcers, gum and tongue problems, and the appearance of pellagra (skin disorders due to exposure to light, inflammation of mucous membranes, diarrhea and psychic alterations).

VITAMIN B5

Vitamin B5 or pantothenic acid, which is found abundantly in some seafood as in the lobster, makes this food useful in combating stress and migraines. The vitamin B5 content of this food also makes this a recommended food to reduce excess cholesterol.

VITAMIN B6

Vitamin B6 - or pyridoxine - favors the formation of red blood cells, blood cells and hormones, is involved in the synthesis of carbohydrates, proteins and fats, and helps maintain the nervous and immune systems in perfect condition, participating indirectly in the production of antibodies.

Pyridoxine also reduces estrogen levels, thus relieving symptoms prior to menstruation as well as stabilizing blood sugar levels during pregnancy. It also prevents the formation of stones or calcium oxalate stones in the kidney.

The lack of this vitamin is unusual given its profusion, but could result in anemia, exhaustion, depression, nervous dysfunction, mouth sores, vertigo, conjunctivitis, nausea, vomiting or increased secretion of sebaceous glands. Its deficit may be due to the consumption of certain medications, excessive intake of protein, metabolism disorders (eg during pregnancy and lactation), strict vegetarianism or alcoholism and / or smoking.

FOLIC ACID /VITAMIN B9

Vitamin B9 - or folic acid - contributes to the formation of blood cells and red blood cells, helping to prevent anemia and keep the skin healthy.

In addition to being essential for correct cell division and growth -fundamental during pregnancy and childhood-, vitamin B9 intervenes in the metabolism of proteins, DNA and RNA -not thesis of genetic material-, reducing the risk of the appearance of deficiencies in the neural tube of the fetus (structure that will give rise to the central nervous system).

This vitamin also reduces the possibility of cardiovascular disease, prevents some types of cancer such as leukemia, stimulates the formation of digestive acids and helps improve appetite.

The deficiency of this vitamin can occur in states in which the needs of the nutrient increase, when the body excretes more folate than it should or when the daily intake is insufficient. Its deficiency manifests with diarrhea, loss of appetite and weight loss. Other additional symptoms are weakness and anemia, sore tongue, irritability and behavioral disorders as well as intestinal disorders. Certain conditions such as pregnancy, lactation, advanced age and the consumption of certain drugs, alcohol or tobacco, may require folic acid supplements.

VITAMIN B12

Vitamin B12 - cobalamin or cyanocobalamin - is beneficial for the functions of the nervous system, heart and brain. It favors the maintenance of the myelin sheath of nerve cells and participates in the synthesis of neurotransmitters.

In addition, it is necessary for the conversion of fatty acids into energy, and helps to maintain the energetic reserve of the muscles while collaborating for the proper functioning of the immune system.

The presence of this vitamin in our organism is closely related to that of vitamin B9, being necessary for the metabolism of folic acid. Like this one, cobalamin intervenes in the formation of red blood cells and the synthesis of DNA, RNA and proteins.

The lack of this vitamin can cause anemia and general weakening, nervous degeneration, tingling and numbness of the limbs, menstrual problems or lingual ulcers. Certain circumstances such as pregnancy or breastfeeding, advanced age, consumption of certain medications (eg to combat heartburn, gout or epilepsy), tobacco or strict vegetarianism may require vitamin B12 supplements.

VITAMIN C

Vitamin E - or ascorbic acid - has antioxidant properties that help neutralize free radicals and eliminate certain toxic substances, reducing the likelihood of developing cancer.

It also inhibits the growth of harmful bacteria for the organism, favors the immune system, prevents vascular diseases by reducing blood pressure, and is used in treatments against allergies such as asthma or sinusitis.

Regarding the development of the organism, this vitamin has an outstanding role in the maintenance of cartilages, bones and teeth, helps the absorption of non-hemeral iron, and is essential in the formation of collagen, so it prevents against skin conditions and contributes to the healing of wounds and burns.

It is also known that it improves vision and reduces the possibility of glaucoma and cataracts, as well as combating constipation due to its laxative properties.

Deficiency of ascorbic acid can cause gum problems, enamel weakening, bruising, dry skin, difficult scarring, joint pain, anemia and, in cases of severe deficiency, scurvy. Certain circumstances such as pregnancy, breastfeeding, diabetes, smoking, alcoholism or the consumption of certain drugs (eg cortisone, antibiotics or contraceptives) may require vitamin C supplements.

VITAMIN D

Vitamin D stimulates the absorption of calcium and phosphorus by the body contributing to the proper development of bones and teeth, while promoting cell growth and strengthens the immune system helping to prevent infections.

Because the levels of calcium depend on the concentration of vitamin D, it also plays an important role in the transmission of nerve impulse and muscle contraction.

The vitamin D deficiency generates bone alterations, dental disorders and metabolic alterations. It can cause rickets (disorders of calcium metabolism, manifested by bent bones and general weakness), tetany (symptoms of muscle cramps, seizures and low blood calcium), osteoporosis (bone

fragility), arthritis, diabetes, cardiovascular problems (atherosclerosis) and even cancers located in colon, prostate or breast.

VITAMIN E

Vitamin E has antioxidant properties that help maintain the integrity of the cell membrane, protecting cells and increasing their defensive response to the toxic substances of the body's metabolism or the compound's entry by the air or oral ways.

Their antioxidant properties protect not only the immune system, but also the nervous system, maintaining the neuronal membrane and the cardiovascular system, which avoids the destruction of red blood cells and the formation of blood clots.

This vitamin also protects the body from the destruction of the fatty acids, vitamin A, vitamin C and selenium and from the ageing caused by the degeneration of tissues, which has consequences as lack of memory. That is why it is important for the formation and renewal of the elastic and collagen fibers of the connective tissue.

Vitamin E deficiency is not common, although it can occur when it exists a disorder of fat absorption and metabolism of fats, difficulty on bile secretion or in preterm infants (low-birth-weight babies). The symptoms of vitamin E deficiency are: fluid retention, destruction of red blood cells, nervous system disorders, eye disorders, fatigue, apathy, irritability or decrease of the immune response.

VITAMIN K

Vitamin K, also known as phytomenadione, belongs to the group of the fat-soluble vitamins, the vitamins which are dissolved in fats.

Vitamin K functions are mainly linked to blood clotting. Blood cannot clot without this vitamin and it would cause multiple internal bleeding. This function is really important for the body and it is why this vitamin is known as the anti-hemorrhagic vitamin.

Recent studies have demonstrated that it also has an important function on the bone's maintenance of the older people, by giving more strength. This is because the bone protein needs phytomenadione to mature, increasing bone mass and avoiding fractures.

In the same way, from an aesthetic point of view, phytomenadione also contributes to the decrease of the vascular circumstances which give rise to the dark circles under the eye. It is known that the combination of vitamin K, vitamin E and vitamin C applied on the dark circles provides a progressive depigmentation. Since it benefits the circulation, it can decongest the eyes and reduce the marks and imperfections of the skin.

The phytomenadione deficiency in healthy adults is a very low frequency phenomenon. This happens because there are a lot of foods that have vitamin K and, besides, because they are fat-soluble vitamins that are stored on the body to be used later. However, when there are disorders on the absorption and the lack of vitamin K the symptoms are deficient clotting and spontaneous or heavy bleedings.

Most of the patients who fall short of phytomenadione start with a nosebleed, bleeding gums, heavy menstruation, blood in urine or stool and bruises produced by minor frictions.

The lack of Vitamin K on newborns is most common, especially if they are preterm infants, if they are fed on their mother's milk and their mother is being treated with anticonvulsants and if they are only fed with mother's milk, because it contains a very low proportion of phytomenadione.

Furthermore, the absorption on newborns is lower than on adults, because their intestine still does not have bacteria, which are responsible of the production of vitamin K2.

If the deficiency of phytomenadione on newborns is not quickly controlled, this can cause a bleeding disorder on the baby, that is characterized by blood in the stool, urine, around the umbilical cord and, many times, intracranial bleeding. These bleedings can cause lifelong serious injuries and even death.

Vitamin K overload: It seems that the overload of vitamin K1 and K2 do not have adverse effects. However, vitamin K3 has a restricted dose. Its over-consumption produces an interference with the function of one antioxidant. This cause the non-protection of the cells against damage and ageing. The over-consumption of vitamin K can cause irregular blood clotting problems. This is because the concentration becomes toxicity on blood, and it causes anemia and red blood cells destruction.

The negative effect can be fatal on newborns, since it can cause liver damage, hemolytic anemia and jaundice. Besides, it can cause blood clotting problems due to a disorder on hemoglobin molecules.

2. MINERALS

CALCIUM

Calcium contributes to the strengthening of bones, teeth and gums and the correct blood clotting, avoiding cardiovascular diseases, since calcium helps to reduce blood cholesterol levels.

This nutrient also helps to regularize the heart rate and to transmit nerve impulses, contributing to reduce the blood pressure of the people with hypertension.

Besides, calcium maintains the permeability of the cell membranes and contribute to the neuromuscular activity process, among other functions.

Calcium deficiency can be caused by the decreasing of its absorption or the overload of its excretion in urine. This can come out as fragile nails and teeth, joint pain, muscle cramps, hypertension and heart arrhythmia, blood cholesterol increase, rickets and osteoporosis. Other symptoms of calcium deficiency can be: allergies and skin problems, acute kidney failure, diarrhea and parathyroid gland dysfunction.

Besides, calcium maintains the permeability of the cell membranes and contribute to the neuromuscular activity process, among other functions.

ZINC

Zinc is really beneficial for the bone formation process, as well as for the development of the reproductive organs, improving the functioning of the prostate gland. It improves the immune response of the body and wound healing.

Zinc is a powerful natural antioxidant and it also helps the absorption of vitamin A, the protein synthesis such as collagen, and carbohydrate metabolism. This contributes to the proper growth during pregnancy, childhood and adolescence and cooperate in the maintenance of the sense of sight, sense of taste, and sense of smell. It is present on bones and also on several tissues of our body, such as muscles, testicles, hair, nails and eye coating.

This mineral is also required by many enzymes related to the insulin synthesis.

The causes that can lead to the lack of zinc in the body are poor intake, bad mineral absorption (e.g. vegetarian diets) or excessive elimination for several reasons such as digestive disorders or alcoholism. Diabetes, kidney failure or chronic diarrhea are also often a reason for zinc deficiency, which can cause eye damage and anomalies in taste and smell senses. It can even cause immune system weakness, growth retardation, loss of hair, appetite and weight, among other signs. The lack of zinc on rapid growth stages has a negative effect on cognitive, brain and sexual development. That is why zinc supplements may be needed during the pregnancy and the breastfeeding and also during the childhood. There are other cases as the above mentioned: alcoholism, diabetes, several digestive and excretory apparatus disorders.

PHOSPHORUS

Phosphorus contributes to the improvement of certain functions of our body, such as bone formation and development, breast milk discharge, cell division and metabolism or muscular tissues formation.

The presence of phosphorus is essential in cell membranes because it favors the communication between the cells, improving intellectual performance and memory.

There is a wide variety of foods with this mineral, so there are few cases of phosphorus deficiency. However, the lack of vitamin D, diabetes, anorexia or alcoholism can contribute to it. The symptoms of this deficiency are loss of appetite, respiratory disorders, anemia, muscle weakness, bone pain, and cardiac and neurological disorders.

IRON

Iron is necessary for the synthesis of hemoglobin and contributes to the renewal of blood cells, making it possible to transport oxygen from the lungs to different organs, such as muscles, liver, heart or brain. It is essential for certain functions of the brain, such as learning capacity.

Iron also increases the resistance to diseases by strengthening defenses against microorganisms. It prevents states of fatigue or anemia, and the following things could not function without it: the central nervous system, control of body temperature or the thyroid gland. It is also healthy for the skin, hair and nails.

The iron deficiency of our body can cause anemia, which is a reduction on the size of red blood cells and their content of hemoglobin, making it impossible to supply the adequate amount of oxygen to the tissues of the organism. It can cause weakness and susceptibility to infections, problems in maintaining body temperature, excessive heart rate, breathing difficulties or headaches, among other symptoms.

Iron deficiency may result from inappropriate eating habits or occur during menstruation, pregnancy, or after accidents or medical operations where blood has been lost. In addition to these assumptions, premature babies, children from 6 months to 4 years, individuals with gastrointestinal or renal conditions and total vegetarian people are also common cases of the need for iron supplements.

MAGNESIUM

Magnesium contributes to improve both muscle and neuronal tone, favoring the transmission of nerve impulses, and the contraction and relaxation of muscles. Calcium also takes part in this process, so the concentration of both minerals is related.

The presence of magnesium also favors the strengthening of the bone system and teeth, and is very convenient for the cardiovascular system, helping to maintain the heart rate stable and blood pressure, protecting the walls of blood vessels and acting as a vasodilator, thus preventing the formation of clots.

In addition, due to magnesium, the production of white blood cells is increased, benefiting the immune system. It is estimated that about 60% of the magnesium we assimilate is found in bones and teeth, 28% in organs and muscles, and the remaining 2% in body fluids.

Magnesium deficit can be caused by insufficient intake, inadequate absorption, metabolic disorders or excessive loss through ingestion of certain medications such as diuretics. Calcium and potassium deficiencies are also associated with the low presence of magnesium, which results in cardiovascular, muscular, gastrointestinal, renal, neurological or immune system problems, among others. The symptoms are nausea and loss of appetite, muscle contractions and arrhythmias, fatigue and weakness, personality changes, etc.

POTASSIUM

Together with sodium, potassium is responsible for regulating the acid-base balance and the concentration of water in blood and tissues. The concentrations of these two elements inside and outside the cells of our body generate an electrical potential that favors muscular contractions and the nervous impulse, with special relevance in the cardiac activity. s musculares, irritabilidad, arritmia cardíaca, náuseas y/o vómitos entre otros síntomas.

Potassium is required by certain enzymes involved in the metabolism of carbohydrates and is involved in the storage of them, which act as fuel for muscles. Besides, it is essential in the synthesis of proteins and nucleic acids.

Potassium deficiency can result from insufficient intake, excessive loss (from vomiting, diarrhea, use

of diuretics, excessive sweating, genetic defects) or abuse of substances such as alcohol, coffee or sugar. It can come out as weakness, fatigue, muscle cramps, irritability, cardiac arrhythmia, nausea or vomiting, among other symptoms.

SELENIUM

Selenium is incorporated into proteins to form enzymes, mostly antioxidants. It complements the activity of vitamin E, since it stimulates the immune system favouring the production of white blood cells. The antioxidant character of selenium slows down the cellular aging process and gives it preventive properties against cancer and different heart conditions. This mineral contributes to neutralize cell damage caused by free radicals.

It also intervenes in the functioning of the thyroid gland playing an important role in the regulation of thyroid hormones, thus contributing to proper growth, development and metabolism.

Selenium deficiency is relatively unusual although it can occur in patients with severe gastrointestinal disturbances (e.g. Chron's disease), with exclusively parenteral nutrition (non-digestive tract), as well as in populations dependent on foods grown in selenium-poor soils. Individuals with iodine deficiency or immunosuppression may also require iodine supplementation.

In these cases, although the selenium deficit itself does not cause the conditions but rather predisposes the body to develop them, can appear heart diseases, hypothyroidism and several diseases as a result of the weakening of the immune system.



Group of the Emblematic Communities of the Mediterranean Diet. Chefchaouen -Morocco-2010

SODIUM

Together with potassium, sodium is responsible for regulating the acid-base balance and the concentration of water in blood and tissues. As potassium does, it also plays an important role in muscle contractions, nerve impulse and cardiac activity.

Sodium concentration in blood plasma is closely related to blood pressure.

The daily sodium needs are covered with the usual food intake, being in any case exceeded when we add salt to the products we consume.

The high presence of this nutrient in some salted products can cause cardiovascular problems, hypertension, fluid retention, inflammation and stone formation, so it is not recommended to abuse them.

IODINE

Iodine favours the functioning of nerve and muscle tissues, as well as the circulatory system. Furthermore, it contributes to the metabolism of other nutrients, regulating our energy level and the proper functioning of cells and plays an essential role in the proper development of the thyroid gland.

Thyroid hormones, dependent on iodine concentration, play an important role in gene transcription by regulating the basal metabolic rate. An alteration of the adequate levels of these hormones can affect the growth and maturation of the central nervous system in the prenatal stage and the first years of life, and its further development. These hormones also intervene in various chemical reactions such as enzyme activity and protein synthesis and regulate different physiological processes such as growth and development, metabolism and reproductive function.

Our body's iodine needs are usually covered by the food we normally eat. However, selenium, iron or vitamin A deficiencies can contribute to a lack of iodine, which may be associated with problems ranging from pregnancy loss to congenital defects such as hypothyroidism, cretinism, mental and growth retardation, short stature or deafness, among other manifestations, in periods of growth and development and especially during pregnancy and lactation. In children and adolescents, especially female adolescents, iodine deficiency can lead to an enlarged thyroid gland or goiter. In adults, it can also cause hypothyroidism and disrupt reproductive ability.

In addition, iodine helps to take care of our body, regulating our cholesterol. A food rich in iodine also helps process carbohydrates and strengthen hair, skin and nails.

3. FATS

Fats (lipids) are essential for sustaining life. Its functions of energetic contribution to the metabolism are also complemented with other biological functions of great importance, such as: transportation facilitators and absorption of some vitamins (called fat-soluble), precursor of some hormones. The presence of fats flatters the flavors, making some foods more appetizing. Olive oil has been called one of the pillars of the so-called Mediterranean diet, due to its intensive use. The diet of sedentary people in industrialized countries contain between 30% and 45% of fats. Athletes should reduce its content by 25-35% and saturated fatty acids by less than 10%. The organism does not tolerate well higher percentages. Lipid deficiencies reduce the percentage to below 1% in a diet prolonged over many months. Olive oil, due to its vegetable origin, does not have sterols in the form of cholesterol.

FATTY ACIDS

They are a source of energy and help regulate body temperature, envelop and protect vital organs such as the heart and kidneys, and transport fat-soluble vitamins (A, D, E, K) thus facilitating their absorption. Fat is essential for the formation of certain hormones and supplies essential fatty acids that the body cannot synthesize and that must necessarily be obtained from daily diet. Despite this, it is convenient to control the intake of foods rich in fat since the body stores what it does not need, which causes unwanted weight increases and rises in the levels of cholesterol and triglycerides in the blood.

MONOUNSATURATED FATTY ACIDS

Monounsaturated fatty acids are unsaturated fatty acids with a double bond between carbons. They mainly come from the plant kingdom and we find them in a liquid state. An example is the oleic acid present in olive oil between 54% and 80%, the oil most resistant to chemical decomposition caused by high temperatures and the least absorbed by the food fried in it.

It helps reduce the levels of LDL cholesterol or bad cholesterol.

The consumption of monounsaturated fatty acids is related to the presence of “good cholesterol” and protects the body against the accumulation of fats in the arteries and the aging of the skin. Like other fatty acids, it is a source of energy, regulates body temperature and contributes to the protection of certain vital organs such as the heart and kidney by wrapping them.

The deficiency of monounsaturated fatty acids in our organism will affect the functions mentioned above.

POLYUNSATURATED FATTY ACIDS

Polyunsaturated fatty acids are unsaturated fatty acids with several double bonds between carbons, which the body cannot synthesize and are therefore obtained through the diet. They mainly come from the plant kingdom and we find them in a liquid state. Some examples are linoleic, linolenic and

arachidonic acids (omega 3 and omega 6 types), present in nuts, oily fish and some legumes such as soy and its derivatives. The presence of polyunsaturated fatty acids decreases total cholesterol and the concentration of “bad cholesterol” in the arteries, while protecting against skin aging, although excessive consumption is not recommended. Like other fatty acids, it is a source of energy, regulates body temperature and contributes to the protection of certain vital organs such as the heart and kidney by wrapping them.

The deficiency of polyunsaturated fatty acids in our diet will affect the functions mentioned above. It can also be responsible for a bad communication between cells, especially at the level of the nervous system.

OMEGA 3

Omega-3 fatty acids are a group of long chain polyunsaturated fatty acids found in high proportion in the tissues of certain fish and shellfish; and in some plant sources such as soybean oil, canola oil, nuts, and flax seeds. It has been shown experimentally that the consumption of large amounts of omega-3 considerably increases the time of blood coagulation, which explains why in communities that consume many foods with omega-3 (Inuit, Japanese, etc.) the incidence of cardiovascular diseases is extremely low. Another study concluded that dietary intake of fatty acids-3 modestly reduces the course of coronary arteriosclerosis in humans. The omega-3 is added to certain functional foods that are artificially enriched with omega-3 such as milk, soy juice, eggs, etc.

OMEGA 6

Omega-6 fatty acids, like omega-3 fatty acids, are polyunsaturated fats. The most frequent omega-3 and omega-6 polyunsaturated fatty acids in terms of their presence in food and, therefore, with the greatest impact on human nutrition are:

Omega-3: alpha-linolenic, eicosapentaenoic (EPA) and docosahexaenoic (DHA). Omega-6: linoleic and arachidonic, the most important.

Alpha-linolenic acid is found in flax, rapeseed, and soybean oils, as well as in nuts. EPA and DHA are present in aquatic animals (fish and shellfish) and in various marine algae. Linoleic is found in nuts and especially in seed oils: sunflower, maize, safflower, wheat germ, grape seed, soya bean and peanut. Foods containing animal fats provide significant amounts of arachidonic acid.

It is known that omega-3 has a role in the prevention of cardiovascular diseases and an anti-inflammatory effect and there is growing interest in their role in the prevention of some types of cancer, in immune response, in diabetes and in certain mental disorders.

It is not difficult to get the recommended amounts of omega-6 with regular foods. If these foods are chosen, the dietary recommendations for consumption can be reached without difficulty:

- A handful of nuts and almonds: (6.2g of omega-6)
- A handful of peanuts (3.2g of omega-6)
- Portion of cured manchego cheese (5g of omega-6)

- 100g of pork chop (2.2g of omega-6)
- 100g of sardines (2.6g of omega-6)
- One tablespoon of margarine (2g of omega-6)
- One tablespoon of sunflower oil (2g of omega-6)

(Source: Mataix J, Gil Á, coord. Libro blanco de los omega-3. Omega-3 Institute. Granada: Puleva Food)

SATURATED FATTY ACIDS

These are hydrogen “saturated” fatty acids, with no double bonds between carbons. They mainly come from the animal kingdom - except coconut and cocoa oil - and are usually found in a solid state at room temperature, mainly in meats and dairy products.

The consumption of saturated fatty acids is related to the increase of cholesterol in the blood and its abuse leads to the appearance of cardiovascular diseases. Like other fatty acids, it is a source of energy, regulates body temperature and contributes to the protection of certain vital organs such as the heart and kidney by wrapping them.

The deficit will affect the regulation of body temperature and the protection of certain vital organs, among other functions.

The excessive presence of saturated fats in our body is unhealthy, favoring the clogging of the arteries and the concentration of “bad cholesterol” (LDL).



OLEIC ACID

Olive oil, olives, avocado, grape seed oil and even pork are important sources of oleic acid, a type of monounsaturated fat typical of some vegetable oils.

Oleic acid is a colorless, oily liquid that turns yellowish to brown when it comes into contact with air.

Oleic acid is found in most natural fats and oils approximately in the following proportions: in olive oil from 70 to 75%; in avocado 70%; in grape seed oil 15-20%, in “high-oleic” sunflower oil in 80% and 35% in conventional sunflower oil. It is also found in avocado in an approximate proportion of 70%, and in pork reaches the 38%.

Oleic acid is famous for its beneficial effects on cardiovascular and hepatic health. It increases the so-called good cholesterol (HDL) and reduces the bad cholesterol (LDL) in blood, so it exerts a beneficial action on the vascular system and the heart, thus reducing the risk of cardiovascular diseases.

It is also known that it has beneficial effects on hepatic health and prevents the formation of gallstones and intervenes in the regulation of lipid metabolism and body weight balance.

Oils that contains oleic acid have some culinary advantages. They resist better the high temperatures that occur when frying, making them more suitable for cooking. They are more stable, decompose more slowly and have the important advantage that they impregnate food with less fat, making it less caloric.

One important thing to keep in mind is that fats, even if they are of good quality, should be consumed within the diet in small proportions. For example, two tablespoons of olive oil a day is enough to cover the daily recommendations.

CHOLESTEROL

Cholesterol is a lipid that must be present in our organism in tissues such as the liver, spinal cord, pancreas and brain, as well as in blood plasma. It is essential to create the plasma membrane that regulates the entry and exit of substances through cells.

It facilitates the transport of fats in the blood and participates in the process of formation of bile and vitamin D in the skin.

Depending on the density, we can differentiate between high density cholesterol lipoprotein (or HDL), also known as “good cholesterol”, and low-density cholesterol lipoprotein (or LDL), also known as “bad cholesterol”. The presence of good cholesterol (HDL) increases with a diet rich in fiber and low in saturated fats, and with frequent physical activity. It is naturally produced by the body and removes bad cholesterol from the walls of the arteries to return it to the liver.

The presence of bad cholesterol (LDL) is related to the intake of saturated fats.

A diet based primarily on red meat, fatty dairy products such as whole milk or cheese, fried foods, oils, lard, eggs, etc., as well as a sedentary lifestyle, will raise blood cholesterol levels and lead to an increased risk of atherosclerosis (narrowing of the arteries due to the accumulation of lipids in their walls) and other cardiovascular diseases.

Cholesterol deficiency affects biochemical processes and the proper functioning of cells. Its presence is essential in the brain, liver, nerves, blood and bile.

When our organism is incapable of absorbing everything and it remains in the blood for a long time, it begins to deposit in the arteries. In the areas where these plaques are formed, are also deposited calcium, blood cells and other products which cause the progressive narrowing of the arteries and make it difficult for blood to pass through, leading to lesions in the arteries, especially the coronary arteries. People with high levels of cholesterol are exposed to myocardial infarction.

CHOLESTEROL CONTENT OF CERTAIN FOODS mg / 100 grams FOODS

EGG YOLK	1.500	BEEF, SHELLFISH, CRUSTACEAN	250
WHOLE EGG	580	SARDINES AND ANCHOVIES/canned	140
LIVER PÂTÉ	400	FROZEN TUNA AND BONITO	95
BRAINS	400	PACKET SOUP	90
LIVER AND OTHER ORGAN MEATS	350	COOKED AND PROCESSED MEATS	85
FAT FROM MEAT	300	CHICKEN MEAT	80
BUTTER	250	LEAN VEAL	70

4. OTHERS

WATER

Approximately 70% of the human body is composed of water, so it is essential the hydration of our body, which we must supply, including consumption through food, with an amount of water ranging between 2.7 and 3.7 liters in adults, depending on each constitution, physical activity developed, or states such as pregnancy, breastfeeding, illness or exposure to heat sources, circumstances where consumption needs increase.

FIBER

Fiber is not really assimilated by our body, and therefore it is not considered a nutrient itself. However, its presence provides favorable conditions in the colon for the detoxification of certain substances such as carcinogens.

On the other hand, it also helps in the elimination of beneficial nutrients such as mineral salts of iron, zinc or calcium, a loss that must be compensated with a balanced diet.

Fiber helps to eliminate certain harmful substances such as cholesterol or certain bile salts and helps

to reduce glucose and fatty acids in the blood. For this reason, foods rich in fiber are indispensable in a diet excessively rich in carbohydrates, proteins and fats.

SOLUBLE FIBER: Soluble fiber helps to avoid constipation and contributes to the decrease of hypercholesterolemia.

CARBOHYDRATES

It is estimated that 55-60% of the daily energy we need should come from carbohydrates, either by the intake of starchy foods, or by the reserves of glycogen present in our body. In addition, the main energy the brain needs to function comes from glucose, which we find in carbohydrate-rich foods such as cereals, legumes, fruits and vegetables.

For a balanced diet we should consume a minimum of 100g per day of carbohydrates from fruits and vegetables. Thanks to the hydrophilic character of carbohydrates, they are also a source of rapid energy, as they are easily attacked by hydrolytic enzymes.

The insufficient supply of carbohydrates will induce a greater use of proteins and fats for energy purposes, which will affect their plastic functions and it also will enable the emergence of problems such as ketosis.

KILOCALORIES

Calorie is not a nutrient, but a unit of measurement defined as the amount of heat energy required to raise the temperature of one gram of pure water by one degree Celsius, from 14.5°C to 15.5°C, to a normal pressure in an atmosphere.

There are three nutrients that can bring energy (calories) to our body: carbohydrates (4 kcal/gr), proteins (4 kcal/gr) and fats (9 kcal/gr). The alcohol, although without nutritional value, also participates of the energetic contribution at the rate of 7 Kcal/gr.

The energetic contribution is used to maintain the vital functions and the corporal temperature of the body, for the digestion of the own foods, for the development of the physical activity and to fight the different diseases or problems that the body can present.

It is important to note that a high presence of calories in our diet is only justified in special circumstances such as times of growth and cell renewal, where the creation and renewal of tissues require a significant contribution of energy, as well as in people who perform intense physical activity or suffer stressful situations such as illness or recovery after surgery.



Picking up boletus. De la Rosa.

5. PROTEINS

Proteins are macromolecules that provide essential amino acids for tissue synthesis and are the body's raw material for the formation of digestive juices, hormones, vitamins, enzymes, hemoglobin and plasma proteins.

They are essential for the adequate growth and development of the organism, favoring the structural, immunological, enzymatic (accelerating the chemical reactions), homeostatic (collaborating to the maintenance of the pH) and protective-defensive functions.


The proteins of legumes are scarce in essential amino acids such as methionine, and those of cereals are in lysine, so it is convenient to combine them with other animal protein sources (complete proteins that have all amino acids).

Protein deficiency malnutrition can occur when not enough protein-rich foods are eaten or when the proteins consumed are not complete and therefore do not provide all the essential amino acids. It can affect mental activity as well as reduce the number of white blood cells and their ability to fight infections.

Excessive protein intake is linked to problems such as hyperactivity of the immune system, liver dysfunction due to increased toxic waste, or loss of bone density due to calcium and glutamine seeping from bones and muscle tissue to compensate the increase of acid intake as a result of an excessively protein-rich diet.

6. POLYPHENOLS

They have an antioxidant action, prevent cell aging and also the formation of cancer cells. They are natural antioxidants and could protect against cardiovascular diseases. They also could reduce the oxidative phenomena responsible for the aging of the body.



*Benefits, Properties and
Nutritional values
of products and
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DR. J. M. RUIZ LISO

- 1. You will have virgin olive oil every single day of your life*
- 2. You will not forget bread and cereals*
- 3. Fruits will always follow your meals*
- 4. You will have daily salad*
- 5. You will mix vegetables and legumes*
- 6. You will not live without any fish*
- 7. You will drink milk every day*
- 8. You will not overeat saturated fats*
- 9. You will walk both on working days and holidays*
- 10. You will always try to be in good company*

*You will love the Mediterranean diet like yourself
And you will pass on its benefits to other people*

**Soria Saludable**

Soria: Emblematic community of the Mediterranean Diet



Categories Chapter table of contents

1. VEGETABLE OILS.....	119
2. DRINKS.....	123
3. COFFEE AND TEA.....	127
4. MEAT.....	130
5. FRUITS.....	138
6. NUTS AND OTHERS.....	166
7. DIBLE AND AROMATIC HERBS.....	175
8. EGGS.....	182
9. DAIRY PRODUCTS.....	185
10. LEGUMES.....	194
11. MICOLOGY AND TRUFFLE CULTURE.....	199
12. PASTA. RICE. CEREALS.....	202
13. FISH. SEAFOOD.....	204
14. VEGETABLES.....	223
15. ATTITUDES/VALUES/ACTIVITIES OF THE MEDITERRANEAN DIET AS A LIFESTYLE.....	248



INTRODUCTION TO SECOND COURSE

In this chapter we want the reader to penetrate the interior of each product/attitude/activity of the MEDITERRANEAN “DIAITA” as a lifestyle in order to understand the intrinsic value that each of them has in relation to well-being and health. Each one of them must be supplemented with what is described in the section ***nutrient properties-actions*** (cutting 1).

We must point out that these chapters exclusively include products of the M.D. insofar as they participate in a historical arsenal linked to it, signifying the importance for our organism of the consumption of salt, sugar and alcohol and how the author prevents its use. They are currently avoidable risks, especially in children and adolescents and parents and guardians should be the health police of the nutritional well-being of families on its full scale. WINE is perhaps the only M.D. product whose consumption should be restricted. Salt and sugar are unhealthy supplements when they exceed the recommended amounts. The epidemics of obesity and diabetes, from the first years of life, have in them their responsible godparents.

I have compared the wine to a 100 mg “aspirin” (acetylsalicylic acid) that in healthy people is preventive of cardiovascular diseases, however, no one takes aspirin constantly. One prevents, several are not wanted. One or two 125 cc glasses of wine a day.

We should not confuse a portion of a product with 100 grams of that product in food, as there are rations lower (1 apple) and higher (1 ostrich egg) to that weight.

VEGETABLE OILS

OIL

Moderate intake of oils is a source of essential fatty acids for the body. These acids are involved in countless biochemical reactions at the cellular level and in other mechanisms, such as connective tissue formation, hormone production, vitamin promotion, and the gestation and lipid maintenance of cells.

Some biochemical reactions lead to the splitting and transformation of the chemical energy of oils into high caloric energy and vice versa, in the formation of the fatty panicle of the skin and body storage as an energy reserve.

It is a known fact that a carbohydrate-deficient individual will draw on his or her lipid reserve or fat in search of energy to maintain metabolism, and finally, in the event that there is also a prolonged lack of lipids, will consume his or her proteins, i.e., muscle tissue, before dying.

Bone maintenance is aided by vitamin D or ergocalciferol, which captures the calcium ion and fixes it to the bone on its genesis (osteogenesis). Lack of this substance leads to rickets.

SEED OILS

The most important oleaginous crops in Spain are: **sunflower, soya, rapeseed and safflower. Peanut, corn, cotton and grape seed** oils are also extracted, although its production has a little importance. According to Spanish legislation they must be marketed under the denomination of “refined oil of” followed by the name of the seed they come from.

OLIVE OIL

At room temperature lipids can be solid, called “specific fats” (or simply fats) and if at room temperature lipids are presented as liquids they are called “oils”. Olive oil is liquid at room temperature. It has some characteristic properties of all the vegetable oils, as well as other particular ones of the olive. One of the main properties derives from its high oleic acid content (averaging 75%). The properties will depend to a large extent on the variety of olive used, the way in which the oil was processed and the storage procedures.

The acidity of an olive oil is determined by its content in free fatty acids (which do not form part of some lipidic compound) and it is expressed by the grams of oleic acid for each 100g of oil. These grades are not related to the intensity of the taste but are a guideline for cataloguing olive oils.

A virgin olive oil that due to its smell and taste is defective as well as having an acidity higher than 2%, is known as lampante olive oil. This name refers to the use that was made of it until a few years ago, as it was used for lighting with lamps or skylights. Once refined and almost devoid of taste, smell and color are headed with virgin olive oils aromatic and fruity (this operation is called heading) being thus fit for consumption and are known as refined olive oil.

Extra virgin olive oil is very beneficial for health and it is recommended for all ages. Some of the advantages that its consume offers us are:

- t Contains vitamin E, Polyphenols -have an antioxidant action, prevents cell aging and also the formation of cancer cells-, monounsaturated fats and in diabetics helps lower blood sugar levels, so they would need less insulin.
- t Extra virgin olive oil infiltrates very little into the food, as the chemical variations that occur in frying are small and slow. In addition, a crust is made in the food that does not allow its constituents to escape. So, it's the best olive oil for frying.
- t It helps the hardening of the bones, which benefit adults a lot. It avoids the overabundance of cholesterol and helps the assimilation of fats, since it favors the hepatic synthesis of bile salts.
- t It reduces the acid in the esophageal mucosa, slows and regulates the emptying of the stomach into the duodenum, and reduces the gastric acidity, thus reducing the risk of the appearance of gastric ulcers.
- t The amount of fatty acids fully satisfies the nutritional requirements.

Fats (lipids) are essential for sustaining life. Its functions of energetic contribution to the metabolism are also complemented with other biological functions of great importance, such as: transportation

facilitators and absorption of some vitamins (called fat-soluble), precursor of some hormones. The presence of fats flatters the flavors, making some foods more appetizing. Olive oil has been called one of the pillars of the so-called Mediterranean diet, due to its intensive use. The diet of sedentary people in industrialized countries contain between 30% and 45% of fats. Athletes should reduce its content by 25-35% and saturated fatty acids by less than 10%. The organism does not tolerate well higher percentages. Lipid deficiencies reduce the percentage to below 1% in a diet prolonged over many months. Olive oil, due to its vegetable origin, does not have sterols in the form of cholesterol.

Olive oil, both virgin and extra, is rich in vitamins A, D, E and K. It favors the absorption of minerals such as calcium, phosphorus, magnesium and zinc. It is effective in the digestive process, avoiding gastric acidity and facilitating intestinal transit. It improves blood pressure control. And it helps control blood glucose level. The high number of polyphenols (a natural antioxidant) in olive oil helps and prevents degenerative diseases such as Alzheimer's, and acts against aging. It reduces the risk of suffering cardiovascular diseases, increasing HDL or good cholesterol.

In infant nutrition, the exclusive use of olive oil in meals (in salads, stews and fried foods), is associated with a lower weight gain during childhood, as well as being related to a cellularity of adipose tissue more favorable for the future of the individual.

Jeanne Calment, one of the oldest people in the world (122 years), said that one of her favorite foods was olive oil.

VIRGIN OLIVE OIL

*Virgin olive oils are oils obtained from the fruit of the olive tree exclusively by mechanical or other physical means under conditions, especially thermal ones, **which do not lead to alterations in the oil and which have not undergone any treatment other than washing, decantation, centrifugation and filtration.***

In other words, any oil mixed with other types of oil, can never be a virgin olive oil, by definition, cannot even be called Olive Oil. It should be called refined followed by "from olive oils", "obtained only from olive juice", or whatever that the salesperson in turn would like.

Virgin and Extra Virgin Olive Oil

What are the differences between Extra Virgin Olive Oil differ and Virgin Olive Oil? Well, the answer is simple: **WE CAN'T**. It is a criterion based on the quality of the oil, whose main characteristic is its acidity or oleic acid content. So we would have the following classification:

- † **Extra virgin olive oil:** has less than 0.8 grams of oleic acid per 100g.
- † **Virgin olive oil:** has between more than 0.8g and less than 2g of oleic acid per 100g.
- † **Olive oil:** has more than 2g and less than 3.3g per 100g.

SUNFLOWER OIL

The qualities of virgin sunflower oil make it a new ally in the fight against cholesterol, cardiovascular diseases and body beauty.

1 Antioxidant. Vitamin E richness makes it a good ally for the skin (it is called beauty vitamin). In addition, its liposoluble antioxidant power makes its therapeutic properties very broad by acting as a barrier against oncological and cardiac diseases, among others.

2 Rich in Omega 6. The essential fatty acids contained in virgin sunflower oil belong to the Omega 6 family, which act as regulators of blood pressure and cholesterol. It also has the ability to drain the kidneys, reduces platelet formation, and regulates pressure in the eyes, joints, and blood vessels.

3 Signs of Omega-6 deficiency. Your health may suffer if you don't have these substances. Some of the diseases identified with these deficiencies are eczema or skin problems, hair loss, aging of the liver and kidneys, excessive sweating accompanied by thirst, susceptibility to infections, inability to heal wounds, sterility in men, miscarriages, arthritis and related diseases and cardiovascular problems.

4 Immune balance. Dr. Caterine Kosumine pointed out that "biologically active linoleic acid enters the structures of cell membranes and plays a very important role in the immune balance" in relation to virgin sunflower oil and other vegetable oils, such as sesame oil.

CORN OIL

Corn oil is among the foods in the category of oils and fats that we have available within the food in our usual store or supermarket.

Corn oil is an oil that does not contain proteins, does not contain carbohydrates, contains 99.9 grams of fat per 100 grams and does not contain sugar, adding an average of 900 kcal/100ml to the diet (depending on brands). Its nutrients also include vitamins E, K, B1 and B2.

Corn oil is a food rich in vitamin E since 100g of this food contains 34mg of vitamin E.

Corn oil is among the low-sodium foods since it does not contain sodium.

In addition, due to its high amount of vitamin E, it is a beneficial food for our circulatory system. This food also has antioxidant properties, is beneficial for eyesight and may help in the prevention of Parkinson's disease.

Due to its high number of calories, this food is not recommended for consumption if we want to maintain an adequate weight or if we are following a diet to lose weight.

SOYBEAN OIL

Soybean oil is one of the most versatile ingredients found in a kitchen. It is rich in vitamin E and also in healthy omega-3 fats.

The properties of soybean oil include lowering blood pressure and preventing some heart diseases.

This oil does not contain genetically modified fats, as it is extracted from whole soybeans.

Nowadays, it can be said that a large part of what is labelled as vegetable oil is actually soybean oil and many people consume it daily without knowing it.

Soybean oil is used to make homemade dishes and dressings. It can also be used in salads and for frying easily and quickly.

The properties of this oil are also beneficial for people who have high cholesterol or triglycerides.

Contains lecithin, a substance that strengthens the immune system's defenses and helps prevent diseases.

DRINKS

BEER

Beer is a fermented beverage, with a low alcohol content (4-5%), with specific characteristics in its composition that differentiate it from other beverages and give it a special nutritional interest. Made from natural ingredients (water, malted barley and hops), it has a low-calorie content (45kcal/100ml) and numerous nutrients (B vitamins, fiber and minerals).

Ingredients:

Water: Water is an essential element in brewing. For this purpose, pure, potable, sterile water is used, free of flavors and strange smells. Water naturally contains a series of salts that influence the quality of beer. For example, the most important minerals are calcium, which influences turbidity and color; sulphates, which are involved in the bitterness of beer; and chlorides, which affect the texture of the drink.

Barley: The quality of the barley used to obtain the malt plays an important role in the brewing process, so those varieties with the best brewing qualities are selected. In Spain, the most common malting barley is called "dos carreras", the grain of which is rich in extract, low in protein and better suited to malting than other varieties.

Hop: The hops are used to flavor the beer and to obtain the characteristic bitter taste of the drink. This plant, in addition to contributing to the stability of the foam, aromatizes and has antiseptic properties. In fact, hopped beers are more resistant to micro-biological deterioration and modern medicine has shown that hops contain more than twenty compounds that have a sedative and calming function.

Nutrients: Beer has more than 2,000 components that come from its ingredients or as a result of the fermentation process of its raw materials.

Vitamins: Beer is a good source of vitamins, especially most of B vitamins (niacin, riboflavin (B2), pyridoxine (B6) and cobalamin (B12)).

Beer is also an important source of folic acid or folate (vitamin B9). Specifically, beer contains 3 micrograms of folic acid per 100 ml.

Minerals: According to some studies by the University of Extremadura and King's College of London, beer possesses minerals such as silicon, magnesium, phosphorus and potassium. On the other hand, beer is a drink with a very low sodium content, so it can be considered an optional drink in the preparation of low sodium diets.

Polyphenols (antioxidants): Beer also contains polyphenols which, as natural antioxidants, could protect against cardiovascular diseases and reduce oxidative phenomena responsible for the aging of the body. One of the most outstanding polyphenols in beer is xanthohumol, present in hops, which, according to various scientific studies, may have chemopreventive activity.

Maltodextrins: The components of beer include natural maltodextrins, slow absorbing complex carbohydrates that are metabolized by progressively releasing glucose units.

Soluble fiber: Another of the nutrients contained in beer is soluble fiber, which helps prevent constipation and contributes to the reduction of hypercholesterolemia.

MUST

Grape must is the product produced by squeezing grapes from vine plants. It is a cloudy liquid (because it contains suspended particles) and, in general, aromatic and very sweet.

For every 100 Kg of grape, approximately 50-70 liters of must are obtained, depending a lot on the different pressing systems we use.

The must is a natural product also known as grape juice.

Benefits of grape must:

The must is antioxidant, comes from a fruit, the grape, with many flavonoids that protect our cells from aging.

It contains a lot of vitamin E which is also an antioxidant.

Resveratrol is another antioxidant that is more present in red grapes than in white grapes. Grape juice provides us with potassium and vitamins from the B group. It is an excellent food for children and athletes. The must is depurative and benefits the patients of rheumatism, gout, excess of cholesterol, etc.

RED WINE

If ADULTS drink a glass of red wine a day, it cannot harm their health in conditions of absence of dis-

ease. Never for sick people. But keep it in mind, always with moderation and balance. We shouldn't spend in men two 125cc/day cups and in women one 125cc/day cups, too.

In addition to the polyphenols mentioned above, red wine is rich in vitamin E.

It is an antioxidant in the doses mentioned above. As the god Janus, has two faces: the positive up to a glass of 125 cc/day in women and two in men and from there the negative face in both sexes.

Dr. Calvo Melendro, who died at the age of 90 and was the creator of the first old people's homes, gave them a small glass of wine of 125 cc at lunch and another 125 cc at dinner, "so that they would talk - to combat loneliness - and as an antioxidant". He used to say that if you want to reach old age, you should sleep little, eat little and walk a lot (or do a lot of sport).

NATURAL JUICES

Natural fruit juices consist of the domestic or 'in situ' crushing of a piece of fruit in a blender or juicer.

By itself, a fruit juice is a healthy product that can also be creative in terms of mixtures and flavors and provides a good number of vitamins, such as C, A, folic acid or carotenoids. They also contain many antioxidants, such as lycopenes, beta-carotene or anthocyanins, and minerals such as potassium, magnesium, iron or zinc, in varying amounts depending on the fruit. On the other hand, these elements are in the form of salts that allow the water that serves as a base for the juice to be retained by the body and hydrate it efficiently.

In the case of some fruits such as pineapple, an additional diuretic value is added to the juice that can help expel the excess toxins accumulated by excessive meals or the immoderate intake of alcohol after a tumultuous night.

There is some confusion about the value of fruit in our daily diet: experts consider it essential and in fact the WHO recommends it as a fundamental element. But this recommendation refers to whole pieces and alternating with main meals. On the other hand, replacing them with juices - however natural and domestic they may be - is not recommended. In other words, except for the breakfast juice, and even in this case, it is better to keep the blender and squeezer in a cupboard and take out the knife and peel them to consume them whole.

The following are the reasons why experts discourage the consumption of juices as a daily habit.

1. The recommended amount of fruit is exceeded

The non-governmental organization '5 a day' recommends five pieces of fruit and vegetables a day. Assuming that the classic orange juice involves squeezing three oranges and we take one at breakfast time, another for lunch and the same amount for dinner, we place ourselves in the order of nine oranges daily. We can replace oranges with any other fruit and the result is that we exceed the recommended limit. Why is a limit set? We'll take a look at it below.

2. Juices provide a large amount of sugars

The main sugar in fruits is fructose, a glucose isomer, i.e. the same molecule but with a different

spatial structure. In addition, they can have glucose, in varying amounts depending on the fruit, or sucrose, which are two glucose molecules linked by a bond. Juices are abundant in these high-calorie compounds, which may vary depending on whether the juice is sweeter or more citrus. The fact is that juice is a sugary drink that provides almost as many calories as some industrial drinks.

This fact explains the limits specified in the first point: if we eat, for example, the daily equivalent of nine pieces of fruit, we far exceed the level of blood sugar we need. In the case of diabetics, the danger is obvious, but the worst thing is that children and teenagers are replacing sugary drinks with juices as usual. We are faced with the problem that one of the main sources of childhood obesity has been replaced by another, no less problematic one.

In this regard, the American Academy of Pediatrics recommends avoiding juices in children's breakfasts and snacks and returning to the piece of fruit. According to this organism, a dangerous derivation is being produced in developed countries towards the consumption of juices among children and adolescents to the detriment of the whole piece or the milk, a much more balanced food.

3. Fructose is a sugar under the magnifying glass

Exactly what role fructose has in human metabolism is unknown, but it is suspected that in excess, its effects may be harmful. It seems to be confirmed -with qualifiers- that it is a HC that does not affect the glucose levels of diabetics, so it can be recommended as a substitute sweetener for them. However, recent studies place a heavy responsibility on the growing obesity epidemic. Apparently, fructose inhibits a hormone called leptin, which is responsible for sending the message to the brain that we no longer want to eat. Without leptin in the blood, we're still hungry.



ATHENS 2015: EE CC of MD

4. Juices do not satisfy

Leptin apart, one of the reasons why it is recommended to eat fruit between meals, or at the end of main meals, is its great contribution in natural fiber, which does not give the meat, but some whole grains and vegetables. When we eat a whole piece of fruit, we ingest numerous fibers which are then swollen in the stomach with water and create a feeling of satiety and calm the craving to eat. Also, the fact that you have to chew helps to encourage this feeling. In the case of juices, as the pulp is usually sifted, there is no feeling of satiety, so they lose their function and may even encourage a sense of hunger.

5. It entails an excess of vitamins

It is true that vitamins are well preserved in juices, even better than popularly believed, but a daily intake of large amounts of them can be harmful by creating a hypervitaminosis. For example, in the case of vitamin C, there are studies that link an excess of this to the formation of kidney stones. It should be borne in mind that a single orange juice far exceeds the daily amount of this vitamin we need.

COFFEE AND TEA

COFFEE

According to a study by a team of researchers at UNIVERSIDAD from California in Los Angeles (USA) drinking coffee increases plasma levels of sex hormone binding globulin (SHBG) that controls the biological activity of the body's sex hormones (testosterone and estrogen) and plays a key role in the development of type 2 diabetes. The work showed an inverse relationship between coffee consumption and the risk of developing type 2 diabetes. Thus, study participants who drank more than one cup a day over a 4-year period had an 11% lower risk of type 2 diabetes compared to people who did not change their intake. This research I contribute exclusively for the reader's knowledge and must be contrasted with other studies.

Another study conducted at the McGill University Health Centre Research Institute (USA) and published in the journal *Neurology* showed that "higher coffee intake has been associated with a significantly lower incidence of Parkinson's disease" and is that caffeine may help control body movement in people with Parkinson's disease.

Again, we must contrast the source with new studies.

Also, a group of researchers from Beth Israel Deaconess Medical Center and Harvard School of Public Health (USA) concluded that moderate consumption of coffee (2 cups per day) protects against heart failure. In particular, the reduction in risk represented 11% compared to those who did not consume coffee.

As we can see, all the studies present it as healthy, although we must be moderate in its daily consumption.

If we are looking for a healthy drink for people without digestive processes and that also provides us with few calories, coffee can be a very good choice. A cup of coffee, no milk or cream and no sugar contains only about 2 calories. If we add sugar, the calories shoot up, but this can be solved by taking it without sweetening or with natural sweeteners such as stevia.

The coffee bean contains about 1,500 compounds, many of which are beneficial to health, such as antioxidants. In fact, coffee ranks 6th out of the top 50 foods containing antioxidants, according to *The American Journal of Clinical Nutrition*.

Caffeine is the most important component of coffee and also the most consumed psychoactive in the world. What causes caffeine? It acts on our brain as soon as we take it by blocking a neurotransmitter, adenosine, which causes the increase of other substances such as dopamine or norepinephrine, which only accelerate our brain activity. Thus, several studies have confirmed that coffee improves mood, energy levels, memory or our reaction times.

We have already seen the benefits of coffee, but like everything else, you have to know how to drink it in moderation. Drinking too much coffee can cause some very unpleasant adverse effects. Thus, according to a study conducted by researchers at THE UNIVERSITY of Oklahoma (USA) “caffeine can cause anxiety symptoms in NORMAL individuals, especially in vulnerable PATIENTS, such as people with pre-existing anxiety disorders. In addition, “excessive caffeine intake has also been associated with symptoms of depression.”

INFUSIONS

An infusion is a medicinal drink used as a natural remedy that is prepared by boiling a medicinal plant in water. Sometimes they can be flowers, other fruits or barks, although they are mainly made with leaves. The question is to let the plant rest for a few minutes in that hot water so that it absorbs all the properties of the medicinal plant.

La cuestión es dejar reposar la planta unos minutos en esa agua caliente para que absorba todas las propiedades de la planta medicinal. Although it may resemble other medicinal plants such as chamomile, it has nothing to do with it.

Therefore, any drink made from another medicinal plant other than the one mentioned, is not a tea but an infusion. Because of a bad use of the language we usually call them all infusions and teas, but you have to know the difference.

It is important to know that each infusion and tea have different benefits and applications, that is to say, not all serve for the same thing. This is due to the fact that each natural herb contains unique properties, with specific effects for our organism.

As we have already seen, infusions are a good natural remedy for our organism that helps us to improve our state of health. Can they be taken daily? In principle, yes, but we must be careful with some kind of infusions, which can harm us if we abuse them.

Since the origin of the infusions is vegetal, sometimes they can contain some substances that can become harmful for our organism if we do not take the precaution of measuring the quantities well, although it always depends on the medicinal plant in question.

The infusions are very positive for our body, but not by taking more quantity we will improve the results, but quite the opposite. We must always know the contraindications of each infusion and tea. In addition, it is never superfluous to contrast any type of information with a medical specialist in the matter.

It's usually not a good idea to mix different herbs in the same infusion, unless you know what you're doing. Why? Because the properties of the medicinal plants used can interact with each other and give rise to excessive undesirable effects.

An example is diuretic infusions, a class of very common infusions, which are used to eliminate retained liquids. This effect leads to a loss of sodium and potassium, which can lead to a problem of hypotension or dizziness. Therefore, it is important to take care of the quantities used of each type of plant when combining them in the same infusion.

However, it should be noted that there are many infusions traditionally prepared as a combination of several plants. Therefore, we cannot conclude that it is a bad thing to combine them. In fact, it can even be positive, but one must have knowledge to find the best synergies between them.

It is recommended to consume the infusions in a period of between 6 months and a year, to be able to squeeze and enjoy to the maximum of its benefits for the health.

TYPES OF INFUSIONS

Chamomile: This infusion calms digestive problems and helps prevent possible respiratory infections, such as coughs and asthma. In addition, it is traditionally used to treat conjunctivitis and superficial burns.

Sage: This plant is prepared in infusion to cure mainly respiratory problems. In addition, it helps to eliminate stomach acidity, relieve menstrual cramps and heal wounds more easily.

Valerian: When we are nervous, we can resort to an infusion of this plant, which will help us release the stress and anxiety of the moment.

Red tea: Among the varieties of tea stands out the red tea. This drink helps to eliminate the toxins that accumulate in our organism and, in addition, it allows us to lose weight, due to the fact that it favors the burning of fats.

Green tea: El té verde también nos ayuda a depurarnos por dentro y se utiliza también para ejercitar la memoria y la cognición. As if that weren't enough, it is also taken to relieve diseases such as arthritis.

Horsetail: Una infusión de cola de caballo puede favorecer en gran medida la desintoxicación del organismo. It also helps heal wounds and reduces the chance of bladder infections.

CARNES

OSTRICH

Ostrich meat consumption was introduced in Europe relatively recently and is still considered an exotic meat today. However, its inclusion among the usual sources of proteins of animal origin has been repeatedly assessed in our context, as some of the most interesting nutritional characteristics of poultry and red meat converge there. Although information on their nutritional composition is still limited, we have more data showing protein values quite similar to those of other meats but with a lower proportion of histidine and serine; fat values close to those of low-fat poultry; variable cholesterol values depending on the cut but similar to those of veal or chicken; and a better lipid profile compared to those of turkey, lamb or veal meats. Information on their vitamin and mineral content gives high values of iron and vitamin B12, higher amounts of vitamin E and Zn than other types of meat and a low concentration of sodium.

On average and depending on the farm, 100 grams of Ostrich provide 117 Kcal. And they contain 21.8 grams of protein, 2.7 grams of fat, no carbohydrates, and no fiber. They have 64.5 grams of water and 62.1 mg of cholesterol. There are minerals present in Ostrich, such as Potassium (308 mg), Phosphorus (211 mg) or Sodium (75 mg) but not Fluorine. They contain some important vitamins: Folic Acid (8 mg), Vitamin B-12 (5.0 mg) or Vitamin B-3 (4.7 mg).

QUAIL MEAT

Although among the most popularly consumed birds we find mainly chicken and turkey, the truth is that quail can also become an ideal food for its soft texture, and its nutritional richness. From a nutritional point of view, as we will know in the section dedicated to the nutritional properties of quail meat, this is a food especially rich in proteins of good quality, which are also known as proteins of high biological value, for their high content in essential amino acids.

Quail meat is a type of lean or white meat, which means that its fat and caloric content is really low.

In fact, 100 grams of quail meat provide only 106 kilocalories and just 1.6 grams of fat, 23 grams of protein, 0.5 grams of cholesterol, 46 mg of calcium and 36 mg of magnesium with 7.7 mg of iron.

With regard to its vitamin content, the presence of B group vitamins (especially vitamin B3 and B6) and minerals such as magnesium and iron stands out.

In addition, it is an ideal food for children, precisely because of its protein richness and its low fat, calorie and cholesterol content. Precisely for these reasons its consumption is also adequate in the pregnancy diet.

Due to its low sodium content, its consumption is recommended in people with high blood pressure. In addition, for its richness in vitamin B6 is a food advised in people with depression, asthma and diabetes.

RABBIT MEAT

It is a lean food, so it is low in fat. It has traditionally been part of the Mediterranean diet. Recommended in low cholesterol diets, especially in case of cardiovascular diseases or disorders. As it is rich in vitamin B12, its consumption is recommended for pregnant women or during breastfeeding. Helps people with stomach problems, being a meat easy to digest. Low in sodium, being interesting its consumption in people with hypertension. High potassium content. Rich in proteins of high biological value. Recommended in slimming diets along with chicken and turkey meat, for its low-calorie content.

100 g provide 140 kcal and contain 15 to 20 g of protein depending on the location, fat: 5.3 gr, 72 mg of cholesterol being its lipid profile quite balanced, with a lower proportion of saturated fat compared to other types of meat and virtually no HC, with 72% water.

It has Vitamins: vitamin A (0.4 ug.), vitamin B1 (0.1 mg.), vitamin B2 (0.1 mg.), vitamin B3 (11 mg.), vitamin B5 (0.8 ug.), vitamin B6 (0.4 mg.), vitamin B7 (1 ug.), folic acid (4.9 ug.), vitamin E (0.3 mg.), vitamin K (4 ug.).

Minerals: significant amounts of iron, zinc and magnesium. Also calcium, potassium, phosphorus and sodium.

It is recommended in diets to prevent obesity and cardiovascular disease. However, its fat content may vary depending on the species, breed, age, sex or type of piece to be consumed and the feed that the animal has had.

However, its consumption is gaining more followers every day as their nutritional and gastronomic qualities are known.

It is a very appreciated meat for its nutritional and organoleptic properties (taste, flavour and texture). In addition, it is an easily digestible meat and very tender, due to its low collagen content. Its uric acid and purine content is lower than that of other meats, such as pork, beef, turkey or hare, with which it is sometimes compared. For this reason, rabbit meat is highly recommended for those who are prone to hyperuricemia and/or gout due to its lower uric acid and purine content.

TURKEY MEAT

Turkey meat is a source of proteins, vitamins of the B complex group such as B1, B3, B5, B6, biotin, B12 and folic acid, and minerals such as phosphorus, potassium, magnesium, iron, zinc and selenium.

Among the main benefits of the turkey:

Collaborates in diets to lose weight for having very little fat, collaborating in the prevention of cardiovascular disease, being able to consume people with high uric acid.

- It has iron, which is why it is recommended for people with anemia.
- It's easy to digest, so it's ideal for small children and the elderly. Improves skin health by pro-

moting hydration (turkey meat contains plenty of water). It has no fats. However, there are people who eat turkey as a sausage and eat it frequently, when this is not recommended, because it is not processed meat, so it should be eaten only once in a while. The best option is to eat fresh turkey meat because it has a very low-calorie content, as it does not contain many fats. Most of these are in the skin, so it is advisable to remove it before cooking to make it healthy.

PATRIDGE MEAT

Partridges are lean-fleshed birds that are easy to remove, as they are mainly found on and under the skin.

It provides about 100 calories per 100 grams, two grams of fat and 22 grams of protein, which are considered high biological value, since they include essential amino acids.

It has an important presence of minerals such as potassium (175-200 mg/100 g), magnesium (30 mg/100 g), phosphorus (170 mg/100 g) and selenium (16 ug/100 g), which strengthens protection against cardiovascular diseases while stimulating the immune system. It is an excellent source of iron (about 4 to 7 mg/100 g) and is highly bioavailable. It also provides water-soluble vitamins of group B, such as thiamine (0.1 mg/100 g), riboflavin (0.2 mg/100 g), niacin and B6 (0.7/100 g), which promotes the formation of red blood cells.

CHICKEN MEAT

The chicken is a chicken with white meat, a basic food present in the kitchen of the whole world and also very healthy. It has a tender texture and a very mild taste that makes it easily combinable with other foods and can be included in the diet of children from an early age.

If we discard the skin, it is one of the meats with less fat content. This is why it is highly recommended in diets where it is necessary to control this nutrient, especially the breast, with a proportion of less than 2% fat.

Being a white meat, it also has a low level of iron. Even so, chicken has a remarkable content in phosphorus, mineral present in bones and teeth, and selenium, with antioxidant action, which helps strengthen the immune system and strengthens nails and hair, among others.

Chicken meat contains vitamins, especially B3 and vitamin B6. Like all meats, it has proteins of high biological value, i.e. with all the essential amino acids present. Chicken is a very good source of high-quality lean protein, i.e. it is a clean protein that is very low in fat. 100 grams of chicken provide approximately 20 grams of protein. Important role in helping overweight and obese people lose weight.

Chicken is a source of tryptophan, an essential amino acid with a very important function, as it helps regulate proper levels of serotonin in the brain.

It is a low-fat meat, ideal to help control weight. The best way is to eat it grilled or cooked and remove the skin for its fat content. The chicken breast is the part of the chicken that contains the least fat,

followed by the thigh. We must not forget that, within its fat content, monounsaturated and polyunsaturated fatty acids predominate.

It is also a source of minerals. 100 gr of chicken provides about 248-359 mg of potassium, 22-37 mg of magnesium, 12-13 mg of calcium, 198-200 mg of phosphorus, 1-2 mg of iron, 1 mg of zinc and 6 ug of selenium. These minerals contribute to a good neuromuscular state and facilitate the work of muscle contraction, as well as the transmission of nerve impulse among other functions. Chicken is also very rich in vitamins, especially B vitamins.

Chicken meat, unlike beef, does not contain as much purine, which is responsible for more digestive work. Therefore, its lower fat content and lower purine intake make chicken an easily digestible food that can be used in gastric conditions, as well as in people with high levels of uric acid in the blood, people in convalescent state, babies, children and older adults.

BULL/STEAR MEAT

As for the nutritional aspect, the bull is a food with an important contribution of zinc, vitamin B6, proteins, vitamin B3, phosphorus, selenium, cholesterol, water, iron and vitamin B2. The rest of the nutrients present to a lesser extent in this food, ordered by relevance of their presence, are: potassium, vitamin B, vitamin B12, saturated fatty acids, calories, monounsaturated fatty acids, sodium, magnesium, iodine, polyunsaturated fatty acids, vitamin B9, calcium and vitamin E.

GAME MEAT

Hunting meat is one of the oldest basic elements of the Mediterranean diet, both large game - deer, roe deer, wild boar- and small -partridge, quail, rabbit- previously mentioned.

JERKY

Jerky is nothing more than cured, dehydrated meat, and the most frequent in Spain is the jerky of León, made from beef. Given the loss of water suffered by meat during curing, jerky turns out to be a concentrate of proteins that you can add to your diet.

For each 100gr, jerky provides an average of 40 grams of protein, which doubles the amount of this nutrient provided by fresh meat. The only problem with jerky is its high sodium content due to the salt used during the preparation of the product to promote dehydration. In addition to its high protein concentration, jerky is low in fat and cholesterol and rich in minerals such as potassium, phosphorus and magnesium. Therefore, it can be an ideal food to enrich the diet of an athlete.

PORK

The main myth that has discredited the consumption of pork derives from the popular legend that it is a meat with a lot of fat, something totally wrong. Although it has traditionally been considered as red meat, the European Union has recently called it white meat. It is a lean meat with a much lower fat content than other meats such as veal or lamb. Pork contains only 2.65 g of total fat per 100 g, with 1.1 g of monounsaturated fatty acids and 0.65 g of polyunsaturated fatty acids, i.e. healthy fats.

As we have pointed out, pork is a white meat that resembles the properties of chicken meat. It is composed of white fibers, which makes it more tender to chew and more digestive, and its low fat content the difference of red meats such as beef and sheep. In addition, about 70% of pork fat is subcutaneous, so it can be easily removed to enjoy practically fat-free cuts of meat, such as loin. Pork is a healthy alternative in the diet, always choosing the leanest parts.

All these qualities make lean pork a recommendable food for any kind of balanced diet, as defended by Dr. Antonio Villarino Marín, president of the Spanish Society of Dietetics and Food Sciences (SED-CA), at the XIX International Conference on Practical Nutrition. For its low cholesterol content, having the loin just 58 mg compared to 71.9 mg of chicken or 76 mg of lamb shoulder, is a suitable meat to prevent the development of cardiovascular diseases and keep low levels of triglycerides.

Besides being a naturally lean meat, pork is very rich in nutrients, vitamins and minerals. It is an excellent source of high-quality protein, with 40% of essential amino acids essential to form, maintain and repair the tissues of our body, muscles and bones, something fundamental if you practice sport regularly.

It also stands out for its mineral content, especially in iron, zinc, phosphorus, sodium and potassium. Highly recommended to avoid anemias and in the formation and maintenance of bones and teeth. As for the vitamins, in the pig the water-soluble ones stand out, vitamins of the B group. In particular, the high content of B1 should be noted, since it is the meat with the highest amount of this vitamin, and also of B12, B6, niacin and riboflavin. All of them are fundamental for a good functioning of the nervous and immune system.

The great nutritional richness of pork meat makes it a very suitable product for consumption by the whole family. For its balanced energy content and its contribution of protein, vitamins and essential minerals stands out as an ideal meat to introduce into the weekly diet at any age.

Being a lean meat, and being almost all the fat well located, each consumer can choose the pork cuts that best suit their needs. The tenderloin and sirloin are very tender and versatile pieces from which practically all visible fat can be easily separated.

For its content in healthy fats, high quality proteins, vitamins and minerals, is a very suitable meat for children and adolescents, who need a good energy intake for the proper development of their bodies and healthy growth. Children especially like it for its mild taste and tender texture, easy to chew, so it is also suitable for older people who should not neglect the intake of protein.

In adulthood pork adapts to all needs, offering a wide variety of culinary without having to compli-

cate much when cooking. The leaner cuts are ideal for athletes, who have high protein needs, and also for pregnant women. Vitamins B12, B1 and minerals such as zinc are essential for the proper development of the fetus, B12 helps in cell replication and iron prevents possible cases of anemia.

DEER/VENISON

Among the properties of deer meat stands out for being one of the healthiest and most natural red meat available on the market.

Deer meat or deer meat, like all, may not be present in your diet on a daily basis but it is a good complement to a healthy diet. High in iron and protein, and low in saturated fat.

Deer shoulder: About 100 grams of deer meat (venison) gives us 82% of the daily value of protein with only 179 calories and 2.2 grams of saturated fat.

Venison is a good source of iron, providing 28.2% of the daily value of iron in the same serving of (+/-) 120 gr.

In particular, for menstruating women, who are more at risk of iron deficiency, it is advisable to increase iron stores, especially because, compared to beef, a well-known source, venison provides iron that is well absorbed with fewer calories and fat. Iron is an integral component of hemoglobin, which carries oxygen from the lungs to all cells in the body and is also part of key enzyme systems for energy production and metabolic systems. And, if you are pregnant or breastfeeding, your iron-boosting needs will be present. For growing children and teenagers, the need for iron also increases.

Deer meat is also a very good source of vitamin B12, providing 58% of the daily value of this important vitamin, as well as a good or very good amount of several other B vitamins, including riboflavin (44% of the daily value -DV-) niacin (42% of the DV of niacin) and vitamin B6 (28% of the DV of B6).

Riboflavin in deer meat may be able to help reduce the onset of migraine attacks by improving the energy metabolism of the cells of those suffering from migraine headaches.

ROE DEER

The roe deer meat is one of the most exquisite. Its properties make it a healthy alternative. It is a meat with low content in saturated fat and calories, and with an important contribution of proteins.

Roe deer meat is rich in iron and phosphorus, and also contains significant amounts of magnesium and potassium. A food especially suitable for people suffering from anemia. As for its vitamin content, it stands out mainly for its contribution of B vitamins.

It is one of the best meats, which is totally devoid of drug residues that are usually used in animals for slaughter (such as veal) and that once we consume them will affect our body and thus unbalance our digestive function, storing reserves not necessary to face the day to day. We will comment that years ago a cow fed on grasses and took four years to adopt its corpulence and weight to be sacrificed, but

currently, because of the drugs incorporated in the feed, only eighteen months pass and with a much higher volume and yield. These data give us reason to believe that, obviously, there are still farmers who feed their cattle on pasture, which is then the best quality.

Our game meat is continually at liberty, exercising from one side to the other, which makes that the little fat it contains is mixed inside its muscles, providing juiciness, and feeds every day on pastures, which transmit that natural flavor and characteristic of roe deer meat.

In terms of color, these meats are characterized by a darker red colour than those from domestic species. In addition, this color increases with the age of the animal, acquiring tonalities more garnets, almost black.

WILD BOAR

Wild boar meat is a wise choice as an alternative to pork. Wild boar meat is incredibly lean. This means that the meat must be carefully observed during processing. Unlike deer, wild boar meat must be thoroughly cooked before eating.

Although with very low levels of cholesterol and fat, is very tasty in its many possibilities of preparation.

Due to these characteristics is reduced very little to be cooked, unlike the common pork, being a healthy alternative to it for its higher protein content and lower fat content (lean).

Wild boar meat only has a cholesterol content of 45 mg. per 100 grs. of meat, while beef has 50% more.

In kilocalories, wild boar meat has up to 12% fewer calories than beef and up to 20% fewer calories than pork, making it an alternative for people who restrict their calorie intake for health reasons or to take care of their line. Precooked, always.

The high vitamin B3 content of wild boar meat makes it a beneficial food for the circulatory system. In addition, vitamin B3 or niacin may help lower cholesterol.

Other benefits are that wild boar meat has a high amount of vitamin B12.

CURED HAM

The ham has usually been considered as one of the “taboo” foods in the correct diet of runners, but in reality, that is a theory of the most erroneous. There are several types of ham (acorn, recebo, cebo), depending on their curing time, weight and years of life of the pig, and also taking into account the food that the animal has received during its rearing.

The Iberian ham is positive to control the excess of “bad cholesterol”, since it contains important amounts of unsaturated fats, with 55% of monounsaturated oleic acid, only being surpassed in this sense by olive oil. However, it is the acorn ham that is the best in this sense.

Iberian ham also contains minerals, such as calcium, phosphorus, magnesium, copper, iron or zinc, as well as B vitamins: B1, B2, B6 and B12. Also to a lesser extent, Iberian ham will provide antioxidants for muscle recovery.

Iberian ham contains 33 grams of proteins per 100 grams, practically twice as much as Serrano ham. The amount of fat in Iberian ham is of the order of 11%, half, practically, that in Serrano ham. Finally, the kilocalories contained in Iberian ham, per 100 gr, are about 200, while in the case of Serrano ham is about 280.

Cooked ham: The ham of York or cooked ham is a derivative that is obtained of the later members of this animal, submitted to the cooking in salty water, with or without condiments.

It contains a high protein content of high biological value and approximately 100/110 kilocalories per 100 grams, a recommended amount in any diet, as well as a low-fat contribution, which makes it a lean sausage.

Its pink color and a milder flavor than others mean that in some places it is also known as sweet ham. It consists of a single piece or block, composed of lean and previously injected with a large amount of brine through a process known as “injection”.

Serrano ham: Serrano ham is a food obtained from the salting and air drying of the hind legs of the pig. This same product is also called shoulder when it is obtained from the front legs. Serrano ham is opposed to ham, also called York ham or “sweet ham”. It is called serrano because of the custom of curing ham in high places in the mountains, where low temperatures facilitate curing.

LOIN

The loin is a cut of meat from the dorsal region of slaughter animals. It contains a set of muscles that are found on the sides of the spine of vertebrate animals. Two meanings must therefore be distinguished from the term ‘loin’: the loin as a cut of meat intended for consumption and the loin as part of the anatomy of a large number of animals, whether or not this part is considered suitable for gastronomy. In the case of the loin of slaughter animals, reared in livestock, usually used beef and pork.



FRUITS

OLIVES

The table olive is a food with a high nutritional value for its balanced fat content in which the monounsaturated oleic acid predominates. Its consumption also provides essential fatty acids, fiber, vitamins and minerals.

According to the Monographic elaborated by the Observatory of the Consumption and the Food Distribution of the Ministry of Agriculture, Fishing and Food, 92% of the consumers consider the olive of table, a healthy product. In addition, table olives are an essential part of the Mediterranean diet, being integrated as another ingredient of our gastronomy that makes it one of the most popular foods in our country. In addition to enriching dishes at the gastronomic level, is a food of great nutritional value.

Its fat is very healthy, as unsaturated fatty acids predominate and especially monounsaturated oleic acid. Likewise, table olives are very digestive as their lignin/cellulose ratio is less than 0.5. Thus one can speak of a very easily digestible fiber. Its mineral content also stands out, especially calcium, iron, potassium, magnesium, phosphorus and iodine. The table olive is composed mostly of water and its caloric contribution is around 150 kilocalories per 100 gr.

The fiber content of table olives is around 2.6 g per 100 g of edible portion and 1.7 g per 100 kcal, which is why, according to the regulation (EC) No 1924/2006 of the European Parliament and of the Council of 20 December 2006, it can be considered a fiber source. The table olive contributes to cover the RDA (Recommended Daily Quantity) of fiber, which is 30 gr. As for fat, its proportion is usually around 20%. The most abundant fatty acid is oleic acid: 82%, followed by palmitic acid: 13%, linoleic (Omega-6) 5%, stearic co 3%, linolenic (Omega-3) 1%, and palmitoleic 1%. Oscillations can be observed in these data depending on the maturity of the table olive. In addition, it provides carbohydrates and proteins in small amounts, specifically 1 gr and 0.8 gr per 100 gr, respectively.

A quantity of 25 g of olives (7 olives) provides approximately 0.3 g of sodium. To a lesser extent they contain other minerals such as calcium, potassium, magnesium, iron, phosphorus and iodine. As far as vitamins are concerned, table olives provide small amounts of vitamins of the B group and liposoluble vitamins such as pro-vitamin A and E, the latter two having antioxidant action.

In Spain there are many varieties, but the most frequently used for the production of “table olives” are the following: **Gordal, Manzanilla, green olives, olives turning color, natural black olives and black ones darkened by oxidation.**

The olives are a food of great nutritional value, greater the one of the black ones than the one of the green ones for their greater permanence in the tree. They are greasy fruits -being 70% of the monounsaturated fat-. In oleic acid (99% of monounsaturated fatty acids), a large part of the healthy attributes of olives reside in the prevention of cardiovascular diseases, by collaborating in the reduction of plasma triglycerides, the LDL-cholesterol fraction (“bad”) and total cholesterol, increasing

the HDL-cholesterol fraction (“good”). For its part, the fiber content covers almost 5% of the recommended nutritional objectives, being also a very digestive fiber, which exerts a mild laxative effect.

With regard to its mineral content, the contribution of sodium stands out, as it is the basic ingredient of the brine. Calcium and iron intake are much lower. As for vitamins, they provide small amounts of water-soluble vitamins of the B group (riboflavin and niacin) and of fat-soluble vitamins such as vitamin E. Both vitamin E and oleic acid prevent the oxidation of lipoproteins (carriers of cholesterol in the blood) and other substances linked to the development of certain types of cancer.

AVOCADO

First of all, it must be stressed that the fat contained in avocado is not harmful, as some people often think. Avocados are one of the best foods that an athlete can consume, because it gives them a lot of energy and allows them to perform their exercises in the best way.

But not only for those who exercise, but also for those who work in an office, children, the elderly, pregnant women, all in general. Avocado helps improve cholesterol levels and stabilize heart rate (which is why it’s said to be good for athletes). One piece of this fruit offers monounsaturated fats, oleic acid and alpha-linoleic acid (popularly known as omega-3 fatty acids). In turn, it helps in the growth and repair of muscle mass, containing a good amount of protein, potassium and zinc, more than bananas. This fruit allows us to feel satiated for longer, thanks to its contribution of soluble and insoluble fibers, slowing the decomposition of carbohydrates. The large amount of oleic acid activates the areas of the brain that make us feel “satisfied”.

As mentioned before, it is good for pregnant women, because it prevents the conditions of the baby and the woman, especially if there is a family history. And because it is rich in folic acid, it is a vital supplement during pregnancy, avoiding consumption as a medicine or chemical.

Patients with high cholesterol can take advantage of this delicious food to reduce LDL (bad cholesterol) and raise HDL (good cholesterol), which is undoubtedly of great importance to prevent cardiovascular problems, as is the case of stroke, increasingly frequent.

APRICOT

The apricot has a nutritional content of which we can highlight its vitamins A, C, folic acid or B9, Niacin or B3, riboflavin or B2, thiamine or B1 and pyridoxine or B6. Of the minerals we can highlight potassium, phosphorus, calcium, iron, selenium and zinc. Apricots contain fiber, carbohydrates, water, vegetable protein and lack fat in their composition.

- 1 Apricot provides us with antioxidants that protect our cells from the attack of free radicals and delay aging.
- 2 It is a beneficial fruit that helps us to combat the retention of liquids due to the contribution of potassium, a mineral with diuretic action.

- 3 Apricots participate in the prevention of degenerative and cardiovascular diseases.
- 4 It is an excellent fruit for people with hypertension or high blood pressure.
- 5 Apricot tannins have an anti-inflammatory effect.
- 6 Apricots are very indicated in slimming diets for people with obesity or overweight.
- 7 We can contribute to the good condition of our skin and hair habitually consuming apricot.
- 8 The apricot favors the proper functioning of our immune system.
- 9 The quercetin (a flavonoid) of the apricot has antithrombotic action, contributing to the prevention of thrombus (infarctions, strokes, etc.).
- 10 Apricots take care of the mucous membrane of the digestive tract, being excellent allies in cases of stomach and small intestine problems.

The apricot is an ideal fruit during all stages of life: childhood, adolescence, adulthood.

Compared to other fruits, its energy intake is quite low due to its high water content and modest intake of carbohydrates. It stands out for its richness of fiber and antioxidant substances. Its mineral content is no less important, as it is rich in potassium, phosphorus, magnesium and calcium, although the latter is of worse use than that coming from other foods that are a good source of this mineral. As for vitamins, provides significant amounts of beta-carotene or provitamin A and vitamin E, both antioxidant action, and to a lesser extent vitamin C, B3 or niacin and folic acid.

On the other hand, fresh ripe apricots are rich in tannins, substances with astringent, anti-inflammatory and antioxidant properties.



ATHENS 2015: EE CC of MD The mayors of Koroni and Tavira, Dimitris Kafantaris and George Botello

ALBERCHIGO (see apricot)

BLUEBERRIES

In particular, blueberries are ideal for fighting infections and improving peripheral circulation. Cranberry juice of the red variety exerts a surprising antiseptic and antibiotic action on the germs that cause urinary infections, especially on *Escherichia Coli*. In case of cystitis, it is recommended to take a large glass filled with about 300 milliliters of fresh juice daily, for one to three months, as treatment and prophylaxis.

The blueberry is a berry that grows from a small shrub.

These fruits have a low caloric value due to their low supply of carbohydrates. Blackcurrants and redcurrants are especially rich in vitamin C, which have higher amounts than some citrus fruits. In general, wild berries are a good source of fiber, which improves intestinal transit, and of potassium, iron and calcium (the latter two being less well used than those from food of animal origin), astringent tannins and various organic acids. However, what really characterizes these fruits is their abundance of natural pigments (anthocyanins and carotenoids) of antioxidant action. In the human diet, this type of fruit is one of the most important sources of anthocyanins, which give them their characteristic color and are together with organic acids such as oxalic acid or malic acid, which are also responsible for their flavor. Vitamin C has antioxidant action, as do anthocyanins and carotenoids.

They have 30.1 Kcal per 100 gr of edible portion; 6.9 gr of HC; 1.8 gr of fiber; Potassium 88 mg; Magnesium 0.5 (mg); 17 mg of vitamin C and 5 mg of vitamin E.

The fiber is a component very abundant in these fruits, reason why their habitual consumption during the months in which they abound can be a remedy to treat the constipation and the intestinal atony.

When the fruits are still green, they are rich in tannins, which gives them the sensation of roughness on the palate and are astringent and refreshing, but once they reach full maturity, the tannins decrease, and the fruits acquire laxative, tonic and purifying properties.

In addition, cranberries contain quinic acid, a substance that clears and acidifies urine, so it prevents calcium phosphate kidney stones or lithiasis, not other types of stones.

PERSIMMON

Persimmon, also known as palo santo, is a tropical fruit. There are different species of consumption and differentiated size and taste. Their composition varies according to the variety, but they all have in common their high-water content. It provides a significant amount of carbohydrates (fructose, glucose) and low fat and protein, so its caloric value is quite high compared to other fruits. As for its fiber supply, contains pectin, soluble type, in moderate amount. With regard to its vitamin and mineral content, provitamin A or beta-carotene stands out, which gives the fruit its characteristic color, vitamin C and potassium. Beta-carotene is transformed into vitamin A in our body as it needs it.

Both vitamins also have an antioxidant function. To a lesser extent are certain vitamins of group B (B1, B2, and B3) and minerals, calcium, phosphorus, iron and sodium.

CHERRIES

Cherries are the fleshy, sweet fruits of cherries. Very appreciated for their sweet taste and refreshing effect, as they are a seasonal fruit of the summer just like melon, peach or watermelon. Almost 85% of cherries are water, have practically no fat content, small amounts of vegetable protein and the rest are carbohydrates. Cherries provide us mainly with vitamins A and C, and B9 or folic acid. As for minerals, this fruit contains potassium, phosphorus, calcium and magnesium. Cherries have only 60 kilocalories per 100 gr of fruit (almost the same as an apple). This means that they are a particularly beneficial food for people who are overweight or obese. Cherries are an excellent ally for cases of gout or high uric acid. They also contribute to the proper functioning of our nervous and muscular system due to their potassium and magnesium content.

Eating this fruit not only provides us with the vitamins and minerals that our body needs but also provides us with water that will favor the hydration of our body, something very important during the hottest months. Cherries contribute to a healthier and more hydrated skin and to delaying ageing. This delicious fruit helps us to go regularly to the bathroom thanks to its fiber supply and thus prevent constipation due to its slight laxative effect. It is high in potassium, excellent for regulating hypertension. It is a good food during all stages of life: children, adolescents, adults and the elderly. One thing to keep in mind: Black cherries contain more iron, magnesium and potassium than the other lighter varieties.

CUSTARD APPLE

It is considered one of the most appreciated tropical fruits within the genus. As a source of vitamins A and C, it has an antioxidant effect. Custard apple is recommended for slimming diets, for its contribution of fiber that satiates and regulates glucose. It has a tonic action preventing decay and fatigue, thus avoiding depression.

Its nutritional value is explained by the high content of sugars, which reaches up to 20%, and protein, higher than that of many other fruits, which reaches 2%. It is rich in vitamin B1, B2, B6, calcium, iron, phosphorus and other nutrients.

PLUM

The nutrients of plum are very beneficial, because of its large amount of fiber and vitamin C, which they contain. Some of the main nutrients found in a raw plum are the following:

Dietary fiber, Vitamin A, Vitamin C and Vitamin K. They also contain sorbitol which is a sweet-tasting organic compound, a type of alcoholic sugar, which has laxative properties.

Thanks to sorbitol, the consumption of plums can help treat constipation problems and its regular consumption can help promote regularity to go to the bathroom. Of course, it is not recommended to eat many at once, for the obvious reasons this compound would cause. Plums are rich in minerals such as iron, magnesium, calcium, potassium and sodium, among others.

COCONUT

It is so called because the peel of the fruit with its three holes resembles a head with eyes and mouth, like that childish ghost.

The coconut palms are among the oldest useful plants and are exploited in many ways. Its dry pulp is called copra and contains 60-70% lipids. Oil, that is used in the elaboration of margarine and soap, is obtained from the copra.

The main benefits of this fruit are in its seed, which, when it reaches maturity, contains many vitamins, minerals and trace elements, or essential nutrients for humans. It also provides us with calcium, magnesium, phosphorus, iron, sodium, selenium, iodine, zinc, fluorine, manganese and other elements.

DATE

The date is a fruit obtained from the date palm, a staple food for Maghreb countries. The fruit is considered sweetener for its amount of sugar, approximately 70%. They're good sources of energy, sugar and fiber. The dates contain essential minerals such as calcium, iron, phosphorus, sodium, potassium, magnesium and zinc. They also contain vitamins such as thiamine, riboflavin, niacin, folic acid, vitamin A, and vitamin K.

It is very advisable to incorporate it into our diet if we practice sport or use up a lot of energy and a great ally in intellectual efforts. To contain tryptophan is a food that helps relaxation and sleep. Its fats, which are less than 1%, are heart-healthy, containing omega-3, omega-6 and oleic acids. Dates are also a source of soluble fiber which helps against constipation. Contains phytonutrients with antioxidant effects.

Due to their sugar content, they are not indicated in case of diabetes, obesity or gastric disorders such as acidity. It is also not indicated for those who suffer from migraines because it contains tyramine, a vasodilator substance.

RASPBERRY

Known as nature's candy, wild raspberries have been part of human consumption for thousands of years. Thanks to its striking colour (black or blue, for example), its sweet and juicy flavour and its enormous antioxidant power, it is not surprising that raspberries are still one of the most consumed forest fruits.

The red raspberry, apart from being a delicious berry and exquisite aroma, provides a lot of regulators, antioxidants and vitamin C. This fruit contains calcium, iron, potassium and magnesium.

It is a fruit that provides a remarkable amount of fiber, which improves intestinal transit. It is a good source of vitamin C, citric acid and ellagic acid -polyphenol-, flavonoids and folates, minerals such as potassium, magnesium and calcium, the latter of worse use than that which comes from dairy or other foods that are a good source of this mineral. Vitamin C has antioxidant action, as do ellagic acid and flavonoids (plant pigments).

STRAWBERRY

One of the peculiarities of the strawberry is that it is the only fruit that carries its seeds on the outside, for the world to see. The strawberries should be washed in water and palpated to dry. If stored in the refrigerator, the coldest drawer is best suited to keep them fresh for a long time. When removing the center and crowning blades, inspect them to remove soft spots with a sharp knife. The best is to eat them naturally, at room temperature.

Strawberries give us a staggering 129% of our daily vitamin C value, but they also contain manganese and folic acid, as well as potassium and its cofactor enzyme, superoxide dismutase. Low in calories and fat, strawberries are a rich source of anthocyanins, ellagitannins, flavonoids, terpenoids, and phenolic and ellagic acids -polyphenol-, all phytonutrients, which together multiply the anti-inflammatory potential. They have in abundance minerals such as copper for the proper development of red cells, as well as fluorine, iron, and iodine.

However, strawberries should be consumed in moderation as they contain fructose, which can damage health in excessive amounts.

POMEGRANATE

It is a fruit of very low caloric value due to its low content of carbohydrates. The main component is water and as far as other nutrients are concerned, only its mineral potassium content is highlighted. This mineral is necessary for the transmission and generation of the nervous impulse and for normal muscular activity, it intervenes in the water balance inside and outside the cell. Other remarkable components are citric acid (disinfectant action, alkaline urine and potentiates the action of vitamin C), malic, flavonoids (antioxidant pigments) and tannins. The latter are substances with astringent and anti-inflammatory properties. Some of the actions of tannins are to dry and reduce the inflammation of the intestinal mucosa (layer that covers the inside of the digestive tract), so they are effective in treating diarrhea. The tannins are quickly recognized by the rough sensation they produce on the palate.

The tannins contained in this fruit give it astringent and anti-inflammatory properties in the mucous membranes of the digestive tract. The bark (malicorium) and the internal partitions are the parts of the fruit that have more tannins. Therefore, the consumption of pomegranate is indicated in case of infectious diarrhea, intestinal colics, flatulence (excess gas) and delicate stomach. The antiseptic and

anti-inflammatory qualities attributed to this fruit are also based on its content in acids such as citric acid and malic acid, responsible for its pleasant acid taste. Citric acid favors the elimination of uric acid and its salts through the urine, so the consumption of pomegranate is very appropriate in case of hyperuricemia or gout and renal lithiasis -calculations- by salts of uric acid.

The pomegranate also contains flavonoids, vegetable pigments responsible for the reddish color of its grains, antioxidant action and antiseptic. The pomegranate also contains flavonoids, vegetable pigments responsible for the reddish color of its grains, antioxidant action and antiseptic.

Likewise, due to their high potassium and low sodium content, they are highly recommended for those who suffer from high blood pressure or blood vessel and heart disorders. However, its consumption should be taken into account by people who suffer from kidney failure and who require special diets controlled in this mineral. However, those who take diuretics that eliminate potassium and people with bulimia, due to episodes of self-induced vomiting that cause large losses of this mineral, should consume pomegranate.

REDCURRANT

These fruits have a low caloric value due to their low supply of carbohydrates. Blackcurrants and redcurrants are especially rich in vitamin C, which have higher amounts than some citrus fruits. In general, wild berries are a good source of fiber, which improves intestinal transit, and of potassium, iron and calcium (the latter two being less well used than those from food of animal origin), astringent tannins and various organic acids. However, what really characterizes these fruits is their abundance of natural pigments (anthocyanins and carotenoids) of antioxidant action. In the human diet, this type of fruit is one of the most important sources of anthocyanins, which give them their characteristic color and are together with organic acids such as oxalic acid or malic acid, which are also responsible for their flavor. Vitamin C has antioxidant action, as do anthocyanins and carotenoids.

The fiber is a component very abundant in these fruits, reason why their habitual consumption during the months in which they abound can be a remedy to treat the constipation and the intestinal atony.

GUAVA

The guava is a fruit that contains large amounts of nutrients, such as water, carbohydrates, fiber in large amounts, fat, protein, vitamin C and few calories. Also vitamin B1, B2, B3, B6, pantothenic acid, calcium, folic acid, magnesium, potassium in great quantity, phosphorus, sodium, iron, zinc and copper.

On the other hand, guava tree leaves and bark are very effective in preparing infusions that stop diarrhea. If you cooked the leaves you can use them to soothe sore throats, dizziness, vomiting and various stomach problems, as well as to regulate the menstrual period. The health benefits of guava are many. It has a large amount of a compound called quercetin, a potent antioxidant that has the power to prevent the formation of sorbitol, which is the sugar that gives rise to cataracts, a degen-

erative disease that particularly affects the elderly. Guavas also have large amounts of folic acid, a B-complex vitamin that helps kill the bad breath that gingivitis, a gum disease, can cause.

It is also recommended for pregnant women, as it can prevent malformations of the fetus (to be contrasted).

The high doses of vitamin C contained in the guava are ideal to give an extra strength to the immune system. They improve cardiovascular health thanks to potassium and fiber. They prevent diabetes. They improve visual health. They protect the nervous system thanks to their magnesium and potassium contributions. Copper, which contains guavas, has the power to improve thyroid metabolism. They care for the health of the skin due to their high concentration of antioxidant substances. They help you lose weight because of the dietary fiber contained in this fruit and improve digestion.

FIG

There are more than 750 different species of figs among which there are edible and non-edible.

The fig is one of the richest fruits in nutrients and benefits for the health, although it stands out mainly by its contribution of fiber, necessary component to maintain the good digestion and the cardiac health. It also contains a significant number of antioxidants that help slow the action of free radicals, preventing premature aging and different types of diseases.

On the other hand, its high content of polyphenols, iron, potassium, calcium, vitamin C and proteins, in addition to its low-calorie level, make this fruit an ideal food to include frequently in the diet in order to take advantage of its incredible health benefits.

Figs are recommended for controlling high blood pressure levels and reducing cardiovascular risk due to their high potassium content.

They are indicated in cases of obesity and to increase energy levels, controlling cholesterol levels thanks to pectin, which helps to reduce levels of bad cholesterol (LDL) in the blood. It delays macular degeneration. Despite being a food containing natural sugars, a recent study showed that people who consume figs regularly tend to have blood sugar levels more controlled compared to those who do not. It acts as a natural laxative.

KIWI

Despite its unattractive external appearance, it is a very tasty fruit, with interesting nutritional properties and very healthy.

Its main component is water. It has a moderate caloric contribution due to its amount of carbohydrates. Its vitamin C content is more than double that of an orange, and vitamins of the B group, including folic acid. It is also rich in minerals such as potassium, magnesium and fiber, soluble and insoluble, with a powerful laxative effect. Fiber improves intestinal transit.

Its fiber content gives it laxative properties. Fiber prevents or improves constipation, contributes to

lowering blood cholesterol levels and good blood glucose control in people with diabetes. It has a satiating effect, which benefits people on a weight-loss diet.

In addition, due to their abundance of potassium and low sodium intake, they are highly recommended for people suffering from high blood pressure or blood vessel and heart disorders. Its potassium content should be taken into account by people who suffer from kidney failure and who require special diets controlled in this mineral. However, people taking potassium-eluting diuretics and people with bulimia will be benefited from taking them.

LIME

Lemon and lime are used primarily to dress or flavor other fruits or dishes and culinary preparations.

Its main component is water. These are the fruits with the lowest caloric value, although it must be borne in mind that they are not consumed as fresh fruit but only as juice. It contains vitamin C, citric acid and astringent substances. The most abundant mineral is potassium. Vitamin C intervenes in the formation of collagen, bones and teeth, red blood cells and promotes the absorption of iron from food and resistance to infections. Citric acid has a disinfectant action and enhances the action of vitamin C. Potassium is necessary for the transmission and generation of the nervous impulse, for normal muscular activity and intervenes in the balance of water inside and outside the cell.

Due to its nutritional properties and the contribution of substances with antioxidant action, its consumption is highly recommended for children, young people, adults, athletes, pregnant women or nursing mothers and the elderly. The rich vitamin C and citric acid of lemon and lime helps prevent infectious diseases by stimulating the immune system and creating defenses against viruses and bacteria. For this reason, its consumption is especially recommended to those who are at greater risk of suffering from deficiencies of this vitamin.

LEMON

Lemons contain citric acid, calcium, magnesium and vitamin C. They also contain bioflavonoids, pectin and limonene, which promote immunity and fight infection.

Lemon is an acid fruit that is part of the homes of most people around the world. This citrus has a particular flavor that goes very well in drinks and foods, in addition to being loaded with multiple nutritional benefits that make it one of the best allies for health.

Lemon stands out mainly for its high content of vitamin C, vitamin B complexes, calcium, iron, magnesium, potassium and fiber. It has been used in medicine since ancient times and there are now several scientific studies that support its benefits.

One of the main virtues of lemon is its ability to alkalize the body and regulate pH. Today many people eat an acid diet, so the consumption of lemon is recommended to counteract such acidity.

Due to its high content of antioxidants, vitamins and minerals, lemon is a diuretic food that promotes the elimination of liquids and toxic substances retained in the body. Thanks to this benefit, lemon is highly recommended to “clean” the body and prevent many diseases.

Sometimes it helps to lower the fever. The consumption of hot water with lemon is ideal to control fever in cases of flu or colds. This remedy helps increase defenses and reduces body temperature by increasing perspiration.

People who are adopting healthy weight-loss habits should include more lemon to support their diet. This fruit helps to reduce body fat, eliminates toxic substances from the body and also provides a feeling of satiety.

MANDARIN

The mandarin is the fruit of the mandarin, tree that belongs to the family of the Rutáceas, with similar characteristics to the orange tree, although smaller and more delicate. This family comprises more than 1,600 species. Moreover, the botanical genus Citrus, which includes this fruit, is the most important of the family, and consists of about 20 species with edible fruits all very abundant in vitamin C, flavonoids and essential oils.

The major component in mandarins is water and, compared to other fruits of its kind, provides less sugars and therefore fewer calories. The amount of fiber is appreciable, and it is found above all in the white part between the pulp and the rind, so its consumption favors the intestinal transit. Of its vitamin content, vitamin C stands out, in lesser quantity than orange, folic acid and provitamin A, more abundant than in any other citrus.



SILENTO 2016: Tribute to Ancel Keys. Father of the MD

It also contains significant amounts of citric acid, potassium and magnesium. To a lesser extent are certain vitamins of the B group and minerals such as calcium, less well used than that which comes from dairy or other foods that are a good source of this mineral.

The provitamin A or beta-carotene is transformed into vitamin A in our body as it needs it. This vitamin is essential for vision, good condition of the skin, hair, mucous membranes, bones and for the proper functioning of the immune system.

It is so easy to peel and eat a tangerine that has become one of the favorite fruits of the smallest, but for its sweet and refreshing taste and the nutritional properties it gives us, it must promote consumption at all ages. The pleasant sweetness, its low acidity and the softness of its pulp make mandarin one of the most popular citrus fruits in the world.

Mandarin is one of the fruits that presents more carotenoids in its composition, provides cryptoxanthin and beta-carotene in outstanding amounts. The antioxidant activity of these phytochemical elements and of vitamin C provide the food with physiological properties that go beyond the nutritional ones themselves. Antioxidants combat the harmful action of free radicals, substances responsible for the development of cardiovascular diseases, degenerative diseases and cancer.

In case of iron-deficiency anemia, it is very useful to consume mandarins accompanying iron-rich foods or iron supplements, as the vitamin C that provides increases iron absorption and this accelerates recovery.

For athletes, due to its content in potassium, vitamin C, carotenoids and other nutrients, it is a good alternative to replace minerals and liquid lost after physical activity and to minimize the risk of injury and strengthen the defenses. Its juice mixed with water, bicarbonate and sugars can perfectly perform the functions of a rehydrating drink during competition in sports lasting more than 90 minutes, in which the losses of glucose, water and electrolytes are more pronounced.

Due to their high potassium and low sodium content, they are highly recommended for people suffering from high blood pressure or blood vessel and heart disorders. However, the consumption of mandarins should be taken into account by people who suffer from kidney failure and require special diets controlled in this mineral. However, those who take diuretics that eliminate potassium and people with bulimia, due to the episodes of self-induced vomiting that cause large losses of this mineral, should consume this fruit.

Mandarin is a natural source of fiber, essential for combating constipation and stimulates intestinal motility, most of which is found in the white pulp under the skin and between the segments and should not be discarded. This substance also favors the transit of fecal content along the colon, reducing the contact time between harmful substances and the wall of the digestive system, helps to reduce the absorption of fat and cholesterol, good control of blood sugar (blood sugar levels) and has a satiating effect, making it a fruit suitable for people with hypercholesterolemia, diabetes and excess weight.

The oxalic acid contained in mandarins can form salts with certain minerals such as calcium and form calcium oxalate, so its consumption must be taken into account if you suffer from this type of kidney stones, as it could aggravate the situation.

MANGO

This fleshy fruit, tasty, sweet, easy to eat and refreshing, is rich in antioxidant substances, which is why its consumption is appropriate, also taking into account its nutritional properties, for the entire population: children and young people, adults, athletes, pregnant women or nursing mothers and elderly people. It is also known as “peach of the tropics”. It provides a significant amount of carbohydrates, so its caloric value is high. It is rich in magnesium and in vitamins, in provitamin A - 478 mcg- and C -30 mg- (200 gr of pulp covers a person’s needs for these vitamins).

100 grams of edible portion have 60.3 Kcal, 15.3 grams of HC, 1.5 grams of Fiber, 190 mg of Potassium, 18 mg of Magnesium and 31 mcg of folic acid.

Its fiber content gives it laxative properties. Its potassium content should be taken into account by people who suffer from kidney failure and who require diets controlled in this mineral. However, as in kiwi, those who take diuretics that eliminate potassium and suffer from bulimia will benefit from its consumption because the mango abounds in this mineral.

APPLE

The apple is the fruit of the apple tree, a tree of the Rosaceae family. This family includes more than 2,000 species of herbaceous plants, shrubs and trees distributed in temperate regions around the world.

From the nutritional point of view the apple is one of the most complete and enriching fruits in the diet. 85% of its composition is water, so it is very refreshing and moisturizing. Sugars, most fructose (fruit sugar) and to a lesser extent, glucose and sucrose, quickly assimilated in the body, are the most abundant nutrients after water. It is a discrete source of vitamin E or tocopherol and provides a small amount of vitamin C. It is rich in fiber, which improves intestinal transit and between its mineral content excels potassium. Vitamin E has antioxidant action, intervenes in the stability of blood cells such as red blood cells and fertility.

The extraordinary dietary properties attributed to this fruit are largely due to the phytochemical elements it contains, including flavonoids and quercetin, with antioxidant properties.

It is the fruit par excellence, as it is well tolerated by most people and combines well with any other food. In its nutritional composition there are no nutrients that stand out especially, so it is difficult to imagine the extraordinary dietary properties. Today it is known with certainty of the existence and function of some of the components of this fruit that give it its antioxidant character and the double peculiarity of acting as an astringent or laxative food depending on how it is consumed.

The moderate potassium content of apples makes them a diuretic fruit, recommended in the dietary treatment of various cardiovascular diseases, such as high blood pressure or other diseases associated with fluid retention. However, the contribution of this mineral is restricted in case of renal insufficiency so the consumption of apples in these cases must be taken into account.

Perhaps the best-known property of the apple is its intestinal regulating action. If we eat it raw and

with skin it is useful to treat constipation, as it takes advantage of the insoluble fiber present in the skin, which stimulates intestinal activity. Likewise, the apple is a fruit very rich in pectin, soluble fiber. Only one-fifth of the apple pectin is found in the skin of the fruit; the rest is in the flesh, so a small amount is lost when peeling. Pectin has the particularity of retaining water and is attributed beneficial effects in case of diarrhea because it slows the intestinal transit. In addition, the apple is, after the quince, one of the fruits richest in tannins, substances with astringent and anti-inflammatory properties. Some of the actions of tannins are to dry and reduce inflammation of the intestinal mucosa (the layer that covers the inside of the digestive tract), so they are effective in treating diarrhea. The tannins are quickly recognized by the rough sensation they produce on the palate. However, tannins appear when the grated pulp of a peeled apple is allowed to darken. So we can say that the raw apple with skin is laxative, ie useful to treat constipation, and if the apple is consumed peeled, grated and darkened has the opposite effect on our body, it is astringent.

Although the apple has always been attributed the particularity that taken as a dessert helps to reduce the formation of plaque and prevent cavities, we must not forget that it contains sugars and acids that deteriorate the enamel, so it cannot replace the toothbrush.

The oxalic acid contained in apples can form salts with certain minerals such as calcium and form calcium oxalate, so its consumption must be taken into account if you suffer from this type of kidney stones, as it could aggravate the situation. However, much of that acid is lost by cooking the apple.

PASSION FRUIT

Passion fruit (*Passiflora edulis* L) is also known as maracuja. This tropical fruit originating in Brazil grows from a climbing plant that can live up to ten years and belongs to the genus *Passiflora*. We can eat these fruits fresh as they are or use them in homemade recipes such as jams, juices, ice creams, biscuits, tartlets, etc.

Passion fruit is a very healthy fruit that brings us great benefits if we add it to the usual diet.

This fruit contains vitamins such as A, B2, B3, B6, B7, B9, C, E, K, vegetable proteins, minerals such as calcium, phosphorus, iron, potassium, zinc, magnesium, antioxidants such as polyphenols, alkaloids (harmine and harmol) and fiber. **See *NUTRITIONAL values*.**

Passion fruit has antioxidant, vasodilatory, anti-inflammatory, analgesic and sedative action.

The leaves of the passion fruit plant can also be taken in infusion to relieve coughs, menstrual cramps, muscle aches, intestinal problems or to combat insomnia.

PEACH

The peach is the fruit of the peach tree, a tree of the Rosaceae family. There are hundreds of varieties that have been grouped into five breeds, each with its own characteristics, ripening period and applications. Nectarines and Paraguayans are among the best known in the Spanish market.

Contrary to what may seem due to its sweet taste, peach is not one of the fruits that provide more carbohydrates and energy. It is rich in fiber, which improves intestinal transit. Among its mineral composition, potassium stands out, and in discrete quantities, magnesium and iodine.

The range of water-soluble vitamins it contains is wide, without highlighting any specific vitamin in this case either. Nectarine contains more carbohydrates than peach and has a higher energy value. It also has more carotenoids, vitamin C and potassium. The provitamin A or beta-carotene is transformed into vitamin A in our body as it needs it.

The peach is an ideal fruit for all types of people as its nutrient inputs are absolutely moderate. It provides a low amount of sugars, so its caloric value makes it suitable for consumption in weight control diets and for people with diabetes, taking into account the consumption ration.

Its fiber content gives it laxative properties. Fiber prevents or improves constipation, contributes to lowering blood cholesterol rates and good control of blood glucose (blood sugar levels) in people with diabetes. It has a satiating effect, which benefits people on a weight-loss diet.

Likewise, due to their high potassium and low sodium content, they are highly recommended for those who suffer from high blood pressure or blood vessel and heart disorders. However, its consumption should be taken into account by people who suffer from kidney failure and who require special diets controlled in this mineral. However, diuretics that eliminate potassium and people with bulimia, due to episodes of self-induced vomiting that cause large losses of this mineral, should consume these fruits.

Like the rest of fruits of yellow or orange color the peach contains beta-carotene, ie provitamin A, antioxidant action, which helps reduce the risk of cardiovascular disease, degenerative and cancer. Also, various substances in addition to beta-carotene, peach are used to treat skin conditions.

MELON

It is cultivated because of its fruit, a summer berry with a high-water content and sweet taste. Melon was already cultivated in Ancient Egypt during the 3rd millennium BC.

80% of the composition of this fruit is water, and the few calories it provides is due to its moderate sugar content. The amount of antioxidant beta-carotene depends on the intensity of the orange pigment in the pulp. The minerals it provides in greater quantity are potassium, magnesium and calcium, the latter of worse use than the one that comes from dairy or other foods that are a good source of this mineral.

Vitamin C has antioxidant action, as does beta-carotene. This vitamin intervenes in the formation of collagen, bones and teeth, red blood cells and promotes the absorption of iron from food and

resistance to infections. Beta-carotene is transformed into vitamin A in our body as it needs it. This vitamin is essential for vision, good condition of the skin, hair, mucous membranes, bones and for the proper functioning of the immune system.

Reticulated melons differ from the rest in that they are an excellent source of provitamin A (beta-carotene), vitamin C and carbohydrates (mainly sucrose).

They are one of the richest fresh fruits in sodium (10 milligrams/100 gr of product, against the 4 milligrams/ 100 gr of average of the rest of fruits).

Melon, a fruit that can be enjoyed almost all year round, is an ideal moisturizer, with the advantage of its low-calorie intake, so it can be consumed in the desired amount without fear of eating an excess of calories or sugars. For this reason, it is especially indicated in weight control diets and diets with specific control of carbohydrates, such as diabetes. In this fruit highlights the richness in beta-carotene, in greater quantity in the varieties of orange pulp.

For its contribution of provitamin A and vitamin C, its consumption is especially recommended to those who have a greater risk of suffering deficiencies of these vitamins: people who do not tolerate citrus fruits, peppers or other vegetables, which are an almost exclusive source of vitamin C in our diet, for those who must carry out a diet low in fat and therefore with a low content of vitamin A or for people whose nutritional needs are increased. Some of these situations are: periods of growth, pregnancy and breastfeeding. Likewise, tobacco, alcohol abuse, the use of certain medications, stress, decreased defenses, intense physical activity, cancer and AIDS and chronic inflammatory diseases decrease the use and produce malabsorption of nutrients.

Melon is one of the fruits richest in potassium, whose deficiency in the population is rare but can be a secondary consequence due to alcoholism, low-calorie diets, eating disorders, burns, fever, trauma, etc. The abundance of this mineral and water, make it a diuretic fruit par excellence, and therefore recommended for those who suffer from high blood pressure or heart and blood vessel disorders and fluid retention. However, those who suffer from renal insufficiency and require special diets controlled in this mineral, should restrict the consumption of melon.

QUINCE

Quince is a fruit with a low sugar content, and therefore a low-calorie content. The disadvantage is that most of the time is consumed in the form of quince candy, which has added sugar, so the caloric value of this product is boosted.

Only vitamins and minerals stand out from its nutritional content, except for potassium and discrete amounts of vitamin C. However, when consumed regularly cooked, the use of this vitamin is irrelevant. The healthy properties of quince are due to its abundance of fiber (pectin and mucilage) and tannins, substances that give it its astringent property par excellence.

It also contains malic acid, an organic acid that is part of the vegetable pigment that gives flavor to the fruit, with disinfectant properties and favors the elimination of uric acid.

The acid and astringent flavor of the quince makes it inedible to the natural, being the most common form of consumption in the form of quince candy, a product that has added sugar, so this way is not recommended for those with diabetes, hypertriglyceridemia and excess weight, unless sugar is replaced by sweeteners without calories. Quince cheese combined with cottage cheese, fresh cheese or walnuts is a very healthy alternative for the lunches and snacks of children. If eaten with cookies, toast or nuts, it is an energetic aperitif for those who need an extra contribution of calories, such as athletes, people with secondary inappetence to various diseases or those who want to gain weight.

The pulp of the quince stands out for its content in pectin, soluble fiber that exerts various organic functions, which makes the quince very interesting in different situations or diseases. Pectin is said to have beneficial effects in case of diarrhea as it reduces intestinal transit by retaining water. This action is joined by the richness in tannins of the quince, substances with astringent and anti-inflammatory properties. The tannins dry out and reduce inflammation of the intestinal mucosa (the layer that covers the inside of the digestive tract), so the consumption of quince either mature or in the form of candy is effective in treating diarrhea. On the other hand, pectin increases the pH (decreases acidity) when the acid arrives well mixed and neutralized with food and the fiber itself, so the consumption of quince is indicated in case of gastric disorders (delicate stomach, gastritis, gastroduodenal ulcer, etc.). To the richness in pectin, is added the malic acid abundant in its pulp, which exerts on the mucous membranes regulatory and toning actions. In addition, soluble fiber forms viscous gels that fix fat and cholesterol, thereby reducing the absorption of these substances, and this is positive in the case of hypercholesterolemia.

Because of its high potassium content and low sodium, quince jelly is recommended for those who suffer from high blood pressure or blood vessel and heart disorders not associated with excess weight. However, its consumption should be taken into account by people who suffer from kidney failure and who require special diets controlled in this mineral. However, those who take diuretics that eliminate potassium and people with bulimia, due to episodes of self-induced vomiting that cause large losses of this mineral, should consume quince

BLACKBERRIES

The popular wild blackberry is actually the blackberry, also called black raspberry. These fruits have a low caloric value due to their low supply of carbohydrates. Especially rich in vitamin C are blackcurrants and redcurrants, which have higher amounts than some citrus fruits. In general, wild berries are a good source of fiber, which improves intestinal transit, and of potassium, iron and calcium (the latter two being less well used than those from food of animal origin), astringent tannins and various organic acids. However, what really characterizes these fruits is their abundance of natural pigments (anthocyanins and carotenoids) of antioxidant action. In the human diet, this type of fruit is one of the most important sources of anthocyanins, which give them their characteristic color and are together with organic acids such as oxalic acid or malic acid, which are also responsible for their flavor. Vitamin C has antioxidant action, as do anthocyanins and carotenoids.

100 grams of edible portion have 35.1 Kcal, 6 grams of HC, 9 grams of fiber, 210 mg of potassium, 13.3 mg of vitamin E, and 18 of vitamin C.

The fiber is a component very abundant in these fruits, reason why their habitual consumption during the months in which they abound can be a remedy to treat the constipation and the intestinal atony.

When the fruits are still green, they are rich in tannins, which give them the sensation of laziness on the palate and are astringent and refreshing, but once they reach full maturity, the tannins decrease, and the fruits acquire laxative, tonic and purifying properties.

ORANGE

Orange is an edible citrus fruit obtained from sweet orange, bitter orange and orange of other varieties or hybrids, ancient Asian hybrids from India, Vietnam, etc.

It belongs to the Citrus genus of the Rutaceae family. This family comprises more than 1,600 species. The botanical genus Citrus is the most important of the family and consists of about 20 species with edible fruits all very abundant in vitamin C, flavonoids and essential oils. The fruits, called Hesperides, have the particularity that their pulp is formed by numerous vesicles full of juice.

The sweet orange is the most cultivated of all citrus, being the most important species of the genus Citrus. It is followed in importance by her closest relatives: mandarins, lemon trees, grapefruit, lime trees and kumquats. Sweet orange should not be confused with bitter orange (*Citrus aurantium* L.), cultivated since ancient times as an ornamental tree and to obtain fragrances from its fruits.

Its nutritious composition highlights its low energy value, thanks to its high water content and its wealth of vitamin C, folic acid and minerals such as potassium, magnesium and calcium. The latter is barely absorbed by the organism. Contains appreciable amounts of beta-carotene, responsible for its typical color and known for its antioxidant properties. In addition to malic, oxalic, tartaric and citric acids, the latter enhances the action of vitamin C. The amount of fiber is appreciable, and this is mainly found in the white part between the pulp and the rind, so its consumption favors intestinal transit.

Oranges, thanks to their pleasant taste and refreshing properties, are one of the main table fruits, and are very popular and consumed by the entire population. Orange juice is usually the first taste of fruit that babies try, and from 5 months the only complementary contribution of vitamin C to the diet, among other nutrients. They are the ideal size for individual consumption and their shell protects the pulp and prevents the interior from being damaged, so they have the advantage that they can be taken anywhere and consumed at any time of the day.

A medium orange or a glass of juice covers almost 100% of the vitamin C recommendations, which are 60 milligrams for an adult person. However, there are situations that increase the requirements of this nutrient: smoking, alcoholism, taking certain medications, pregnancy and lactation, stress, decreased defenses, intense practice of sport, cancer, AIDS, infectious diseases and chronic inflammatory diseases such as rheumatism.

In these cases, the habitual consumption of oranges is particularly recommended. And for the rest of the population, eating them can bring more benefits during the winter months and in seasonal changes, when there are frequent ups and downs in the defense system, and you are prone to colds or infections.

Due to its abundance in folic acid, an essential vitamin in the processes of cell division and multiplication that take place in the first months of gestation, the consumption of oranges is especially interesting for pregnant women, although due to its acid composition it can cause acidity in pregnant women with delicate stomachs.

The orange, and especially its juice, has a choleric and cholagogue action. If taken on an empty stomach, it can cause an abrupt emptying of the gallbladder, which is accompanied by mild discomfort such as nausea or abdominal heaviness. These discomforts are not serious, although they explain many people's fear of drinking orange juice on an empty stomach. They are actually the result of an intense cholagogue action of citrus, and if you suffer from cholelithiasis (stones in the gallbladder), this can trigger a colic, so in this case, consumption on an empty orange or its juice is not recommended.

Orange provides a significant amount of fiber, most of which is found in the white pulp beneath the skin and between the segments, and is often discarded, especially when juice is made. This is soluble fiber, which retains water, so the consumption of orange (better whole or in juice with the pulp) promotes intestinal transit, helps reduce the absorption of fat and cholesterol, good control of blood sugar (blood sugar levels) and has a satiating effect, making it a fruit suitable for people with hypercholesterolemia, diabetes and excess weight.

For athletes, due to its content in potassium, vitamin C, carotenoids and other nutrients, it is a good alternative to replace minerals and liquid lost after physical activity and to minimize the risk of injury and strengthen the defenses. Its juice mixed with water, bicarbonate and sugars can perfectly perform the functions of a rehydrating drink during competition in sports lasting more than 90 minutes, in which the losses of glucose, water and electrolytes are more pronounced.

The high content of water, potassium and citric acid (alkalinizes the urine), turn oranges into fruits with diuretic effect, beneficial in case of hyperuricemia or gout and renal lithiasis (favors the elimination of uric acid and its salts), arterial hypertension or other diseases associated with fluid retention. And for those who take diuretics that eliminate potassium and suffer from bulimia due to the loss of this mineral. However, people with kidney failure who require special potassium-controlled diets should moderate their intake.

The oxalic acid contained in oranges can form salts with certain minerals such as calcium and form calcium oxalate, so its consumption must be taken into account if you suffer from this type of kidney stones, as it could aggravate the situation.



Varieties of more acidic oranges can cause discomfort to those suffering from gastric disorders (hiatus hernia, stomach acidity, gastritis and gastric or gastroduodenal ulcer).

NECTARINE

Nectarine is one of the fleshy fruits with the highest vitamin B3 content. This vitamin participates in the metabolism of nutrients, enhancing the degradation of cholesterol and therefore helps to reduce the level in the blood.

Nectarine is a fruit very similar to peach. Actually, nectarine is a variety of peach. This is a peach without fuzz or short hairs obtained by genetic mutation of the fuzz gene by the smooth skin gene. It also has a brighter color (between bright red and yellow) and is generally smaller. Contrary to what people believe, nectarine is not a cross between peach and plum. It is a spontaneous variety of peach; thus peaches and nectarines are genetically equivalent.

The word nectarine comes from “nectar” because of its tasty flavor. Nectarine has been cultivated for a long time. It was known in England since the late 16th century and for not very well-known reasons was absent from European markets for a long time. Today its consumption has been increasing thanks to France, the United Kingdom and Germany, where its consumption has increased.

Nectarines can be consumed fresh, cooked for the production of preserves, marmalades, jams and jellies. Nectarine is a variety of peach seeds. The only difference between the two fruits is due to a gene that is in charge of developing the velvety skin of the peach. The skin is smooth and shiny, they were historically known as “peaches without velvety skin”.

It has a high beta-carotene content and is considered a rejuvenating fruit. It is an ideal ally for those who are on a slimming diet or weight maintenance. Nectarine is a low-sodium food. 100 grams of this food contain 1 mg, being this fact beneficial for those who suffer from hypertension or excess cholesterol. Magnesium is another component of nectarines.

MEDLAR

The fructose and glucose sugars are the most abundant substances in the medlars, after water, and provide moderate caloric intake and its particular sweet taste. In general, the vitamin content is quite low, and provitamin A or beta-carotene and thiamin stand out, although in very little amounts. In terms of minerals, the medlar provides significant amounts of magnesium and calcium (worse assimilation than that of dairy or other foods rich in this mineral), although the most abundant mineral is potassium. It stands out for its richness in fiber, mainly pectin, as well as tannins, substances of astringent action and numerous aromatic substances such as organic acids (citric, tartaric and malic) abundant in its pulp, which depend on various properties attributed to it.

Beta-carotene is transformed into vitamin A in our body as it needs it. This vitamin is essential for vision, good condition of the skin, hair, mucous membranes, bones and for the proper functioning of the immune system. In addition it has antioxidant properties. Potassium is a mineral necessary for

the transmission and generation of the nervous impulse and for normal muscular activity, it intervenes in the water balance inside and outside the cell.

Citric acid and malic acid have disinfectant and alkaline action on urine. Citrus also boosts the action of vitamin C.

The succulent flavor of the medlar pulp makes this fruit pleasing to most people who taste it. In addition, because of its ease of eating and its nutritional properties, it can be consumed by people of all ages.

The medlar stands out for its content in pectin, soluble fiber, retains water, and produces a feeling of satiety, very useful for people who follow slimming diets. The tannins dry out and reduce the inflammation of the intestinal mucosa (layer that covers the interior of the digestive tract), reason why the consumption of mature medlars is effective in the treatment of the diarrhea.

Tannins dry out and reduce inflammation of the intestinal mucosa (the layer that lines the inside of the digestive tract), so consuming mature medlars is effective in treating diarrhea. To the richness in pectin, are joined the citric, tartaric and malic acids abundant in its pulp, which exert on the mucous membranes regulatory and toning actions. Fiber also contributes to lowering blood cholesterol levels and good control of blood glucose (blood sugar levels), so consumption of medlars is beneficial in case of hypercholesterolemia and diabetes.

The varieties of medlars with the most pronounced color pulp are not a negligible source of beta-carotene, a substance with antioxidant properties, so consumption of these varieties contributes to reducing the risk of degenerative diseases, cardiovascular and even cancer.

The medlar, given its high content of potassium and organic acids, is a good diuretic, increases urine production and facilitates the removal of grains and uric acid sediments from the kidneys, so it is especially indicated in cases of gout, excess uric acid, uric acid stones and hypertension. Those who take diuretics that eliminate potassium and people with bulimia, due to episodes of self-induced vomiting that cause large losses of this mineral, benefit from the consumption of these fruits. However, its consumption should be taken into account by people who suffer from kidney failure and who require special diets controlled in this mineral.

PAPAYA

It is a soft fruit, very juicy and has a buttery consistency. This fruit ranks first in the world in terms of export.

After water, its main component is carbohydrate, most of which are simple, although in small quantities, so its caloric value is low. It is a very important source of vitamin C, as well as of provitamin A.

It has a high potassium content. It contains small amounts of an enzyme, papain, which helps digest proteins. Beta-carotene is transformed into vitamin A in our body as it needs it.

9 Vitamin A is essential for vision, good skin, hair, mucous membranes, bones and the proper functioning of the immune system. Both vitamins also have an antioxidant function. Potassium is a min-

eral necessary for the transmission and generation of the nervous impulse and for normal muscular activity, it intervenes in the water balance inside and outside the cell. Papaya is a good source of fiber, which improves intestinal transit.

Ideal for older people, with dental problems or with delicate stomach or heavy digestions, as the pulp of the papaya is very easy to chew, swallow and digest.

Papain is a proteolytic enzyme (which breaks down proteins in food), similar to the pepsin that is in our gastric juice, which gives it its beneficial digestive properties. In digestive conditions such as gastritis, hiatal hernia, heartburn, etc., is very appropriate, as it helps neutralize the excess acidity of the stomach. The softening and antiseptic action on the digestive mucous membranes, make it very useful in case of gastroenteritis and colitis of any kind.

It is a sweet fruit, refreshing and easy to eat, rich in substances with antioxidant action, which is why it is suitable, also taking into account its nutritional properties, for the entire population: children and young people, adults, athletes, pregnant women or nursing mothers and elderly people.

For its contribution of vitamin C and provitamin A, is recommended especially to those who have a greater risk of suffering deficiencies of these vitamins: people who do not tolerate citrus fruits, peppers or other vegetables, which are an almost exclusive source of vitamin C in our diet, for those who should carry out a low-fat diet and therefore with a low content of vitamin A or for people whose nutritional needs are increased. Some of these situations are: periods of growth, pregnancy and breastfeeding.

In addition, due to their richness in potassium and low sodium intake, they are highly recommended for those suffering from high blood pressure or cardiovascular diseases. Its potassium content should be taken into account by people who suffer from kidney failure and who require diets controlled in this mineral. However, those taking potassium-eluting diuretics and people with bulimia due to episodes of self-induced vomiting will benefit from taking them.

PEAR

There are more than 30 varieties of pears, of different colors, textures and flavors. According to their requirements of cold to mature and their time of consumption are classified into summer pears (little or no requirement of cold to mature, brief conservation, consumed in summer) and winter pears (considerable requirement of cold to mature, greater conservation, consumed in winter).

Very appreciated for its nutritional properties and its delicate flavor. It is recommended in slimming diets because of its low calorie content, about 53 calories per 100 gr. Contains vitamins B1, B2 and niacin or B3, all from the B Complex, which regulate the nervous system and digestive system, strengthen the heart muscle, protect the skin and hair, and are essential for growth. Also vitamins A and C, is rich in minerals such as calcium, phosphorus, magnesium, copper and potassium, in addition to tannins, oleic acids, palmitic, glutamine, caffeic, linoleic, aspartic, folic and ascorbic acid. Its fiber content improves digestion. It has astringent properties.

PICOTA CHERRY

Many people think it is the same that cherry. Even in many parts of Spain it is not known what picotas are. The differences between cherries and picotas: the first thing to note is that the picota is a species of cherry, which grows only in Extremadura, in the area of the Jerte valley and in some territory of La Vera. All picotas are cherries but not all cherries are picotas. Picota is a smaller and tastier cherry than the rest of the cherries. While the best common cherries of varieties such as California or Navalinda have calibers of 28 mm or even 30, 32 or more, the picotas range between calibers of 24 and 26 mm.

Picota is the tastiest cherry, sweeter and with less acidity. That is why, although it is smaller, the picota is priced more than the cherry because it is less acidic, tastier and with a smoother and firmer flesh, which makes it crunchy when you put it in your mouth. They are different varieties of the picotas from the Valley of Jerte. The most valued are the Pico Negro and the “Ambrunés”, which are the sweetest although there are also the so-called “Pico Limón” and “Pico Colorado”, all protected by the PDO. The rest of the varieties of this fruit are not picotas but common cherry varieties. One of the most outstanding characteristics or differentiating elements is the fact that the picota does not have a stalk or peduncle because it remains on the tree during the harvest. This has caused some people to try to make cherries pass for picotas, by tearing off their tails.

“Picota del Jerte” is a variety of superior quality cherry, originating in the Jerte Valley, so authentic that it has a Protected Designation of Origin status. Its ripening is somewhat later than the cherry, so its season extends from the last days of June or early days of July to mid to late August approximately.

PINEAPPLE

Pineapple is a tropical fruit such as soursop, pitaya, mango, avocado or passion fruit. Pineapple is highly regarded for its nutritional value, sweet taste and health benefits.

Pineapple is a sweet and juicy fruit that can be eaten alone or added to sweet and savory recipes such as green smoothies, salads, pizzas, rice, pineapple juice, croquettes, sponge cakes, pasties, etc.

This fruit is rich in water (up to 87% of its composition), also contains carbohydrates, fiber and vegetable protein. Its fat content is practically nil. As for the micronutrients of pineapple, we can highlight the vitamins C or ascorbic acid, B9 or folic acid, A and B3 or niacin. Potassium, magnesium, calcium, phosphorus, iodine, sodium, zinc and iron are some of the minerals contained in pineapple.

The pineapple provides 50 Kilocalories per 100 gr and has an average glycemic index. In general, in a healthy diet it is recommended to prioritize the consumption of fruits with low and medium glycemic index, especially in cases of overweight, obesity or type 2 diabetes.

Pineapple contains bromelain or bromelain, a proteolytic digestive enzyme with anti-inflammatory, digestive, antithrombotic, immunostimulant, analgesic action. But we can say that the fruit itself has estrogenic, anthelmintic, diuretic and antiviral effects.

In order to take advantage of the benefits of bromelain, pineapple should not be heated or prepared at high temperatures because it is inactivated. That is why it is important to always take the natural pineapple in order to take advantage of its goodness.

For its satiating effect, diuretic and to help regulate the intestinal transit, pineapple is a fruit that can be very beneficial in slimming diets. This tropical fruit improves the heavy and slow digestions of foods by stimulating gastric secretions. Relieves digestive system disorders such as diarrhea, bloating or kidney cramps.

BANANA

It was a Spanish Dominican friar, Fray Tomás de Berlanga, who at the beginning of the 16th century brought to Central America the Canary banana, which took root with smaller size in the Dominican Republic and Panama and today is known as the Dominican banana in all the countries of Hispanic America. In addition to the discovery of the Galapagos Islands, Fray Tomas de Berlanga is credited with importing tomato and potato all over Europe, originally considered ornamental plants, but they solved the famine that occurred in those years.

Its high content of carbohydrates stands out, so its caloric value is high. The most representative nutrients of the banana are potassium, magnesium, folic acid and substances of astringent action, without neglecting its high contribution of fiber, fruit-type oligosaccharides. The latter make it an appropriate fruit for those suffering from diarrheal processes.

This sweet fruit, tasty and easy to eat. Just peel it to appreciate its exquisite flavor. It is the most popular among children. Because of its nutritional properties, its consumption is highly recommended for children, young people, adults, athletes, pregnant women or nursing mothers and the elderly.

It is a fruit that fits in almost all diets, including those of diabetes and slimming, but taking into account the consumption ration. Although many people think it is one of the most caloric fruits, compared to an apple, it has a lower calorie intake. This widespread error is common, as many people tend to look at the calorie intake of fruits and other foods in a way not too appropriate, observing tables that express the energy content or caloric and nutritious per 100 gr of edible portion. The really reliable data have to refer to home measures, that is what we really eat. We don't eat 100 gr of yogurt, we consume a 125 gr commercial unit. Thus, a medium sized banana without skin weighs approximately 80 grams, while a medium apple without skin or seeds weighs approximately 150 grams, and the calories for one and the other fruit are 66 and 70, respectively.

Thus, a medium sized banana without skin weighs approximately 80 grams, while a medium apple without skin or seeds weighs approximately 150 grams, and the calories for one and the other fruit are 66 and 70, respectively. Its contribution of fructo-oligosaccharides (FOS) gives the banana the ability to stimulate the growth of beneficial bacteria (bifid bacteria or lactobacilli) in the colon. FOS is a type of soluble fiber which, when fermented by the intestinal flora itself, gives rise to certain substances (butyric acid and propionic acid, among others) with the following effects: regulation of intestinal transit, protective effect against colon cancer by inhibiting the growth of tumor cells through different mechanisms and stimulation of the immune system.

Those who take diuretics that eliminate potassium and people with bulimia, due to the episodes of self-induced vomiting that cause great losses of this mineral, should consume bananas.

GRAPEFRUIT

This powerful citrus has been used since ancient times to combat states of excess uric acid in the body, osteoarthritis or rheumatism. Its great health benefits make us consider grapefruit as one of our natural allies to feel better every day.

Water (88%) is the main component of this citrus fruit, so grapefruit has a low caloric value, basically at the expense of carbohydrates. Vitamins are rich in vitamin C and folic acid. The content of carotenoids, pigments which give plants their reddish orange color, is not significant except for dark-colored varieties of flesh, irrespective of the color of the skin. Regarding the mineral content, potassium and magnesium stand out. Malic, oxalic, tartaric and citric acids abound in grapefruit, the latter boosting the action of vitamin C, responsible for its flavor and on which various properties attributed to grapefruit depend.

Getting used to the particular sour, bitter and sweet taste of grapefruit doesn't take much time if you think about the health benefits of consuming this citrus fruit. A grapefruit juice alone or combined with orange and lemon is a smart way to start the day with a good dose of vitamin C, among other nutrients.

The grapefruit or its juice are an important source of vitamin C, flavonoids, beta-carotene (provitamin A) in the varieties of colored pulp, which is why this fruit is considered especially interesting for the prevention and treatment of various pathologies due to its antioxidant effects.

In summary, grapefruit prevents and relieves cold and flu symptoms, has diuretic and antioxidant properties, prevents constipation, improves insomnia, and reduces the risk of cardiovascular disease.

WATERMELON

Watermelon is one of the largest fruits known and can reach up to 10 kilos in weight. Watermelon is a plant species in the family Cucurbitaceae, which includes about 850 species of herbaceous plants that produce fruits generally of great size and protected by a hard bark.

It is easy to consume this fruit, because it does not need to be peeled, and this makes it an ideal dessert for children and given the soft texture of its pulp this fruit is indicated for those who have difficulty chewing food. Its high-water supply makes it a powerful moisturizer, and therefore a fruit especially suitable during its season for the elderly, who often show displeasure to drink enough liquids. Two good slices of watermelon replace a glass of water, and with the pleasure of tasting a refreshing fruit, sweet and tasty.

In general, it is easy to digest, although it may be indigestible for some people if consumed after

meals, because its high-water intake dilutes gastric juices and delays the digestion of food, which causes the consequent feeling of indigestion and swelling.

In addition, it is a great diuretic, i.e. increases urine production, so its consumption is indicated for those with kidney stones, high uric acid, hypertension and other diseases with fluid retention. It is interesting to eat plenty of watermelon after a day of excess food, because being diuretic, favors the elimination of waste substances in the urine, so it is a perfect aid as a detoxifier.

This fruit is ideal in slimming diets, since you can consume twice as much watermelon as many other fruits, without especially increasing calories.

Watermelon varieties with pink and red flesh are considered a moderate source of lycopene. Numerous scientific studies have shown that lycopene has antioxidant properties and that by including foods rich in this substance, such as watermelon, in the diet, the potential risk of suffering from certain types of cancer in general and of pancreas, lung, colon and prostate in particular, is reduced. Likewise, lycopene, due to its antioxidant activity, acts against free radicals, substances harmful to the body, which justifies the role of watermelon consumption in reducing the risk of cardiovascular and degenerative diseases. On the other hand, ongoing studies on carotenoids, including lycopene, offer evidence that supports a number of biological actions of these substances, such as beneficial effects on the immune system and the control of growth and cell differentiation.

Since it is one of the least abundant fruits in potassium, people who suffer from renal insufficiency and follow a diet controlled in this mineral, can consume it in moderation, but in greater quantity than most of the fruits.

GRAPE

The grape is a fruit obtained from the vine. The bunches come in clusters, are small and sweet. They are eaten fresh or used to produce unripe, must, wine, vinegar and pisco. They grow in bunches of between 6 and 300 grapes.

The grape or grain of grape is the name that receives the fruit that grows forming bunches of the common vine or European vine. It belongs to the genus *Vitis* of the family of Vitaceae, which includes about 600 species of shrubs, usually climbers and producing berry fruit, typical of warm and tropical countries. The genus *Vitis* includes about 20 species cultivated for their fruits and some for their leaves that are consumed as any vegetable.

The composition of the grape varies according to whether it is white or black grapes. In both, two types of nutrients stand out: sugars, mainly glucose and fructose, more abundant in white grapes and vitamins (folic acid and vitamin B6), the latter in an amount that is only surpassed by dried fruits and tropical fruits such as avocado, banana, custard apple, guava and mango. Their richness in sugars makes them one of the most caloric fruits. Grapes grown in cold regions tend to have fewer sugars than those grown in warm, dry soils. Among the minerals, potassium is the most abundant and is found in greater quantity in black grapes, while magnesium and calcium are in moderate quantities and are more abundant in white grapes.

The use in the body of the latter mineral is not as much as that which comes from dairy or other foods that are a good source of the mineral.

Grapes abound in various substances with recognized health benefits, such as anthocyanins, flavonoids and tannins, responsible for the color, aroma and texture characteristic of these fruits, and which depend on various properties attributed to grapes.

The nutritional and energetic differences between fresh grapes and raisins are remarkable, since the latter constitute a very energetic food, and their caloric contribution is approximately four times higher than that of fresh grapes. The rest of the nutrients are also concentrated, so their content in fiber, vitamins and minerals is significantly higher.

The grape is easy to consume and its grains give it sweetness, making it an ideal dessert for people of all ages, which in addition to its exquisite taste will benefit from its nutritional properties.

The health benefits of grapes derive both from their nutritional components and from a series of other substances, and its properties are the subject of recent research. These are phenolic compounds, abundant in grapes and responsible for their color and flavor, such as anthocyanins, tannins and flavonoids, all with potent antioxidant action. Anthocyanins are the pigments responsible for the colour of black and red grapes and are absent in white varieties. The tannins give the green grapes the sensation of astringency. Resveratrol is the most recognized among all flavonoids. It is present above all in the skin of black and red grapes and has antifungal properties, i.e. prevents the growth of fungi in the grapes. Recent scientific studies have shown its efficacy in inhibiting or blocking tumor growth. It is therefore recommended that grapes be consumed regularly in the event of cancer and if risk factors are present.

CASSAVA

One of the most widely eaten foods in South America is cassava. This tuber is often included in most meals, as it is preferred by many people for its delicious taste.

Despite being such a well-known food in many parts of the world, its properties and health benefits are not yet widespread.

Cassava (also known as manioc) is a tuber rich in starches. It is an edible root very desired for its delicious flavor, is similar to the potato, yam, taro and banana. It is rich in carbohydrates, which provide up to 80% of energy to the body.

This food is ideal for those who have a diet to reduce weight, as it is extremely low in fat, also has a large amount of protein, much higher than that of other tubers, thus helping those who consume it to lower blood cholesterol levels.

For its high content of dietary fiber helps to lower triglyceride levels, thus contributing to the proper functioning of the body.

It is really beneficial for the nervous system, decreases anxiety and is also the best way to combat the discomfort caused by the irritable bowel.

This food has among its components large amounts of vitamin K, which contributes to the formation of bone mass and combats osteoporosis. It is also used in the treatment of Alzheimer's patients.

It is also a source of vitamins B, B-6, and it has also very good amounts of folate, thiamine, riboflavin and pantothenic acid. It is ideal for hair care and acne scars.

Cassava also contains minerals such as zinc, magnesium and copper, which provide energy to people who consume it. It is a good source of potassium, which is important in the production of cellular fluids; it is also an important regulator of heart rate and blood pressure.

It is recommended in the treatment of diarrhea, flu, some inflammations and conjunctivitis.

BLACKBERRY (ZARZAMORA)

Many healing properties are attributed to blackberry (zarzamora). Its fruits, leaves and fresh buds can be used. It fights various diseases such as diabetes, angina or ulcers.

The blackberry generally is a wild plant which fruits, small black berries very aromatic and somewhat acidic, are consumed. They are consumed raw, although they are also used in the elaboration of compotes, fruit salads, cakes, etc. They are rich in vitamins and minerals. They also provide fiber and contain few calories.

The blackberry is the fruit of the blackberry bush, a shrub that grows generally wild in many areas of the planet. The fruit is a bright black berry formed by the union of numerous small fruits each containing a seed. It is an aromatic and somewhat acidic fruit.

It is a species known since ancient times, and to which many healing effects are attributed. They are eaten raw, alone or accompanied by ice cream, yogurt or cream. They are also used in the elaboration of fruit salads, compotes, cakes, wines and moonshine, etc.

The blackberry provides a lot of fiber and few calories, being low in protein and fats. It is remarkable its richness in vitamins, especially A and C, and its high potassium content, which makes it diuretic. It also provides various substances that have anti-cancer effects.



NUTS AND OTHERS

The nuts are oil seeds that are characterized by having very little water content. They are foods with a high concentration of vitamins, minerals, fiber, vegetable protein and beneficial fatty acids. Nuts are an essential part of the Mediterranean diet.

The daily amount recommended by the American FDA is 42 gr/day, although it is somewhat lower than the 30 gr/day recommended by other organisms.

These amounts correspond roughly to those contributed individually:

- t 20 almonds
- t 15 cashews
- t 20 hazelnuts
- t 15 macadamia nuts
- 2 tablespoons of pine nuts
- 60 in-shell pistachios
- 10 whole nuts

DIFFERENCES BETWEEN DIFFERENT NUTS

No matter what type of nuts you are going to take, although some are more beneficial than others, for example, nuts are those that contain a higher amount of omega 3 fatty acids. Peanuts are technically legumes, like beans. Coconut is also a fruit and can be considered as such but does not have the benefits of monounsaturated and polyunsaturated fats.

For every 30 grams of nuts, we get:

NUTS	CALORIES	TOTAL FATS (SATURATED/UN-SATURATED)
Raw almonds	163	14gr (1,1 gr/12,2 gr)
Toasted almonds	169	15gr (1.1 gr/12.9 gr)
Brazil nuts	186	19gr (4.3 gr/12.8 gr)
Toasted cashews	163	13.1gr (2.6 gr/10 gr)
Toasted chestnuts	69	0.6gr (0.1 gr/0.5 gr)
Raw hazelnuts	178	17gr (1.3 gr/15.2 gr)
Toasted hazelnuts	183	17.7gr (1.3 gr/15.6 gr)
Raw Macadamia nuts	204	21.5gr (3.4 gr/17.1 gr)
Toasted Macadamia nuts	204	21.6gr (3.4 gr/17.2 gr)
Peanuts cashews	166	14gr (2 gr/11.4 gr)
Toasted Pecan nut	201	21gr (1.8 gr/18.3 gr)
Toasted pistachio	161	12.7gr (1.6 gr/10.5 gr)
Walnuts	185	18.5gr (1.7 gr/15.9 gr)

DIFFERENCES BETWEEN RAW AND TOASTED NUTS

When baking, the water they contain is reduced, they become dehydrated and the nutrients are somewhat more concentrated. Some nutrients such as group B vitamins can reduce their concentration.

The problem with baked nuts is that some of them also have salt added to them, which increases the sodium level. The non-salty ones are highly recommended, in addition to the above said, as salt is a conditioner in the development of gastric lesions, including pre-tumor.

Although peanuts or groundnuts are usually eaten as a nut, it is actually a legume like chickpeas, peas or lentils.

In general, it can be said that nuts and dried fruit are especially beneficial in protecting our cardiovascular system (mainly because of their Omega 3 content) and contribute to improving the functioning of the nervous system. They are rich in beneficial fats and essential for maintaining good health.

ALMONDS

They are an extraordinary source of energy during all stages of life. And they are an especially interesting food for people with a greater physical or intellectual wear.

The fiber provided by almonds helps us to prevent constipation and to go to the bathroom regularly. Like other nuts, they are a source of vegetable protein. Almonds will help our skin and hair from the inside out to be in good condition and look healthy.

They are full of antioxidants. They are present in the brown part of the skin that covers the almonds.

They have high levels of vitamin E, which protects cell membranes from external damage. And almonds are among the largest sources of vitamin E in the world: they provide 37% of the recommended daily dose. Several research studies have linked a higher intake of vitamin E with a lower incidence of heart disease, cancer and Alzheimer's disease.

They can help control blood sugar. In general, all nuts are low in carbohydrates and high in healthy fats, protein and fiber. This makes them an ideal food for diabetics.



But what makes almonds stand out is their high magnesium content. This mineral is involved in more than 300 organic processes, including blood sugar control. The recommended daily intake of magnesium is 310 to 420 mg and 50 g of almonds provide almost half of it: about 150 mg.

Between 25% and 38% of people with type 2 diabetes have a deficient intake of magnesium. Correcting that problem significantly lowers blood sugar levels and improves insulin function. This suggests that foods high in magnesium, such as almonds, may be very helpful in preventing metabolic syndrome and type 2 diabetes. Poor dietary magnesium levels are strongly linked to high blood pressure. And adding almonds could be beneficial for blood pressure.

Almonds not only lower the levels of LDL cholesterol in the blood, but also protect it from oxidation, a crucial step in the heart disease process. Almond skin is rich in antioxidant polyphenols, which prevent cholesterol oxidation in laboratory and animal studies.

They also reduce hunger by lowering overall calorie intake. Almonds are low in carbohydrates and high in both protein and fiber. And both increase satiety, which leads to lower calorie intake and are very effective at losing weight, although they can cause problems in people who tend to overeat.

CASHEW

Cashew nuts appear to be especially beneficial in helping to prevent type 2 diabetes. And this seems to be due to its high magnesium content, the lack of which seems to be a risk factor for this disease.

It is necessary to emphasize the antioxidant function of the cashew (also called cashew nuts) that contributes to our good health.

Studies conclude that women who consume 4 servings of nuts a week reduce the chance of death from heart disease by 40%. Cashew nuts can be one of those 4 weekly servings.

HAZELNUT

Hazelnuts stimulate memory. They have a positive effect on intellectual performance.

These nuts participate in the production of white blood cells, which are the ones that protect us against pathogens that cause diseases such as infections.

Being a source of vitamin B9 or folic acid, hazelnuts along with other nuts are a very healthy food during pregnancy and lactation

They may help reduce the pains of PMS.

PEANUT

The peanut, rich in proteins, oleic acid and vitamins, is very nutritious and heart-healthy. It's a singular food and in a sense something mysterious. In the first place, it is not a nut - a label given for

having a woody shell without pulp - but the seed of a leguminous shrub called *Arachis hypogea*, so, it is a legume. Therefore, contrary to popular belief, in botanical terms the peanut is closer to a bean or a pea than to a walnut, although it is often included in the classic trail mixes.

The most curious thing about this legume is that it has the peculiarity of developing underground, because the stem of the flower, at a certain moment of ripening, curves downwards and pushes the thin woody shell against the ground until it is buried about five centimeters deep. This is a unique botanical characteristic in the plant world and hence its scientific name is *hypogea*, which in Greek means “underground”.

Peanuts were already cultivated in pre-Columbian times. It was an important food in Peru of the ancient Incas, who used it as a currency and knew well its nutritional qualities.

Peanuts are the “nuts” that provide more vitamin B3, more folic acid and more protein (26%) and also the most calories (571 calories per 100 gr). However, being mostly monounsaturated fats (58%) and polyunsaturated fats (26%) help balance cholesterol rates. They also contain fiber (7%) and considerable quantities of minerals such as magnesium, zinc, phosphorus, nickel (which favours the absorption of iron) and iron in abundance. Above all, however, peanuts are rich in B vitamins, especially if they are eaten raw, as these water-soluble vitamins are more easily lost when cooked or simply toasted. Its proteins are rich in arginine, even more than some foods considered important sources of protein, such as veal. This non-essential amino acid is involved in the production of growth hormone and in the maintenance and repair of the immune and nervous systems. It also improves the quantity and mobility of sperm. Being a legume, peanuts are also rich in tryptophan, an essential amino acid that is used by our brain to produce serotonin, a neurotransmitter that stabilizes mood and helps us fall asleep.

COCOA

Cocoa is a medicinal food and a beauty remedy.

Cocoa is a food rich in minerals, vitamins and fiber. To consume it in seed, powder or pure chocolate will bring us numerous benefits for the health and in addition we will be able to enjoy its delicious flavor.

Firstly, it is important to differentiate cocoa from chocolate, which may contain a greater or lesser percentage of cocoa. The more cocoa it contains, the more we will enjoy its healthy properties.

It is also important to note that cocoa is stimulating, although less than coffee, so it should not be abused and should be taken into account in people with nervousness, insomnia, etc. and children, especially those who suffer from nervousness or hyperactivity.

Contains antioxidants, magnesium, calcium, vitamin C, fiber and tryptophan. The latter is an amino acid that favors the production of serotonin, a neurotransmitter that leads to a nerve signal that produces happiness. This is why cocoa improves states of anxiety, irritability, depression, etc.

Consuming cocoa beans is very beneficial for arrhythmias and to enhance memory and concentration. Seeds are diuretic, so they help us to eliminate liquids from our organism (retention of liquids,

edemas, etc.). The oil extracted from the seed is used to treat skin problems, burns, wounds and rashes. The tender leaves of the plant have been used to disinfect wounds.

Cocoa butter, which is one of the main ingredients of lip balm, will be used for fissures and cracks in the face, lips or breasts, hemorrhoids and dry skin. We can also apply it directly on the skin in case of muscular pains.

The more sugar we combine with cocoa, the less healthy we will make it. It is better to consume it pure or with more than 80% of cocoa.

CHESTNUT

Properties of chestnuts

They are consumed mainly in autumn and winter. Of the nuts, are those with the lowest fat content. On the other hand, its content in complex carbohydrates stands out. They are also satiating and an excellent source of fiber.

They are also an excellent source of calcium, phosphorus and magnesium. Although chestnuts are richer in carbohydrates than other nuts, they are slowly absorbed and that is why they are a healthy food for people with diabetes.

TIGER NUTS

Tiger nut is a dark brown tuber of the countersunk sedge plant, *Cyperus esculentus*, which has been cultivated for more than 3,000 years and is believed that was originated in Egypt. In China, tiger nut milk (“horchata de chufa”) was already referred to as “a drink for well-being”.

Tiger nuts can be eaten dry, roasted or raw. Other products are also prepared from it (making tiger nut milk, tiger nut flour, beer, etc.), and undoubtedly the greatest use is given to make tiger nut milk.

Tiger nuts contain carbohydrates, enzymes (such as lipase, catalase and amylase), soluble fiber, vegetable protein (with essential amino acids such as leucine, methionine, isoleucine, lysine and arginine), vitamins C, E, minerals such as phosphorus, calcium, magnesium, potassium, zinc, iron, and fats (being rich in Omega 3/oleic acid).

These components confer digestive, cardioprotective, antioxidant, carminative, immunostimulant, antidiarrheal, antacid, astringent, prebiotic, anti-anemic, insulinogenic and eupeptic properties to tiger nut.

It improves food digestion. It avoids or helps to eliminate gases that accumulate in the gastrointestinal tract. It does not contain gluten, fructose or lactose. It improves intestinal flora. It enhances the action of probiotics. It is recommended for people with hypertension as it is very low in sodium.

It stimulates breast milk production. It is anti-diarrheal. It can be taken by people with diabetes. It is satiating. It favors the intestinal transit in a regular way, avoiding constipation.

The tiger nut and products made from it, such as natural tiger nut milk, are especially recommended (due to their high nutritional value) to athletes, pregnant and breastfeeding women, children and the elderly, as well as in stages of high stress and physical and mental fatigue.

SPELT

Spelt or dinkel wheat, also known as hulled wheat, is a cereal species of the genus *Triticum*. It is a hexaploidy plant, having six sets of six chromosomes. It is a cereal adapted to hard, humid and cold climates.

The spelt is very similar to the common wheat, since they are different varieties of the same family, but the small differences between both vegetables are very important for which aspects you want to “pamper”.

The spelt is a cereal originated in Iran, about 7,000 years ago, extending its cultivation to the East, thus finding signs of its use in Ancient Egypt and China, where they were also used to brew beer.

Spelt is a very complete source of minerals, proteins and vitamins, especially those belonging to groups B and E. It is also rich in polyunsaturated fatty acids such as Omega 3 and Omega 6, so it provides those who consume a large dose of energy.

Spelt is rich in fiber, which causes easier digestion and well-being of the intestinal system. Fiber also helps reduce LDL cholesterol levels and blood pressure.

In addition, its copper and iron content helps to promote blood circulation and prevent cardiovascular disease, and also contains calcium and phosphorus, two minerals that are very important in strengthening bone health. This cereal protects the immune system, resulting in a healthier and stronger body to fight diseases.

SUNFLOWER (SEEDS)

Sunflower seeds are dried fruits that are eaten as an accompaniment to other meals or simply as a snack. They are rich in vitamin E, calcium, phosphorus and fatty acids.

For those people who have a strong temperament, who are prone to get nervous in any situation and find it very difficult to combat that tension, sunflower seed infusions are beneficial in controlling such outbursts.

Sunflower seeds are beneficial for preventing not only cardiovascular problems, but also circulatory problems. They are good for athletes. They are good for brain activity, being advisable at any time of life, thanks to its high levels of phosphorus and magnesium are ideal for good brain activity.

100 gr of sunflower seeds bring us: 22 mg Vitamin E, 28 g fats, 8.5 g HC, 28 g proteins and minerals: potassium (730 mg), phosphorus (600 mg), magnesium (395 mg) and calcium (100 mg).

CORN

There are benefits of consuming corn for the body, but it should not be consumed in excess as it is a high source of carbohydrates:

- 1 Corn contains vitamins A, B and E that are essential to strengthen the immune system and better resist mild illnesses such as the flu.
- 2 Also, corn has a high fiber content, which is one of the most important components for the proper functioning of the colon.
- 3 Corn is also a source of antioxidants, which are essential to prevent organ and tissue deterioration, and thus prevent or delay diseases such as cancer and Alzheimer's disease.
- 4 Eating corn regularly can keep your heart healthy because of its composition of vitamin C, carotenoids and flavonoids, which also help regulate blood pressure and keep off your cholesterol levels.
- 5 Corn also has antiatherogenic agents that help in the reduction and absorption of cholesterol to prevent diseases such as arteriosclerosis.
- 6 It contains magnesium, which strengthens the tissue that connects bones to ligaments, tendons, and cartilage.
- 7 Vitamins A and C contained in corn are essential for skin care, as they block free radical damage, and help in the production of collagen for the maintenance of soft and supple skin.

MILLET

It does not contain gluten, so it is easy to digest and is suitable for people celiac and intolerant to this protein. In addition, it has fatty acids and is rich in fiber, which helps to regulate cases of constipation, cholesterol, glucose and triglycerides. But millet has many other properties. It is rich in minerals. It is a good source of magnesium, a mineral that helps improve muscle tone and the nervous system.

It also contains significant amounts of phosphorus, a mineral essential in the formation and development of bones and teeth and during lactation, and promotes good intellectual performance and memory. Besides, it has iron, zinc and iodine. It is a source of group B vitamins, such as vitamin B1, which strengthens mental activity, coordination, depression and improves states of tiredness; or vitamin B9 or folic acid, which prevents anemia and improves the state of the skin and is essential during pregnancy.

It is also rich in vitamin B6, which improves the nervous, immune and hormonal systems, and in vitamin B2, which favors intercellular oxygenating activity and tissue regeneration and improves visual health. Vitamin E is another of its components.

It is important to note that millet alkalizes the body, unlike other acidifying cereals, so it balances our pH and helps us compensate for the acidifying effects of a bad diet.

These excellent nutritional values make it a very beneficial food, which can be very therapeutic for people suffering from digestive problems. Its mild flavor and sweet touch allow you to combine it

with stronger flavors, or cook it with vegetable drink, carrot, grated apple, raisins and honey to make creams for breakfast.

WALNUT

It is one of the most consumed and appreciated nuts in the world. Walnuts are a great source of vitamin E, which has antioxidant action in our body. This means it protects us from free radical damage and helps delay aging. In addition, the fatty acids in walnuts are a good source of energy and are used by our body, for example, to form hormones and absorb fat-soluble vitamins (A, D, E, K). They also provide us with potassium which helps our muscles to function perfectly. To prevent cramps, walnuts or other nuts are taken.

The PREDIMED study directed by Dr. Ramón Estruch shows walnuts as one of the basic tools in the protection of cardiovascular risk together with other DM foods.

Macadamia nut

It helps to give our skin elasticity and to delay the appearance of wrinkles. Macadamia nuts stand out from other nuts because they have a higher fiber content. Pistachios, walnuts and macadamia nuts have a very high fiber content.

Fiber is essential in our diet. In addition to having a satiating effect (ideal in overweight people who are dieting to lose weight), fiber is very important to prevent diseases or ailments so common ranging from constipation to colon cancer.

PINE NUT

Pine nuts help improve muscle tone.

These nuts participate in the healing of wounds, accelerating the process. But they are also very interesting especially for people who have poor circulation or want to prevent the appearance of varicose veins because the pine nuts improve blood circulation.



They have an anti-inflammatory effect that is very useful in cases of diseases or ailments that involve inflammation such as obesity, arthritis, psoriasis or ulcerative colitis.

Its fiber content stands out.

PISTACHIO

These nuts help us fight tiredness and fatigue, especially if it is caused by iron-deficiency anemia. They also encourage us to have a good night's rest and are useful for cases of insomnia.

Pistachios help reduce the chances of macular degeneration and other eye diseases and take care of our eyesight.

Another very interesting characteristic of pistachios is that they favour the functioning of our lymphatic and immune systems, which are essential for us to be able to fight infections and maintain good health.

SOY

You may have heard about soy foods on the news, including claims that soy prevents heart disease and cancer.

Soy, a versatile bean, is found in foods such as soy milk, soy sauce, miso (soy paste), tempeh (a kind of soy cake), and tofu. Sometimes soy is also added in foods such as bread, cereals, meats, and meat substitutes in vegetarian products such as soy hamburgers and hot dogs.

Foods containing whole soybeans are a good source of protein for vegetarians, since they provide all the amino acids people need to stay healthy. (People who eat meat get all the necessary amino acids from animal products.)

Many Americans have already added soy to their diets as a result of the increased availability of scientifically based studies indicating that soy benefits health by lowering cholesterol and the risk of certain types of cancer.

The real health benefit of soy is in its nutritional content and the fact that soy foods usually replace other, less healthy foods. Soy foods are a great source of protein and contain important nutrients, such as fiber, vitamin B, and omega-3 fatty acids. Foods containing soy protein are also good alternatives to meat or other animal products, which contain cholesterol and saturated fat.

The “badly called” soy milk, soy burgers and soy snacks can be found in many supermarkets and specialty food stores. When selecting soy foods, be sure to read the labels carefully to see that the food is a good source of soy protein and is low in saturated fat, cholesterol, and sugar.

If you are interested in eating more soy, introduce this food into your diet in a gradual manner. And remember that the key to good health is to eat a wide variety of nutritious foods without limiting yourself too much to one type.

EDIBLE AND AROMATIC HERBS USED FOR FOOD

BASIL

We all know it for its aroma and taste, but what many do not know are the many medicinal properties of basil. This is a very popular aromatic plant in the kitchen and is often used in alternative medicine to cure various ailments.

The medicinal properties of basil are not usually very widespread, however, are many and worth highlighting just a few:

- Combats exhaustion, depression, migraine and insomnia. And it is attributed with “aphrodisiac” characteristics.
- It is antispasmodic, digestive, diuretic and carminative. It is also good against loss of appetite, intestinal parasites and nervous dyspepsia.
- May increase milk secretion from mothers.
- It is excellent for soothing skin irritations, fights acne and has analgesic, antiseptic and healing properties.

So that we can enjoy this wonderful plant, it is possible to use it under diverse presentations, from infusions to ointments, brews, poultices, tinctures or lotions. It can also be found in syrups, balsams, powders, soaps or creams.

ALOE VERA

This species has been cultivated since ancient times for its medicinal use.

The active principle is formed by the dried juice of the cells secreting the leaves. The smell is characteristic and strong, while the taste is bitter and unpleasant. Two compounds are basically obtained from the leaves:

Gel, which is the mucilaginous portion of the tissue or mesophilic parenchyma located in the center of the leaves. Plants more exposed to the sun produce less pulp and more latex. From the pulp is extracted a bright and bitter gel, which is obtained by extrusion of the inner part of the leaves. All anthraquinone content in the epidermis of the leaves must be removed first. If this process is not carried out, the latex oxidizes and easily takes on a brownish shade. The fragility of some constituents of the gel makes it necessary to stabilize the newly obtained material and preserve it from bacterial contamination. Aloe Vera also has properties against psoriasis.

Acíbar or latex, is the juice curdled, result of the incision of the leaves. It is a very bitter brown crystalline solid, called acíbar (from the Greek: “aloe juice”). It is located in the pericyclic cells located

near the conductive beams immediately below the epidermis, between the chlorophyll parenchyma and the mucilaginous.

In general, it is obtained by letting the liquid that comes out of the transversely cut leaves flow and depositing it in this way in a container mixed with pulp.

To prevent the loss of latex, the leaves should be cut by the base, near the stem. It should be noted that the blade that is cut does not grow back. To use it with the shell, cut it in the middle, or if you want to remove only the latex, remove the shell beforehand. Once picked up, the leaves are washed and filleted. The shell and the yellowish coating (allantoin) are separated.

CILANTRO

Fresh leaves are often spread on dishes and the root is used in Thailand to bring that powerful, distinctive flavor to your kitchen. Cilantro is one of the main ingredients of salsa in a Mexican restaurant.

Cilantro, also called coriander, has a characteristic flavor due to its concentrated essential oils. This captivating flavor may be responsible for the incorporation that humans intuitively made of cilantro into their diet for health reasons that modern science is just beginning to understand.

The known benefits of cilantro are extensive, and researchers are discovering more every day. Currently, there are several known and well-documented benefits of organic cilantro, including bacterial infection-protective agents such as Salmonella in food. Relieves stomach gas, prevents flatulence and is a general digestive support; helps reduce nausea. It is also a source of iron and magnesium. Relieves diarrhea, especially if it is caused by microbial or fungal infections. It serves as an expectorant.



GINSENG

Contrary to popular belief, this is not a single plant, but several types of herbaceous herbs of the Araliaceae family, some of them belonging to the genus “Panax”. In essence, the ginseng that is consumed is actually the root that sprouts from the plant of the same name. This root has a similar appearance to other tubers with the peculiar characteristic that the shape of their roots have slightly anthropomorphic features, because their buds usually form extensions similar to human arms and legs. They sometimes have a round bulb that resembles a head, which is why in the past they were closely linked to the mythology of the homunculi (small mythical beings). It is a powerful antioxidant that fights the formation of free radicals, which are usually responsible for the premature aging of cells.

Contains Vitamin B2, B3 and C. Benefits have been applied in relation to cardiovascular health, regulation of diabetes, reduction of fatigue, regulation of LDL “bad” cholesterol and reduction of stress, with improved mood.

GINGER

Ginger is the rhizome of a plant called *Zingiber officinale*. Supposedly originally from India and Indochina, its name would derive from the singabera Sanskrit, i.e. “horns or antlers”, a clear allusion to its characteristic form. Despite its inelegant appearance, it is practically impossible to resist the charms of ginger for its fresh citrus notes, its spicy touch and its unique and intoxicating aroma. The same aroma given off by all parts of the plant, already known in classical Greece. The Roman historian Pliny wrote about the exquisiteness of this spice - which was sold very expensive - and in medieval Europe it became one of the most important in the market. Ginger is cultivated mainly in China, where it undoubtedly occupies a privileged place, and in India. As in the case of many other spices, it is always better to buy the fresh root and thin it as we need it rather than resorting to the typical jar of ground spice. However, you must always remember to remove the skin, which is very indigestible.

Ginger has earned its nickname “superfood”. It is rich in vitamins A, C, B1, B2 and B6, as well as potassium, calcium, manganese, phosphorus and iron. In addition, it has a high antioxidant and anti-inflammatory power and contains essential oils, such as gingerol, which boasts antiseptic and



anti-inflammatory properties. also has digestive properties, helps us fight colds, which is good news at this time of year, and helps reduce the feeling of nausea.

But the most important thing is that it is a stimulant of the serotonin receptors, the happiness hormone. In other words, it puts us in a good mood. It can be taken in infusions, juices or to season all kinds of dishes, from meat to fish and desserts.

OREGANO

The oregano plant has flavonoids, tannins, phenolic acids, essential oil (carvacrol, thymol, origanene).

Within the medicinal action of oregano, we can highlight that is analgesic, digestive, antidiabetic, vermifuge, antiseptic, carminative, antitussive, emmenagogue, anti-inflammatory, estrogenic, tonic, antioxidant and expectorant.

In general, oregano is a very beneficial medicinal plant for respiratory tract disorders due to its anti-inflammatory, analgesic and antiseptic effect. It is satisfactory to use steam and take baths with a few drops of essential oil of oregano.

Oregano is a plant that stimulates blood circulation, both externally and internally. Oregano will help prevent problems of gases and flatulence.

Due to its antioxidant action, oregano is a natural way to improve our defenses and the functioning of our immune system.

Oregano contains vitamins A, C, E and K, as well as fiber, folic acid, iron, magnesium, vitamin B6, calcium and potassium.

PARSLEY

Parsley is an aromatic plant whose properties bring us innumerable benefits. Among them, it is worth mentioning that it is mainly in charge of helping us to purify vital organs. Thanks to its properties it becomes a great help to treat and control hypertension and is also a powerful antioxidant. This plant has great diuretic properties that stimulate kidney function, thus facilitating the elimination of fluid from the body. It is also widely used to treat and improve hypertension and osteoporosis.

Parsley contains minerals such as calcium, iron, phosphorus, and sulfur. Due to its high iron content, its consumption is recommended to people who suffer or are prone to suffer from anemia and/or anorexia, and also to those who suffer from weakness, fatigue or physical fatigue. Parsley can be eaten raw in salads or drunk in infusions. It is rich in calcium and for this reason helps fight osteoporosis. It is also recommended for children and athletes to strengthen their bones, as they are subjected to greater effort. Parsley also helps digestion; it is recommended to drink a cup of this infusion before consuming any food, this way we will have a good digestion, avoiding intestinal spasms, slow digestion and constipation.

Another great property of parsley is that it is a great antioxidant. It is ideal and very effective to clean and rejuvenate our skin, as well as to strengthen the nails and hair, controlling and preventing the fall of it.

ROCKET

Digestive herb. Its vitamin C increases the absorption of iron, two components of rocket.

The bromatological analysis of rocket shows a considerable amount of vitamin C, beta-carotene or pro-vitamin A and minerals such as magnesium, potassium and iron. The combination of iron and vitamin C favors that it is a vegetable with anti-anemic qualities, since the vitamin C increases the absorption of the iron not heme, own of the vegetables.

In its composition is distinguished an appreciable amount of fiber, which improves intestinal transit. Its characteristic flavor also favors digestion. The bitter substances in the rocket stimulate digestive secretions.

Despite these properties, it is an unusual plant in Spanish gastronomy, which is consumed in small quantities, at specific times and, in general, as a decorative element. Its nutritional value is barely significant.

RHUBARB

To describe rhubarb, some people would mention its long, thin, pale green and red stems, accompanied by large, green, scalloped leaves. Others might know that it is classified as a vegetable rather than a fruit and describe it that way.

When raw rhubarb is compared to frozen, cooked and sweetened, nutrients change and have a wide range of variability. A cup goes from 122 to 240 grams; calories go from 26 to 278 grams; carbohydrates from 6 to 75 grams; and sugars from 1 gram to 69, although the fiber only increases very little. This shows how this food (and many more) change when processed and added sugar.

SESAME

Sesame seeds provide great nutritional benefits, such as healthy fats, phytosterols, vitamins, and minerals among others, and add a flavor that distinguishes baked goods.

These seeds, whose scientific name is *Sesamun indicum* are small, oval and flat, and depending on the variety, can be presented in various colors. They are very appreciated for their high sesame oil content.

Sesame seeds are a great source of vitamins A and E, and of the B complex, such as B1, B2, B3, B6, and B9, which are essential for red blood cells, energy and food metabolism, and minerals such as manganese, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, and selenium, which support bone health, the development of red blood cells, the maintenance of a strong immune system, and fluid balance.

Almost three tablespoons of sesame seeds contain about 13 grams of fat, but only 2 grams of these are saturated fats; the rest is unsaturated fat, which can help keep cholesterol levels down.

Of all the seeds, sesame seeds contain the most plant phytosterols, which help inhibit the absorption of cholesterol from the diet and may help reduce your risk of developing certain types of cancer.

Sesame seeds contain just over 1.5 grams of protein per tablespoon of sesame seeds. One way to acquire these proteins is through hummus, a source of protein that contains all the essential amino acids.

Due to its richness in vitamin E, sesame seeds help strengthen the heart and nervous system.

These seeds contain two unique substances: sesamin and sesamol, which belong to a group of special beneficial fibers called lignans, which have a cholesterol-lowering effect, preventing high blood pressure and protecting the liver from oxidative damage. Because they are rich in minerals - copper, calcium, zinc and phytosterols - they have corresponding benefits in relation to respiratory processes such as asthma, prevention of osteoporosis, migraine, menopausal sleep disorders, bone health and prevention of some types of tumors.

SOY

Research from independent sources discourages the daily use of soy in pregnant women, adolescents and children under 5 years of age, and some researchers argue that the high proportion of phytoestrogens in soy can lead to hormonal problems when used in human nutrition, particularly in children, if soy is not part of a balanced diet.

Some studies affirm that the phytoestrogens, present in soy, can affect the quality of sperm, reducing the number of spermatozoa. It is not considered sufficient to state that soy isoflavones produce infertility. On the other hand, other studies indicate that there is scientific evidence that soy isoflavones do not have feminizing effects on men, nor do they cause hormonal imbalances, nor do they affect the total level of testosterone, nor do they affect sperm quality. Although isoflavone molecules are very similar to estrogens, their effects on the body are very different.

Soybeans and processed soy foods are not those that contain the highest level of "total phytoestrogen" contained in food. One study found that the food groups with the highest phytoestrogens per 100 g were nuts and oilseeds, soy products, cereals and breads, legumes, meat products, various processed foods that may contain soy, vegetables and fruits.

Soya needs an amino acid (methionine) which is essential to be able to form a good quality protein, therefore all soya products must be added with this amino acid to improve their quality.

The benefits and properties of soy have been highly weighted and should be evaluated with great caution, such as reducing the rate of sugars in the blood (diabetes treatment), lowering cholesterol and as prevention of cardiovascular disorders. Prevents osteoporosis by reducing female estrogens.

Soya is used to produce various derivatives, such as soya drink or tofu, excellent foods for people who are lactose intolerant or allergic to milk protein.

For its lipidic composition, derivatives are obtained as lecithin, used as an ingredient by the agri-food industry. The soy lecithin is highly caloric, about 800 calories per 100 gr, basically because it is lipids, so its consumption should be moderate.

TEA

Tea is a drink commonly used by the natural medicine of Eastern civilizations to take advantage of its therapeutic properties.

There are 5 fundamental types, whose medicinal characteristics are not sufficiently demonstrated.

1.-Green tea helps you lose weight. This variety can increase thermogenesis and decrease fat deposits in the liver. Helps maintain a healthy nervous system.

2. Black tea reduces the risk of cardiovascular disease by stimulating the heart and protecting the inner walls of the arteries. It stimulates the nervous system by its content of methylxanthines. It has a diuretic effect, which helps to eliminate fluid retention. Relaxes the muscles of the bronchioles, thus improving breathing.

3. White tea has a very delicate and soft taste. Various scientific studies have shown that white tea contains a much higher number of polyphenols than green tea and, therefore, its antioxidant power is also much more potent. For this reason, it is able to prevent tissue aging, improve blood cholesterol levels and reduce the risk of cancer even more efficiently than green.

4. Oolong has a particular taste, very pleasant, similar to fresh fruits. Its content of antioxidant substances makes it very useful for reducing the risk of heart attack and other cardiovascular diseases. It can lower blood cholesterol and is also recommended for weight loss.

5. Red tea, the famous fat burner. Pu-Erh tea, also known as red tea, has a characteristic, earthy and strong taste, and is dark red in colour. It is a variety that undergoes a long process of post-fermentation, its maturation is done in cellars and can last several years. This process is what gives it its special flavour and colour, and its great “fat-burning” power. It also has diuretic effect, it helps to eliminate liquids and to improve the digestion.

Drinking tea has many positive health effects and has virtually no contraindications.



EGGS

EGG

If there's a highly recommended and complete food, that's the egg. Suitable for consumption at all ages and under virtually any situation, it has great nutritional value, despite the false myths instituted against it.

You can eat the eggs of many species such as goose, duck, quail, ostrich, etc. The chicken egg is by far the most consumed.

One of the main advantages of the egg is that it allows us to eat it in many different ways, as a unique ingredient, cooked, fried, scrambled, poached, in omelette (alone or with any other food we can think of) or forming part of countless recipes.

Egg proteins

Egg proteins are mostly found in the white and are considered to be proteins of high biological value, as they contain all the essential amino acids, making the egg the food with the highest protein quality. In fact, egg proteins are taken as a reference to assess the protein quality of other foods. The most abundant protein is ovalbumin. It is determined that 100 grams of egg provide 13 grams of protein.

Vitamins are also found in egg whites, although 90% of their weight is water.

Cholesterol controversy

For years it has been recommended to restrict the consumption of eggs to 2 or 3 per week because of their high cholesterol content. Today it is known that what affects blood cholesterol is the balance between saturated and unsaturated fats. Well, the egg contains both types, but many more unsaturated. In addition, the egg is rich in lecithin, responsible for its emulsifying property, which decreases intestinal absorption of cholesterol. Cholesterol is found in the yolk. The egg white doesn't have cholesterol. So, people with high cholesterol levels can eat an "egg white omelet" without any problems.

While it is true that an egg has a high calorie intake, 150 kcal per 100 gr, an egg weighs about 60 gr, so its calorie intake will be around 80 kcal, something very minimal for people with a balanced diet. Those who follow a diet to lose weight should control its consumption, but never stop taking it, because it is more beneficial than harmful.

Finally, let's remember that eggs are a very allergic product, especially in childhood.

CHICKEN EGG

Chicken eggs are a type of egg that contains an average of 12.7 grams of protein, contains no carbohydrates, contains 12.1 grams of fat per 100 grams and contains no sugar, providing 150-160 calories to the diet. Its nutrients also include vitamins K, B9 -folic acid-, B3 and B7.

Chicken eggs are a food rich in vitamin B7 as 100 g of this food contains 25 ug. of vitamin B7.

This food also has a high amount of vitamin B5. The amount of vitamin B5 you have is 1.8 ug per 100 g.

100 g of chicken eggs also have the following nutrients: 2.2 mg. of iron; 56.2 mg. of calcium; 0 g. of fiber; 147 mg. of potassium; 12.7 mg. of iodine; 2 mg. of zinc; 0.7 g. of carbohydrates; 12.1 mg. of magnesium; 144 mg. of sodium; 226.7 ug. of vitamin A; 0.1 mg. of vitamin B1; 0.4 mg. of vitamin B2; 3.3 mg. of vitamin B3; 0.1 mg. of vitamin B6; 51.2 ug. of vitamin B9; 2.1 ug. of vitamin B12; 0 mg. of vitamin C; 1.8 ug. of vitamin D; 1.9 mg. of vitamin E; 8.9 ug. of vitamin K; 216 mg. of phosphorus; 410 mg. of cholesterol; 0.7 g. of sugar and 0 mg. of purines.

Vitamin B5, or pantothenic acid, found abundantly in chicken eggs, makes this food useful for fighting stress and migraines.

QUAIL EGG

A high level of vitamin A is found in quail eggs, which means it helps protect the health of the eye and our vision. The antioxidant activity of vitamin A can help reduce macular degeneration and prevent the development of cataracts, helping to see better “from far away”.

There are a number of beneficial fatty acids in quail eggs that many people enjoy because of their heart stimulating effects. HDL cholesterol is the “good” cholesterol that our body needs to compensate for the negative effects of LDL cholesterol, and the presence of HDL fat in quail eggs is more than 60%. However, for people with cholesterol problems, adding large amounts of these eggs to their diet may not be the best option, as there is approximately 1.6 grams of saturated fat in each serving.

Like regular chicken eggs, quail eggs offer high protein content to the diet, and can ensure natural and healthy growth and repair.

Of a number of essential minerals found in quail eggs, potassium turns out to be one of them. Although the cardioprotective effects of quail eggs are still under investigation, the presence of potassium is important as this mineral acts as a vasodilator, relieving tension and stress on arteries and blood vessels. There is a lot more potassium in quail eggs than in chicken eggs.

Detoxifying the body is important, particularly in a world full of toxins, pollutants and heavy metals. Adding these eggs to your diet can help eliminate toxins from the blood, and even as it helps reduce the size of bladder stones and kidney stones.

Quail eggs have important levels of vitamin C and vitamin A, which can help neutralize free radicals and protect your overall health.

Quail eggs are naturally high in the protein ovomucoid or ovomucin, which acts in the body as a natural anti-allergic. Therefore, if you are suffering from congestion, inflammation or other symptoms of allergic reactions, quail eggs can bring your body back to normal.

The variety of vitamin B found in quail eggs results in stimulated metabolic activity, including hormonal and enzymatic function. By ensuring smooth bodily processes and organ functions, quail eggs

can be much more than a delicious surprise. The long list of minerals and micronutrients found in these small eggs, as well as the increase in protein of almost 6 gr per serving, makes these eggs particularly good for a rise in energy and mood in the morning. A breakfast rich in protein and nutrients is highly recommended for those who often feel dependent on caffeine or other stimulants to regulate their energy levels.

A final word of warning: as mentioned above, there is a moderate amount of saturated fat in eggs, so they should be consumed in moderation, and major modifications to your diet should be approved by a physician.

OSTRICH EGG

Studies comparing the nutritional value of eggs also found that, for some nutrients, ostrich eggs are very important. Chicken eggs contain 91 mg of iron, while ostrich eggs contain 111 mg. A chicken egg contains 490 mg of magnesium, while an ostrich egg contains 540 mg. Ultimately, these differences are small, and both ostriches and hen's eggs can contribute to a healthy, balanced diet.

Ostrich females start laying more eggs in spring. During the winter they barely lay, stopping for several months. An ostrich lays an egg every month as a general rule, except when it is cold, which they do every two months, even stopping for long periods of time.

Ostrich eggs are larger than the size of a rugby mini-ball. It weighs approximately 1.5 kilos and is equivalent to 23 or 24 hen eggs.

The advantages of ostrich eggs over those of hens are their low cholesterol level, so people who have problems with cholesterol are better off taking these eggs.

On the other hand, its taste is a little more bland than normal eggs, but with a little more salt it's all solved.

With an egg of this magnitude you can do everything you do with two dozen eggs, that is, you can make 8 potato omelets. Everything is taken advantage of the egg, even the shell can be used to decorate our house. Eggs last about 1 month from the time they are laid by the ostrich and should not be eaten after that.



MILK DAIRY PRODUCT

White liquid substance that comes from the female mammals' udders to feed their pups. This liquid is made of casein, lactose, inorganic salts, fat globules suspended (?) and other substances. It is produced, specially by cows and it is used as food or to make cheese, yogurt, butter and other derivatives.

“Breast milk is a well-balanced food. The main sources of calcium on a diet are milk and other derivatives “.

Drinking milk between two and four times a day, depending on age, is essential to cover calcium, high-quality proteins demands, etc. “When the intake of this product is reduced it is really hard to reach these demands” explained Dr. Ángel Gil, president of the Iberoamerican Nutrition Foundation.

Calcium is one of the essential nutrients it can be founded in the milk. The dairy amount recommended of calcium (depending on age) is around 1.000 mg per day. According to the Instituto Puleva de Nutrición, a glass of milk has 300 mg of calcium. Besides, it also contains vitamin D, so the uptake of calcium is more effective than in other foods. This is all thanks to the bioavailability of the dairy calcium. If we want to obtain the same amount of calcium through other foods like almonds or spinaches, we need more daily rations.

POWDERED MILK

Powdered milk has important benefits, not only for transportation and storage of this product but also for health reasons. When the milk is dehydrated, its weight decreases an 80 percent. It can be store for a longer time.

WHOLE MILK

Whole milk is an essential food around the world and a complete product because of the nutritional properties of the milk. Usually, we can see at the supermarket cow milk, but there are also other mammals' milk. One of the principal nutrients of the milk is calcium, good for the bones. It also contains lactose, which make some people intolerant to it.

Human beings are the only animals that keeps drinking milk after the breastfeeding period. For many years, milk has received the award for the product with the large quantity of calcium. We cannot deny this.

Although the three groups of milk (whole, semi and skimmed milk) have different proportions of saturated fats, they all have the same amount of calcium, proteins and minerals. However, when the cream is eliminated, vitamins are lost.

GOAT MILK

Goat milk is the by-product that is produced when you milk a genus of mammals called Capra. It offers a wide variety of health's benefits and has not the negative side effects of cow milk.

Researchers from the University of Granada have demonstrated that goat milk is a food with nutritional benefits that helps to improve our health status.

It is a functional food and we should encourage the regular intake of milk and its derivatives among the general population but, especially, among those people who have allergies, cow milk intolerance, malabsorption issues, high cholesterol, anaemia, osteoporosis or long-term treatments with iron supplements. Its nutritional properties are better than the cow's milk.

More digestible than cow milk:

It is a good intestinal flora's restorative. It has high qualities as an acid neutralizer and it's widely used with those who suffer from stomach ulcers, gastritis and other digestive problems that require antacid treatments.

Less cholesterol:

Goat milk has between 30% and 40% less cholesterol than cow milk. Along with the fact that has more omega 6 group fat (no store in the adipose tissue), this product become important to prevent diabetes and arteriosclerosis or other cardiovascular diseases.

Antiallergic:

Goat milk has less lactose and thanks to its high digestibility is recommended for those lactose intolerants.

Prevention of osteoporosis (bone softening):

Goat milk has high levels of vitamin A, B2, calcium and vitamin D. This last two participate in the bone formation and prevent bone diseases.

Prevention of iron-deficiency anaemia:

People with anaemia due to an iron deficiency have a faster recovery if they consume goat milk regularly because it enhances the nutritive use of iron and the haemoglobin regeneration.

Like breast milk:

Goat milk has a fraction of sugars and oligosaccharides that resembles the human milk. These substances play an important role in the probiotic flora that helps us against pathogenic bacteria and the infant cerebral development.

DAIRY GOAT PRODUCTS

100 gr of goat milk contain 69 Kcal, total fat 4,1 gr, SUFA 2,7 mg, PUFA 0,1 mg, cholesterol 11 mg; Sodium 50 mg, Potassium 204 mg, calcium 134 mg, iron 0,1 mg, magnesium 14mg. CHO 4,5 g all-natural sugars-. Dietary fibre 0 gr. and Proteins 3,6 gr.

Vitamins: A: 198 IU, C: 1.03 mg, D: 51 IU y B12: 0,1 micro gr.

1. Natural anti-inflammatories:

Some studies suggest one of the essential benefits of goat milk is that it has anti-inflammatories properties. This is one of the reasons whereby is easier for people with colon inflammation (colonitis/colitis nonspecific) to drink goat milk instead of cow milk.

2. Harmless to the environment

Goats need less space and food than cows. You can raise six goats in the same land where you raise two cows.

3. Metabolic agent

Studies from USDA and the Prairie View A&M University say that goat milk has a high ability to metabolize iron and copper, especially those who have digestive and absorptive constraints. To help with this, you can take digestive enzyme supplement along with goat milk.

4. Bioavailability

Another goat milk's benefit for your health is that it resembles breast milk than cow milk. Due to its chemical composition is like human milk, easier for the human body to digest and assimilate.

5. Less fat

Goat milk is perfect for those who want to lose weight. It has less fat and keeps high proteins levels and essential amino acid that have cow milk.

6. High in Fatty Acids

Cow milk has 17% of fatty acids and goat milk has 35%, that is why goat milk is more nutritious. In fact, 50% of people with lactose intolerance to cow milk notice that they can digest goat milk easily, especially if is whole milk.

7. Rich in Calcium

There is a lot of people who drink cow milk because it has calcium and helps to avoid the bone mass lose. Goat milk also has high calcium levels, amino acid tryptophan and less side effects than cow milk. It is just one of the diverse food rich in calcium.

8. Very nutritious

In naturopathic medicine, goats are sodium bio-organic animals. They are also related to robustness, flexibility and vitality. Bio-organic sodium is an important element to maintain the joints movement and agility. Goat milk, traditionally, has been used in medicinal cultures to feed and regenerate the nervous system. Cow milk is also very nutrient-dense. It has 35% of its calcium's daily needs in just one cup. Because of its extremely high riboflavin, just one cup of goat milk offers 20% of its daily needs. It adds large amounts of phosphorus, vitamin B12, protein and potassium. In fact, Gandhi restores his health after extremely large fasting periods with goat whole milk.

Less toxic than cow milk

Cow milk is full of bovine growth hormone and bovine somatotropin, a hormone that is specific to increase milk's production in non a natural way. Goats are not treated with these substances. Since goat milk is not produced within the mass agriculture, it is more nutritious and less toxic. There is an unresolved debate.

DAIRY COW PRODUCTS

The so-called “macronutrients” group is composed of fats, carbohydrates and proteins. Proteins are important for development, growth, and for muscles and tissues repair.

One of the main biological value protein sources is cow milk. One of the benefits of milk is that the components of its proteins (amino acids) are easier digestible than other foods, which makes easy the organism's capacity to incorporate and benefit from them.

Cow milk's protein is consisting of 80% casein, 19% whey proteins and 1% enzymes. In this composition resides the secrets of the benefits that can be founded when you drink it.

For example, casein is a slowly digested protein that produces feeling of fullness and it adheres to calcium helping this mineral's absorption. In addition, it helps in muscle health avoiding that the organism feeds from its own tissue. It also helps athletes to have a better recovery from their training routines.

Whey proteins is another key component. It is the second protein with the biggest biological value from all the known proteins (the first one is albumin and it can be founded in eggs). Its numerous properties are fast absorption, reduces blood pressure, fortifies the immune system, improves the serotonin levels in the brain and has antioxidant, antiviral and antibacterial properties. It is also important to improve sports performance because it is the protein that take care of muscle gain and lose of fat.

Silvina Tasat emphasize other milk's preventive factor: “Its proteins supply helps prevent sarcopenia or the loss of muscle mass associated to adults after their 40 years old.”

To sum up, protein milk's benefits are:

- Helps with calcium's absorption
- Helps muscular regeneration
- Reduces blood pressure
- Fortifies immune system
- mproves serotonin levels in the brain
- Has antioxidant properties
- Prevents sarcopenia (loss of muscle mass)

Truths and myths

In recent years there has been an open debate due to the emergence of the so-called “alternative milks” (like soy, millet and sunflower milk). Is it necessary to keep drinking milk after breastfeeding?

Milk has calcium which is perfect in the development stage of the bones during growth.

Alternative milks: “It is a misconception because they are not milking, they are juices made of other products”. The only milk recognized by international organisms (FAO/WHO) is cow milk. It is recommended to intake it at least three daily rations as milk, yoghurt or dairies like cheese”.

Milk and hydration: “A lot of studies have demonstrated that milk is more effective to hydrate the body after doing sports than any other industrial isotonic drink and even, more effective than water”.

When we talk about nutrition and health, we need to consider the importance of a balanced diet plan that includes dairies, meats, legumes, fruits, cereals and eggs and regular physical activity to achieve a healthy life style.

DAIRY BUFFALO PRODUCTS

Buffalo milk has: 0% of lactose, a 58% more of calcium, a 40% more of protein and a 43% less of cholesterol than cow milk.

- It has a delicious and intense taste that it stays in the taste buds for a long time. It is a source rich in iron, phosphorus, vitamin A and has high levels of the natural antioxidant “tocopherol”. It is a good substitute for those who have an intolerance to the cow milk's protein (lactose).

DAIRY SHEEP PRODUCTS

Sheep dairies are foods with an important nutritional intake as they have calcium, saturated fatty acids, sodium, fat, phosphorus, monounsaturated fatty acids, proteins, calories, vitamin B2, zinc, iodine, vitamin B3, retinol, cholesterol and vitamin A. It also has polyunsaturated fatty acids, water, magnesium, vitamin B9 (folic acid), vitamin B12, vitamin B6, vitamin E, selenium, potassium, iron, vitamin D, carbohydrates, vitamin C and carotenoids.

CURD

Curd is a dairy product with a creamy texture and made with coagulated milk obtained by rennet. It is a typical dessert from Navarra and representative from the North of Spain's gastronomy.

Rennet is a substance founded in the stomach of ruminant mammals. It mainly contains the enzyme called renin that produce the coagulated milk, as it happens

In the process of cheese production. However, in this product it is not produced the serum separation (liquid milk phase, water, whey proteins and carbohydrate).

Traditionally, it was produced with warmed up sheep milk and then stones were removed from the fire and introduced in the product giving it a toasted flavour.

There are two groups of curd: one is obtained in a natural or spontaneous way and the other obtained by coagulation.

When we leave to stand the freshly milked milk, milk's components are parted spontaneously into cream or film, serum and curd. It barely has film or serum and it is quite rich in milk proteins (caseins) and minerals like calcium.

The coagulation curd, more consumed, is obtained by the rennet addition (renin) to the cow or sheep's pasteurized milk at 35°C and then leave it to stand for half an hour. It contains all milk's components.

Its nutritive value is very similar to its origin milk. It contains in 100 gr: good high biological value proteins (6 gr), also saturated fat if it comes from whole milk (if is sheep milk it will have double the fat), good carbohydrates of easy assimilation (9 gr) like lactose or milk sugar, calcium (200 mg), vitamin A (50 mcg), B2 (0,2 mg), vitamin D (0,1 mcg), and 110 calories for 100 gr.

Traditionally is elaborated in a ceramic or clay bowl called "kaiku".

KEPHIR

Kephir or búlgaros is a combination of probiotic bacteria and yeast in a proteins, lipids and sugars' matrix. Its nodes have a similar appearance to cauliflower but softer and jellied. They are wrapped in a polysaccharide matrix called kefiran. The principle microorganisms in kephir are the lactobacillus acidophilus bacteria and yeast (single-celled fungus/unicellular organism).

There are three groups of kephir: milk, water and tea or Kombucha (lightly effervescent fermented drink). There are some people saying that water kephir is better than milk kephir. Although, the most widely known is milk kephir. The three groups of kephir are the same, with the same microflora, but they are adapted to different habitats: therefore, the benefits they bring us are the same.

Milk kephir ferments milk by a lacto-alcoholic reaction. The lactose of the milk turns into lactic acid and it produces carbon dioxide and alcohol.

CHEESE

Cheese is a dairy product obtained by milk's coagulation. During the process it is obtain, on one side we have serum and on the other curd. Curd can follow different process based on the kind of cheese elaboration. There are three fundamental ingredients in cheese elaboration:

Milk: cheese is nothing more than highly concentrated milk, from which the water is been removed. That is why, milk's characteristics will define, mostly, cheese's characteristics too.

Curd: it comes from the forth stomach (or curd) of a very young calf. It contains chymosin, an enzyme that allows the kappa-casein (responsible of keeping the casein's micelles separated in the milk) to inactivate. Casein molecules, main milk's protein, are grouped in structures called micelles. When curd reacts, the casein's micelles grouped and form the curded milk.

Microorganisms: the bacteria and fungi are the ones who will give to each cheese their own characteristics because they modified the proteins and fats of milk, giving rise to new compounds with characteristic flavours and scents. There is a wide variety; from initiators bacteria, being usually lactic acid bacteria responsible for milk and flavour of a mayor part of semi hard cheese's acidification; to propionic bacteria responsible for the cheese's holes like gruyere, or the blue moulds in Roquefort and the white moulds in Camembert.

Cheese is a high nutritive and gastronomic value food, easy to incorporate to your diet. Its energy value will depend, essentially, on its fats content, whom will depend also on the kind of milk is the cheese been elaborated (whole, semi-skimmed or skimmed) and the serum content. If is a higher serum content, there will be less fats and nutrients content, and vice versa.

Proteins presence is highly variable, going from 8% in fresh cheese to 40% in hard pressed cheese.

Regarding to vitamins, cheese is a good source of water-soluble vitamins like B1 and B2, as well as fat-soluble vitamins A and D, which content will depend on the high or low presence of fat. Calcium and phosphorus are also important in cheese's nutritional composition.

COTTAGE CHEESE

Cottage cheese is a dairy product with a delicate and soft flavour. It can be ingested all alone, with other foods (salad, vegetables, toasts) or as a part of diverse sweet and savoury recipes. It is ideal to lighten desserts that are made with cheese or cream because it reduced the calories on the recipe.

Cottage cheese is a dairy product obtained by the cheese fermented serum. This serum is heated at 90°C, so the proteins form a buttery mass of whitish soft consistency. Originally, cottage cheese was elaborated with goat or sheep milk serum, but today, it is elaborated, mostly, with cow milk serum. As a dairy product is considered a food rich in proteins (9,9 gr/100 gr). It has four times more proteins than the same amount of milk and double than a yogurt. It is rich in lactoglobulin and lactalbumin, being of high biological value and, even, of higher nutritional quality than other dairies like casein. This is because cottage cheese has a higher quantity of serum proteins (whey proteins), that gather all the essential amino acids.

Cottage cheese is suitable for a low calorie and fats diets.

Fat content is smaller than most cheeses because it adds 7,3 g for 100 gr, half of the same portion of fresh cheese and five times less than a hard cheese, a goat cheese, a Roquefort or a Cabrales cheese. Thus, cottage cheese is a food suitable for low calories, fats and cholesterol diet, as well as in a person with a delicate stomach diet because is easy to digest. Mineral content: calcium (591mg/100g) five times more than in the same milk proportion, phosphorus (329 mg/100 g) and potassium (111 mg/100 g). Between its vitamins, stands out vitamin A (100 mg/100 g), B12 and, in discrete proportions the rest of vitamins from group B (B1, B2 and folic acid).

YOGURT

Yogurt, yoghurt or yoghurt, there is an orthographic hesitation about the writing of the word yogurt. The term recommended is yogurt that comes from the French word *yogourt*, which in turn, it comes from the Turkish term *yogurt*.

It is thought that the Thracians that lived in Bulgaria were the first to obtain yogurt. Although, yogurt was introduced in all the Balkans from Turkey. However, at the bottom of Moncayo (Soria), in the 5th century settlement “El Solejón”, clay jars containing lactobacilli and rest of cereals were found. It can be assumed that, 25 centuries ago, yogurt was been consumed.

Several ancient settlements used wineskin made with goat’s skin to carry liquids like water and milk. There is a wide extended theory that yogurt was made unintentionally while milk was carried in a wineskin were lived *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, the responsible bacteria for milk’s fermentation that turns into yogurt.

According to the Health World Organization yogurt is “coagulated milk obtained by acid lactic fermentation due to *Lactobacillus bulgaricus* and *Streptococcus thermophilus* which have a minimum of 100 million alive microorganisms per yogurt gram”. Active bifidum or the *L. casei* immunitass are not yogurts. Although they also increase the capacity of the defensive system or the acid resistance.

Yogurt is an acid fermented milk. For its production is used pasteurized, whole or skimmed milk of sheep, buffalo, goat, mare or cow. To this milk selected *Lactobacillus bulgaricus* and *Streptococcus thermophilus* crops are introduced.

Metchnikoff, who received the Nobel prize in 1908, was the first scientist who show that the yogurt has bacteria capable of turn the sugar of the milk (lactose) in lactic acid. This acid made impossible to harmful bacteria to develop in the bowel coming from decompose foods. He also discovered the huge amount of vitamins group B on the yogurt, while also keeping the milk’s calcium.

According to the actual Spanish legislation (Norma de Calidad BOE 18-2-2003) it can only be denominated yogurt the fermented product by two bacteria action: *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. The rest of the products that has other bacteria like bifidobacterial or *Lactobacillus* are fermented milks.

Yogurt is made by pasteurized and homogenized milk, cow milk normally, introducing bacteria or microorganisms when its temperature is between 40-45°C. This way, the nutritive components are changed and lactose, sugar’s milk, is transformed in lactic acid, causing adification, which makes milk’s proteins coagulate.

Proteins and fats also transform in simpler and easier substances to be digested by the organism. It is rich in calcium and vitamins group B. Yogurt is a food that unifies the nutritive qualities of milk and cheese. Yogurt has the advantage that its proteins are easier to digest than milk.

DIFFERENCES BETWEEN YOGURT, KEPHIR, KUMIS, ACTIV BIFIDUS AND LACTOBACILLUS CASEI

Yogurt, kephir and kumis are fermented milks. Yogurt is an acid fermented milk while kephir and kumis are acid alcoholic fermented milks. Active bifidus is a strain of bifidobacterial and *L. casei* immunitass, a lactobacillus.

Kephir is a group of acid-alcoholic fermented milk whom fermenting agents are kephir grains (jelly particles). Unlike yogurt, kephir can be drink because is liquid, vibrant and slightly alcoholic.

It is a very nutritive food highly recommended for anaemias and it is used as the yogurt for several intestinal disorders. Kumis is also part of this family of acid-alcoholic fermented milks. It is said that Genghis Khan, the famous Mongolian warrior from the 12 centuries, fed his invincible army with “Kumis”, a slightly alcoholic group of fermented milk that taste close to beer and that, nowadays, it is very valued in Russian sanatoria to fight tuberculosis.

Fermentation last between 6 and 23 hours. When there are riched the acidity and organoleptic characteristics that are wished, the clot is homogenised and put in sterile containers.

BIFIDUS AND L. CASEI IMMUNITASS

Active bifidum is a strain of bifidobacterial that has been on the market for a few years and is added to some fermented milks and drinks, for example, juices.

However, *L. casei* immunitass is a lactobacillus that can be found in man’s intestinal flora and that it is also been commercialized these past years to be added ready products.



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LEGUMES

LEGUMES

According to FAO, legumes are a group of plant from the Leguminosae that are harvest only to obtain the dry seed (beans, lentils, chickpeas). This does not include green crops like peas or green beans or those that are harvested to oil extraction like soy or peanut.

The Food Spanish Code also distinguished between dry legumes (the healthy, clean, dry seeds that are separated from the pod, coming from the Leguminosae family) and the fresh legumes (fruits and seeds from Leguminosae), which are considered vegetables.

These foods have a high proteins content, even higher than meet. Between the legumes more eaten in our country, chickpeas have 19% of proteins, lentils 24%, white beans 21% and pinto beans 24%. Soy, that has been consumed in different ways for a while by western countries, has 35% of proteins. Beef tenderloin has only 20% protein for example.

This is due to the symbiosis of the plant through the roots with rhizobium bacteria that is on the ground. These microorganisms transform air's nitrogen so the plant can use it to synthesize amino acids, the protein's structural unit.

But the protein's quantity is not the only important thing. Its quality (determined by its amino acids composition and digestibility) is fundamental for our benefit. It is a high-quality protein when it has all the essential amino acids (those who cannot be produced by our body it self.)

Legumes' protein has been considered of worst quality than animal's protein, except for soy, because they have a methionine deficit, an essential amino acid. That is why, traditionally is been serve with cereals, like rice because it does have that amino acid. Anyways, methionine is in other foods and its deficit is not a problem when you are choosing legumes with protein source.

Besides proteins, legumes have other nutritive sources. They are rich in fibre: lentils have more than 11%, chickpeas 15%, white beans 23% and pinto beans 25%.

Besides, adds vitamin group B (thiamine, niacin, B6 y folic acid), and minerals like calcium, magnesium, potassium, zinc, phosphorus and iron.

Except for soy and peanut, legumes have a low-fat content, around 3%, most of it being polyunsaturated and monounsaturated fatty acids.

Legumes are not gaining weight foods. This is only truth if is serve with other caloric ingredients like meet, bacon or sausages.

Legumes by themselves are highly recommended foods and an exceptional nutrient source.

It is one of the few products that have different names, all with equally importance. Dried beans or just beans are present in the gastronomy of the new and old continent. It is true that there are some native varieties in the Mediterranean basin, but they are introduced in Europe through Spain because

of America's discover. At first, they were used to feed the livestock. But, slowly, they were introduced in our traditional kitchen till they became the protagonists of a bunch of courses.

Most of the beans that are cultivated in Spain came from America. It came from the botanical family "Phaseolus". However, it existed a native variety in the Mediterranean basin. It is the bean called "carilla", that comes from the botanical family "Vigna", not from "Phaseolus".

In ancient Rome, under the name "Phaseolus" were called the elongated legumes. This term turns as "fesol" and "fesolet" in Catalan. Dried beans weren't very popular, unlike lentils and chickpeas that were very successful, and there is no trace of them in the archaeological excavations on the Mediterranean basin.

In America is completely different, here there are multiple archaeological excavations that prove that beans were one of the main protein's source for indigenous people. Before America's discover, Arabians had beans in some cultivation areas, as we can see with the continued existence of the Arabic name "al-lubiya".

Its expansion and consolidation in European kitchens happen only after America's discover. Frijoles, most common term used in America to refer to dried beans, arrived in Spain in the 16th century. Then, they pass from our country to Italy and France.

Beans' varieties

Beans family is numerous and has relatives around the world. It is estimated to have more than 300 varieties between white, red, black, cinnamon or pinto beans. In Spain there are three areas with designation of origin. We are talking about the Asturian Faba (and the Granja Asturiana variety), beans from El Barco de Ávila that protect a few white and purple varieties and La Bañeza (León). In the Basque Country, the Gernika and Tolosa beans have the seal of quality.

Beans' artisan conserves are totally guarantee. It is better the ones pack in cans because it conserves better from sun light and humidity. There are sterilized products without preservatives or colourants, so they don't have any food additives. This is indicated in the label with the naming E-XXX. It also necessary to indicate the group of oil and the percentages used. Another characteristic of artisan conserve is that the geographic origin of the products or ingredients used is indicated.

ALTRAMUCES

Altramuces are from Leguminosae family and are relatives from lentils, beans, broad beans, chickpeas. They are the seed of a plant called *lupin*.

Its properties and benefits are numerous because is a vegetable food rich in proteins and adds fibre, vitamins group B and essential minerals.

Eating altramuces adds nutritional value so it can turn into an easy snack to eat, fast to prepare and healthy to your diet.

-In 100 gr of altramuces there are, 26 gr of protein, 5 gr of fibre, 16 gr of CHO y 4.5 gr of fat. It gives you huge amount of vitamin B1 which are necessary for the metabolism of carbohydrate, fats and

the upkeep of the nervous system's function. In addition, it provides the 25% of the dairy amount of folic acid and has zinc and magnesium.

Altramuces are not fattening. It is beneficial for your digestion and intestinal mobility. According to doctor Regina Belski from La Trobe University of Melbourne in Australia, even altramuces by their selves could be considered "functional foods".

Dry altramuces are one of the legumes that add less fats and within the different groups of fats, we should also mention that there are unsaturated fats, good for the arteries and the heart. It has a high level of fibre, so, despite its benefits, you should it them in moderation. Finally, we should take into account that some people could be allergic.

WHITE BEANS

White beans offer us beneficial properties.

1. It helps you lose weight: White beans are low in calories. In addition, they block the intake of carbohydrate in the organism.
2. It regulates blood sugars: White beans help you maintain a normal level of blood sugar thanks to its inhibitors of alpha-amylase. Due to its high fibre content it helps reduce the risk of developing diabetes.
3. It helps maintaining the numbers of blood cholesterol. Fibre and the alpha-amylase blocker have benefits for the heart and can act as triglycerides reducer.
4. It protects skin: White beans are antioxidant and protect against the photo-aging by sun exposure due to an acid that they have. That doesn't mean that we can expose to the sun without solar protection after eating a dish of beans.



BLACK BEANS

Black beans are different from the green beans. The first ones have an oval shape and a bright black which makes this legume very characteristic. There are rich in fibre which is ideal for preventing constipation and reduce the levels of cholesterol. There are also rich in some antioxidant components named anthocyanin and flavonoids that are capable of prevent clods and cancer. We can also highlight its high folic acid content, minerals (specially potassium and magnesium) and vitamins (specially vitamin B1).

PINTO BEANS

Pinto beans are different from green beans and white beans not only on shape and appearance but also because they have different properties and benefits from nutritional and dietetic point of view.

In fact, unlike the beans that we have mentioned before, pinto beans have toxic substances that can cause harm to a person if they are not cooked for at least 10 minutes. If it is not cooked, it can cause stomach troubles, diarrhoeas and vomits.

From a nutritional point of view, unlike white or black beans, pinto beans have a high content of iron, an ideal mineral that can prevent anaemia, so they are highly recommended to women with the menstruation.

Due to its high zinc content, it is an ideal legume not only for strengthen defences, but also to strengthen the immune system and even enhance and maintain fertility.

Just like black beans, they are especially rich in fibre, so it is a good food to quench your appetite, prevent constipation and colon cancer and regulate the liberation of insulin in diabetic people.

CHICKPEAS

Chickpeas, which typical Spanish dish is “el cocido”, have important properties.

1. High proteins source: Its high protein content made it perfect for those who are vegetarian and want to make sure that they have the appropriate nutrients in their organism coming from a plant source.

However, chickpeas’ proteins are not “complete”, in other words, it should not be your only proteins source.

2. Fights chronic diseases: Another benefit from the chickpeas is its high antioxidant content including: Polyphenols, phytonutrients, beta-carotene and vitamins (A, group B, C, D, E and K)

This helps you to reduce your body’s oxidative stress and to prevent chronic diseases produced by free radicals.

3. It reduces digestive issues: We could say that digestion is your health’s body starting point.

Thanks to its high fibre levels, chickpeas’ digestion benefits are to maintain regular movements, to

erase cramps, to reduce abdominal distention and constipation and to help the body to absorb all the food nutrients.

5. It controls diabetes: Another chickpeas' benefit is the capacity of regulate blood sugar. This is important for everybody, not only for those who suffer diabetes. If you don't suffer from diabetes, chickpeas control the levels of insulin in blood. If you already have diabetes, chickpeas allow you to keep it under control. The best part is that thanks to its texture, it can be consumed as a substitute of other high caloric food.

6. Loss of weight: Thanks to its high density of nutrients and combined with its high dietary fibre content and its low caloric value it can help you lose weight. Fibre helps your body to feel satisfied for a longer time. On the other hand, the mix of nutrients and minerals keep your body energetic, active and eliminates fatigue.

7. Prevention of osteoporosis: Strong bones. Minerals concentrated in chickpeas may include iron, phosphorus, magnesium, copper and zinc.

Cardiovascular health: Your cardiovascular health is improved by the chickpeas' benefits in two different ways. First, its high soluble fibre levels allow the elimination of cholesterol and provide a new balance. This helps with the prevention of arteriosclerosis, heart attacks and stroke. On the other hand, chickpeas only have omega-3 fatty acids. As you know, they are polyunsaturated fats that helps your body protect the heart.

We should consider not only its benefits. Chickpeas also have a component named purine. The body decomposes these purines in uric acid. So, if you have medical issues like kidney stones, gallbladder stone attacks or gout, you should avoid chickpeas.

LENTILS

Lentils are legumes whose crop started more than 8.000 year ago.

It is one of the most consumed legumes on the planet. It is originally from the Middle East. Nowadays it is consumed all around the world: it is popular, nutritive and cheap and that makes it one of the stars in any diet. There are a lot of varieties, so we don't get tired of them: Castilian lentil, Pardina, Le Puy green lentil, red, beluga, etc...

All lentils have a high nutritive value. Is important to highlight its contribution of carbohydrates, proteins, iron, zinc, magnesium, sodium, potassium, selenium, calcium and vitamins, specially group B like B2, B3, B6, B9 (folic acid), vitamin A and vitamin E. Besides it is a great source of phosphorus, manganese and fibre, very important to facilitate intestinal transit and avoid constipation. Lentils and other legumes low fat proteins content are very important for our organism not only from the nutritional point view, but because, alongside its high fibre content and satiating potential, it is a very healthy and affordable option.

MICOLOGY AND TRUFFLE CULTURE

BLACK TRUFFLE

Truffles are subterranean fungi with a high gastronomic and economic value that grow next to the roots of some deciduous trees, mostly holm oaks, oaks and chestnuts. The tree and the fungus make a symbiosis named mycorrhiza beneficial for both parts. In Europe exists around 40 species being the black truffle (*Tuber melanosporum*) the most appreciate. Only a few are eatable and.

In fact, is one of the stars products within the current haute cuisine. These fungi are characteristic for its dark colour and its small potato-shape.

Well known for many centuries because its unique scent, it is considered the “black diamond” of the Spanish mountains. There are limited and highly demanded, due to its high gastronomic value, that is why they are so coveted and expensive.

Truffles have a similar nutritional content than mushrooms. Truffle is a food rich in minerals, mostly potassium, phosphorus, iodine, selenium, iron, calcium, magnesium and sulphur. When it comes to vitamins, we can highlight vitamin C and vitamins group B (mostly B2, B3 and B9 - lactic acid -).

It has a low quantity of carbohydrates, practically does not have fats, it has high quantity of water and have between 50 and 90 Kcal for 100 gr. When it comes to carbohydrate content, the white truffle is lighter. Truffles also add fibre and vegetable proteins (black truffle more than white truffle).

All truffles are different, there aren't two with the same taste. The group of trees where it develops, the land, the weather and the amount of rains are influential factors.

Black truffle. *Tuber nigrum*: Also named black truffle o Perigor, the most common in Spain and France. It is black or purple-grey, with an irregular shape, like a lump of coal. It has a very thin skin covered with warts. Its meat is compact, more whitish near the skin, greyish at the centre and ends in a purplish brown. It is characteristic its strong hot scent and its pleasant although a little bitter taste. *Tuber brumale* Vitt variety is also a black truffle very similar to the one mentioned before but has a less quality and price. It is recollected alongside black truffle on the Spanish forests. It is well known as *Tuber Melanosporum*.

White truffle. *Tuber magnatum*, *Tuber album*: There are well known as white truffles from Italy, where there are a lot. They can reach high prices on the market, between 2.000 and 3.000 euros per kilo, mostly the *Tuber magnatum* variety. They can weigh between 40 and 300 gr. They have irregular shapes, a thin velvety skin with a pale, whitish or yellowish ochre on the inside and a very distinct intense scent. It is considered the top of the gastronomy according to the connoisseurs. Its growing season is very short and depends on the weather, normally growing between the end of summer and the onset of winter.

Summer truffle. *Tuber aestivum* Vitt: Summer truffle, unlike the other two, has a growing season that goes through all summer thill early autumn. This fungus has a round irregular shape and it is covered with angular pyramid-shaped warts, different form others.

It has a blackish-brown colour and compact meat, an intense and aromatic scent and an unusual taste that reminds to nuts. Summer truffle is a high-quality product and it can be used in the same way that the other two. The only different with the other two is that it can be sold off season, almost throughout the whole year candied with some liquor or with its own juice. Its price is not even closed to the other two. There are other high-quality species that can be marketed like: *Tuber mesentericum* Vitt., *Tuber albidum* Pico, *Tuber uncinatum* Chatin, etc.

Soria is a region rich in *Tuber Melanosporum*.

MUSHROOMS

Mushrooms are a very special food that attract attention due to their varieties of shapes, colours and scents. This awakes the enthusiasm of the amateurs and gourmets. It is the edible part of fungi that surface on the ground or plant debris on forest or country parts in certain seasons of the year.

Mushrooms are foods with a low caloric content, only having 20 calories per 100 gr thanks to their high-water content. They have ergosterol and a good amount of vitamins group B, specifically, vitamins B2 and B3. They are source of some minerals like iodine, potassium and phosphorus.

There are a great number of edible mushrooms, so in this part we are going to describe some of the ones with the highest gastronomic value, depending on the quantity and quality of them in the region of Soria.

Lepiota procera (Parasol o Galamperna). *Macrolepiota procera*: whitish meat with a delicate pleasant taste that remembers to hazelnut. It grows in groups in meadows, in the border of hardwood forest and mixed forest and hardly ever in conifers. It shows in summer and autumn. It has a good edibility.

Champignon. *Agaricus arvensis*: also known as snowball. We can distinguish two groups of species: wild (*campestri*) and cultivated (*bisporus*). The wild mushroom has a white colour, occasionally with scales on the centre of the hat. They can be founded on meadows, and generally, wherever there has a huge amount of organic matter like slurry. The cultivated mushroom has a hat with brownish scales.

Chanterelle. *Cantharellus cibarius*: white yellowish meat with a fruity scent and delicate flavour. It appears in groups in hardwood forest and conifers between summer and autumns months. It has an excellent edibility.

Dark cep or bronze bolete. *Boletus Aereus*: its hat is brown-blackish and its meat white with a pleasant and soft scent and flavour. It grows in groups isolated in hardwoods forests, especially in the Mediterranean area. It shows in summer and autumn and is an excellent edible.

Penny bun, cep, porcino or porcini. *Boletus edulis*. Its hat is sticky with the humidity. It has shades of brown and its spores are between yellowish and olive green. Its meat is white and purplish under the cuticle that covers the hat.

It has a pleasant scent and flavour that reminds of the nut. It grows in groups isolated in hardwood forests and conifers. It shows in summer and autumn and is an excellent edible.

Saffron milk cap *Lactarius deliciosus*: It is one of the most sought edible fungi because of its meat quality and abundance. Its orangish and is covered by a whitish floury matter with darker brown-reddish zones that, over the years turned into green. The meat is white at first, but then turned into yellow-greenish. It is hard and brittle, and it secretes a sweet “milk” of bright orange colour that turns green in contact with the air. It is common to see it in wet areas, pine forests, throughout summer and winter. It has a fruity scent and excellent flavour; however, it is much more appreciated the “*Lactarius sanglifusus*” or bloody milk cap.

Green-cracking russula, quilted green russula or green brittlegill. *Russula virescens*. Its hat is a pale cracked green, mostly in the border, over a whitish background. Its meat is white and brittle that tends to turn into ochre, with an odourless and delicate flavour. It shows in groups on the hardwood forests, generally, in warm regions and in summer, however, it depends on the zones. It is a great edible.

King trumpet mushroom. *Pleurotus eryngii*: it is one of the most delicious mushrooms and suitable for all kind of dishes. Its meat is white, its scent is musty and its flavour delicate. It shows in groups in summer and autumn.

Poplar mushroom. *Agrocybe Aegerita*: it is fleshy, viscous, light yellow which, as it ages, is covered with an irregular film of ashy shade. Its flesh is compact, fragile, yellowish white, with a pleasant taste and smell. It is a very common species that grows in tree trunks, mostly in death or old poplar, but also in willows, elderberries or other species’ trunks. It is quite common in Southern Europe. It grows in spring and autumn and its edibility is good.

Caesar’s mushroom. *Amanita Caesarea*: As we can see by its name, it was the favourite mushrooms between the Caesars and Roman emperors. It appears in groups in hardwoods forests, especially in Mediterranean areas, in summer and autumn. It is a great edible. It can be eaten raw with a little bit of oil, salt and lemon. Its hat is reddish and its flesh compact and yellowish inside a very visible membranous volva.

St. George’s mushroom. *Calocybe gambosa*: it appears very early in spring. It has a white cream hat. In some subspecies its hat is bread crust colour, in other words, a soft light brown. Its flesh is white, firm, compact and at the same time yielding, with a soft scent that remains to fresh flour. This delicious species grows in April-May at grasslands where it draws beautiful circles in the forests’ borders. It also grows in harvest residues and orchards, always in calcareous terrains. It is considered the best edible of all.

Morels. *Morchella esculenta*, var. *Esculenta*: as we can see for its name, its hat looks like a hive. Its flesh is elastic, fragile, with, odourless or soft scent and delicate flavour. It shows in groups in the forests, generally, under ash trees, along the streams, on the riversides, on the marine coastal, in spring. You cannot eat it raw because it can be toxic. It is a great edible.

PASTA. RICE. CEREALS

RICE

This cereal is one of the most important basics for a huge majority of the population, especially in the East, South, South East Asia, the Middle East, Latin America and Antilles. Rice is the second most produced grain around the world, after corn. Chinese eat rice three times a day, even for breakfast.

Rice is a very nutritive food. It is vital to improve health. Plus, it is an instant source of energy for the body. It is good not only for the skin, but also for the maintenance of the levels of blood sugar. These are the different benefits of rice for health:

Great source of energy high nutritive value and free of cholesterol.

Both white and brown rice have a unique nutritional value. White rice has minerals like calcium and iron. It is also rich in vitamins like niacin, vitamin D, thiamine and riboflavin.

Brown rice is a great source of fibre and, therefore, improves digestion. Rice has a very low saturated fats and cholesterol quantity; hence, it is a healthy food for the heart. Due to its high nutritional content, it is used in kitchens around the world.

Although brown rice is free of gluten, it can be contaminated by it through the manufacturing process. Read carefully the nutritional information label when you buy a new brown rice brand or contact directly with the manufacturer to make sure the product is fully free of gluten.

Rice is highly recommended for those who want to lose weight. A diet based on rice is a low carbohydrate and fats diet and, therefore, perfect for those who want to lose weight.

Diuretic and digestive: Its high fibre content increase the regularity of bowel movement and prevent constipation.

PASTA

We can find pasta between the cereal's category in our daily store or supermarket.

The pasta nutrients' proportions can change depending on the group and quantity of the food, besides other factors that can intervene in the nutrients' modification. Remember depending on pasta's elaboration, its nutritional properties and characteristic can change.

Pasta helps to decrease glycaemic index on a meal. It can be beneficial for those suffering from diabetes. Foods based on cereals (especially the whole grain varieties)

with a low glycaemic index like pasta or oatmeal, are perfect for those suffering from diabetes. In 2002, Finnish researchers found the intake of carbohydrates based on pasta and rye bread could reduce the risk of suffering type 2 diabetes.

Several studies show that the Mediterranean diet, in which pasta is the cornerstone, could reduce the risk of developing Alzheimer or, at least, delay the appearance of the disease. Researchers also found that life expectancy for those that develop Alzheimer's disease could be higher if they follow a Mediterranean diet.

Pasta could help to maintain or lose weight. It doesn't exist significant differences on lose weight between the low carbohydrate diets and the conventional diets. Studies said that lose weight is sue to a reduction of calories not carbohydrate.

Pasta does not lead to abdominal obesity. Eating vegetable oil, pasta and low-fat milk is linked to a healthier body fat distribution. It also prevents the accumulation of fat on the hips and around the waist.

Pasta does not cause addiction. The result of the study that annualized the long-term changes of food addiction related with diets with caloric foods restrictions suggest that the anxiety that suffer those that did these diets was actually caused by the lack of calories and not the foods rich in carbohydrates like pasta. This is a wrong idea, but is wide spread. What is more, this idea is commonly known as "carbohydrates addiction". It should be renamed as calories addiction.

We can find in the market a broad range of whole grain pasta, 100% wheat gluten free. Some manufacturers have created groups of pasta where they mix the traditional semolina refined flour with wholegrain ingredients.

Pasta is a food rich in carbohydrate because 100 gr of this product has 70.9 gr of carbohydrate.



FISH. SEAFOOD

POLLACK

Pollack is a marine fish belonging to the cod family. In some areas it is also incorrectly named as cod. Pollack is a white fish whose meat is good, although of lower quality than cod meat, which often leads being sold as cod.

It is characterized by its low-fat content and by its composition in omega 3. It also adds high biological value proteins and minerals like phosphorus and iodine. In lesser extent, it adds magnesium and potassium. It is not very rich in vitamins, only has vitamins B1, B3, B6, B12 and folic acid.

CLAMS

Although they are delicious and easily distinguished by their characteristic and striking appearance, clams basically consist of bivalve molluscs that have two shells, which are joined by a filament that makes it possible to open and close them.

On the one hand it is an ideal food in weight loss diets for its low-fat content, highlighting also its high content of minerals and vitamins (especially B vitamins like B12). In terms of mineral content, iron, potassium, selenium and calcium stand out. When we talk about iron, 100 grams of clams provide the recommended daily amount of iron. Thanks precisely to its high iron content, its consumption is recommended for people suffering from anaemia, especially women who are menstruating.



ANCHOVIES

The meat of the anchovy, of strong and aromatic flavour, is very rich in proteins and fats. Contains 12% fat with all the benefits of oily fish. Its meat has low carbohydrates and stores iron, sodium, potassium, phosphorus, calcium and vitamin A and B.

Anchovies is an exceptional food because of its good digestibility, high quality amino acids of proteins and abundant content of vitamins and mineral salts, to which must be added the high value of its very unsaturated fat.

EELS

This is an oily fish, with a fat content of 18 grams per 100 grams. Unlike oily fish, eel fat contains a low percentage of omega 3 fatty acids. However, this fish abounds in unsaturated fatty acids (mono-unsaturated and polyunsaturated) over saturated ones, so its consumption is also indicated in case of cardiac disease. However, its high fat content must be taken into account, which means a high caloric intake, higher if cooked with a lot of oil or other fatty condiments. It has high biological value proteins, although its content is not very high.

Eels also have different vitamins and minerals. Among the vitamins, some of the B group stand out, such as B1 and B2. The eels are one of the fish richest in vitamin B1, although if you compare this content with those foods rich in this vitamin such as meats, legumes or whole grains, you see that the amount of vitamin present in the eel is not outstanding. Eel is the richest fish in vitamin B2. The content of this vitamin is similar to that present in foods considered as a source of vitamin B2 such as eggs, liver or dairy products. As an oily fish, eels also have fat-soluble vitamins such as vitamins A, D and E, which accumulate in your liver and muscles. Among them, the presence of vitamins A and E stands out. In fact, the eel is the fish richest in these vitamins. If we take into account the content detected in other fish, vitamin D it is found in insignificant quantities. Eels have also minerals like potassium, phosphorus, iron, iodine and zinc.

GLASS EEL

Glass eels are an oily fish that contains 16.3 grams of protein, 15.5 grams of fat per 100 grams and no carbohydrate or sugar, providing 205 calories to the diet (x 100 gr). Its nutrients also include vitamins B3, E, A and D.

Glass eels are a food rich in vitamin E since 100 g of this fish contain 5.6 mg of vitamin E. This food also has a high amount of vitamin D of 110 ug per 100 gr.

With an amount of 1000 ug per 100 gr, eels are also one of the foods with the most vitamin A.

HERRINGS

Herring is an oily fish that contains 18.2 grams of protein, 17.8 grams of fat per 100 grams and no carbohydrate or sugar, providing 233 calories to the diet. Its nutrients also include vitamins B12, B3, B7 and A. It also contains potassium.

Herring is a food rich in vitamin D since 100 g of this fish contain 27 ug of this vitamin. This food also has a high amount of vitamin B12 of 8.5 ug per 100 gr.

TUNA

Tuna is one of the most consumed oily fish in our country. Its meat has 12% fat, which makes it a fatty fish, but it is rich in omega 3 fatty acids, which helps lower blood cholesterol and triglyceride levels and make the blood more fluid, decreasing the risk of atherosclerosis and thrombosis. For this reason, it is recommended to consume tuna and other oily fish in case of cardiovascular disease. Tuna is the common fish in the diet that has more high biological value protein content (23 gr per 100 gr), even higher than meat.

Compared to most fish, several vitamins and minerals stand out from its nutritive composition. Among the vitamins, some of group B stand out, such as B2, B3, B6, B9 and B12. The content of B12 surpasses the one found in meats, eggs and cheeses, foods that are a natural source of this vitamin. The proportion of the rest of the water-soluble vitamins stands out in tuna with respect to most fish, although the amount is not very relevant when compared to that contained in other foods rich in these nutrients as is the case of whole grains, legumes, green leafy vegetables or meats in general. These vitamins help you benefit from energy nutrients (carbohydrates, fats and protein). In addition, they are involved in various processes of great functional importance such as the formation of red blood cells, the synthesis of genetic material and the functioning of the nervous and defence system, among others.

Tuna also contains significant amounts of fat-soluble vitamins such as A and D.

Tuna is not advisable for those who suffer from hyperuricemia or gout, given its content in purines, which in the body are transformed into uric acid.

COD

Cod is a white fish and therefore has low-fat content. It stores its fat reserves preferably in the liver, used for the manufacture of fish oil. Its meat is rich in proteins of high biological value and possesses a wide variety of vitamins and minerals. Among the vitamins, some of group B stand out, such as B1, B2, B6 and B9. All of them have important functions and allow the use of energy nutrients, i.e. carbohydrates, fats and proteins. However, the content of these vitamins is not very relevant when compared to other foods rich in these nutrients (whole grains, legumes, green leafy vegetables, meats in general). Cod also has discrete amounts of vitamins D, E and A. These vitamins (like all fat-soluble

vitamins) are stored in the liver of all animals, making this organ its main source of these vitamins, especially fish. Regarding minerals, we should highlight the presence of potassium and phosphorus.

Compared to other fresh fish, cod has a high sodium content (89 milligrams per 100 grams). However, if it is compared with other foods rich in this mineral such as cheese (500-1,000 milligram per 100 gr) or canned fish (500-800 milligram per 100 gr), we can see that the amount of sodium present in cod is not relevant.

COCKLES

Like most seafood, from a nutritional point of view cockles stand out above all for their very low fat and therefore calorie intake. In fact, 100 grams of cockles provide just 1 gram of fat and 82.60 kilocalories. However, depending on the cooking method chosen and the product itself, this fat and caloric content may increase (e.g. in the case of oil or pickled cockles).

They provide a very interesting amount of proteins of high biological value or good quality, so they contain all the essential amino acids. They are also easily digestible.

FORKBEARDS

Similar qualities to hake.

BREAM

Among blue fish, sea bream is one of the leanest fishes with about 2-5 grams of fat per 100 grams of edible portion, which means its caloric value is moderate. It provides 86 calories per 100 gr of edible portion, which makes it a suitable food for people who are overweight or obese. Like other fish, sea bream is considered a good source of high biological value proteins, as well as containing other nutrients such as vitamins and minerals. Among the vitamins, some of group B stand out, such as B3, B6 and B12. The content of the first two is moderate compared to the rest of the fish, although not very relevant when compared to the content in other foods rich in these nutrients as is the case of whole grains, legumes, green leafy vegetables or meats in general. These vitamins allow the use of energy nutrients (carbohydrates, fats and proteins) and are involved in many processes of great functional importance such as the formation of sex hormones, the synthesis of genetic material and the functioning of the nervous system and defence system. Vitamin B12 is present in bream and has the same amount of this vitamin as meats, eggs and cheese. As for its mineral content, the most prominent are potassium, phosphorus, magnesium and iron, although the last one in lower quantity compared to meat.

COMMON LOBSTER

Among the foods of the category of fish and derivatives we have available in our usual store or supermarket, is the common lobster. This food belongs to the group of shellfish and derivatives.

Common lobster is a food rich in vitamin B5 because 100 gr of this product has 2.40 ug. This food also has a high amount of iodine, 100 mg per 100 gr. The abundance of iodine that can be found in this food is beneficial for our metabolism, regulating our energy level and the proper functioning of cells. In addition, the iodine of the lobster, helps to take care of us inside, regulating our cholesterol. As an iodine-rich food, it also helps to process carbohydrates, while strengthen hair, skin and nails.

Vitamin B5, or pantothenic acid, which is found abundantly in lobster, makes this food useful for fighting stress and migraines. This food vitamin B5 content is also recommendable to reduce excess cholesterol.

ALBACORE

It is an oily fish, standing out for its content in omega 3 fatty acids, a group of healthy fat which among other things helps to lower high cholesterol levels, and prevent heart disease and joint disease.

From a nutritional point of view, and given that albacore tuna is an oily fish, it stands out for being a food particularly rich in healthy fats (specifically omega 3 fatty acids).

It also adds huge quantities of vitamin group B (like vitamin B2, B3, B9 and B12), and vitamin A and D; and minerals like potassium, phosphorus, magnesium, iron and iodine.

In addition to its content in healthy fats we must also highlight the presence in interesting amounts of proteins of high biological value.

Albacore tuna is an oily fish recommended in diets to prevent cardiovascular disease, thanks to its content in omega 3 fatty acids helps reduce both cholesterol levels and triglycerides. It also helps to make the blood more fluid and prevents the formation of thrombus and clots.

It is interesting to consume this fish along with foods rich in calcium, as its vitamin D content helps improve its absorption. While vitamin A is essential for a healthy vision and improve resistance to infections.

Among its mineral content we can highlight the presence of iodine, fundamental in the proper functioning of the thyroid gland, while magnesium helps in the better functioning of muscles, nerves and intestines.

EUROPEAN ANCHOVY

Marine fish about 20 cm long, slender and elongated body, bluish or greenish on top and silvery on the belly, prominent snout and large mouth. It lives in shoal of fish and abounds in seas all around the world. Its flesh is edible.

Oily and salt water fish that has great commercial value as it is one of the most consumed fish by the population. It forms shoal of fish and normally lives more than 100 meters deep. They are an important part of the marine food chain, as they serve as a regular food for large fish. It eats plankton, molluscs, larvae and small crustaceans, thus maintaining the biological and ecological balance of the waters.

Anchovies have about 6 grams of fat per 100 grams of edible portion, although it is not one of the fattest fishes, sardines, tuna or salmon have a higher fat content. The fat present in oily fish is rich in omega 3 fatty acids, which contribute to lower levels of cholesterol and plasma triglycerides and also increase blood flow. The rich fat content of the anchovy makes it contain interesting amounts of fat-soluble vitamins such as A and D.

As far as minerals are concerned, anchovies are a good source of magnesium and iodine, and their average iron content is comparable to that of most fish. It should be noted that when anchovies are consumed whole, especially in the form of preserved anchovies, the calcium contained in their bones is used. In fact, the amount of calcium provided by 100 grams of these fish is similar to that of a glass of milk.

BROWN CRAB

When we talk about the nutritional intake, the seafood “brown crab” is a food with a huge amount of iodine, selenium, zinc, sodium, protein, cholesterol, vitamin E, vitamin B3, polyunsaturated fatty acids, vitamin B6, water and magnesium.

The rest of the nutrients present to a lesser extent in this food, ordered by relevance of their presence are: phosphorus, potassium, vitamin B2, calories, vitamin B, fat, vitamin B9, iron, calcium, monounsaturated fatty acids and saturated fatty acids.

ATLANTIC MACKEREL

Oily and salt water fish. It is one of the most popular fish in the Atlantic region and has been fished since ancient times. It has a very hydrodynamic body that makes us suspect the enormous speeds it reaches when it moves.

Mackerel belongs to oily fish because of its fat content. Specifically, 100 grams of edible portion of this fish provide 10 grams of fat.

Mackerel is also rich in omega 3 fatty acids. Among the vitamins, some of group B stand out, such as B1, B2, B3, B6 and B12.

Mackerel, because is an oily fish, also possesses liposoluble vitamins such as A, D and E, which accumulate in its viscera (liver, mainly) and in the muscle.

As for its mineral content, the most prominent are potassium, phosphorus, magnesium, iodine and iron, although the last one in lower quantity compared to meat.

RED SCORPIONFISH

Red coloured fish covered with thorns. It can weigh up to 3 kg. It is usually found at depths from 10 to 500 m, although it is possible to find them in areas with little water semi-buried in the sand. Young specimens are closer to the coast than adults.

The scorpionfish is a semi-fatty fish, its meat contains less than 4 grams of fat per 100 grams of edible portion.

It is considered a good source of high biological value proteins and has different vitamins and minerals. Among the vitamins, some of group B stand out, such as B1, B2, B3, B6.

As for minerals, highlights the presence of potassium, phosphorus and magnesium, although its content is moderate compared to other fish.

SQUID

Also called European squid or *chipirón* in some autonomous communities such as Andalusia or Asturias.

At the nutritional level, the energy intake of squid is moderate. It's rich in high biological value proteins and omega 3 polyunsaturated fatty acids. It is the cephalopod with the highest cholesterol content, so it is not recommended in people with high levels of this fat. It is rich in minerals, such as selenium, phosphorus, iodine and iron. And as for vitamins, it provides very significant amounts of vitamin B12 and vitamin E, and moderate amounts of niacin.

CRAB

Different crustaceans from the decapod's family are called crabs. In this family, characterized by having five pairs of legs, includes larger crustaceans such as lobsters, prawns and shrimp, in addition to the various forms called crabs.

SEE CRAB

The crab is a food that contains 19.50 grams of protein, 5.10 grams of fat per 100 grams and does not contain CHO, providing 124 kcalories to the diet. Its nutrients also include vitamins B3, B9, E and B4.

Crab is a food rich in zinc because 100 gr of this product has 3.80 mg. This food also has a high amount of iodine, 40 mg per 100 gr of edible portion.

The abundance of iodine that can be found in this food, is beneficial for our metabolism, regulating our energy level and the proper functioning of cells. In addition, the iodine of crabs helps us take care of us inside, regulating cholesterol. As an iodine-rich food, it also helps to process carbohydrates. while strengthen hair, skin and nails.

Its high zinc content makes it easier for our body to isolate and store insulin. As it is rich in zinc, this food also helps to fight fatigue and intervenes in the transport of vitamin A to the retina.

CRAYFISH

Crayfish are decapod crustaceans belonging to the freshwater super families Astacoidea and Parastacoidea (two of the five super families of the Astacidea infraorder). They breathe through feather-like gills and are found in water bodies that do not freeze to the bottom, abounding in streams and rivers where they can shelter from predators. Most crayfish do not tolerate contaminated water, although some species such as the invasive *Procambarus clarkii* are more resistant. They eat animals and living and death plants.

Crayfish are full of protein and don't have carbohydrate. A 150 gram portion of crayfish contains about 25 grams of protein. Crayfish is rich in minerals, like calcium, magnesium, iron and especially phosphorus and potassium. They are low in saturated fat and total fat, with a 150 gram serving containing less than 1/2 gram of saturated fat. Like some shellfish, crayfish is high in cholesterol. A 120 gram portion of crayfish contains about 200 mg. You should pay attention to this if you are on a cholesterol-restricting diet.

SNAIL

Snail offers atypical nutritional properties, a meat very low in fat (from 0.5 to 0.8%) compared with other animals such as veal or chicken (about 12%). In addition, snail meat provides few calories, 60 to 80 per 100 gr, and it is important to add that it is rich in high biological value proteins (between 12 and 16%) and provides mineral substances (approximately 1.5%).

CARP

The carp has over 5 grams fat content per 100 grams of edible portion, so it is included within the group of semi-fat fish. They provide a very interesting amount of proteins of high biological value, so they contain all the essential amino acids.

In terms of its vitamin and mineral content, carp generally have average values for these nutrients. Among the vitamins, some of the group B stand out like B2, B6 or B12. However, they are present in insignificant quantities compared to other fish.

Carp also have fat-soluble vitamins such as vitamins A, D and E, which accumulate in your liver and muscles. Vitamin A is present in outstanding quantities in relation to other fish, but this amount is negligible compared to the 1000 micrograms that have 100 gr of edible portion of eel.

As for minerals, carp have different amounts of potassium, phosphorus, magnesium and iron. Potassium and magnesium are present in average amounts, while phosphorus and iron stand out. Carp is one of the richest fishes in iron, although its value is below that contained in meats.

ATLANTIC HORSE MACKEREL

The horse mackerel belongs to the Carangidos family, order Peciformes. This fish presents different known species. Of all these, the common horse mackerel is considered to be the highest quality.

Horse mackerel is an oily fish. Specifically, 100 grams of edible portion of this fish provide 7 grams of fat. This fat, rich in omega-3 fatty acids, contributes to reducing cholesterol and triglyceride levels in the blood, reducing the risk of atherosclerosis and the risk of thrombus formation. The presence of horse mackerel and other oily fishes in the diet is recommended because, thanks to the quality of their fat, they help to reduce the risk of heart and blood vessel diseases. It is considered a good source of high biological value proteins and has different vitamins and minerals. Among the group B vitamins, B1, B2, B3 stand out, although the content of these vitamins is not very relevant when compared with other foods rich in these nutrients (whole grains, legumes, brewer's yeast, liver and meats in general). Vitamin B2 is more abundant in oily fish than in white fish and has an outstanding vitamin B3 content. Vitamin B12 is also present in extraordinary amounts and exceeds that contained in eggs, dairy products and the majority of meats. These vitamins allow the use of energy nutrients (carbohydrates, fats and proteins) and are involved in many processes of great organic importance such as the red blood cells formation, the synthesis of genetic material and the functioning of the nervous system and defence system. As a fatty fish, horse mackerel has fat-soluble vitamins A and D, especially in the liver and muscle.

ORATA

White and salt water fish. Normally they live in fish shoals in shallow water between 5 - 30 m deep. It feeds on worms, fish, crustaceans, molluscs, etc. Their teeth are so strong that a medium sized individual is able to grind oysters, clams or cockles easily.

Orata is a food rich in vitamin E since 100 gr of this fish contain 15.8 mg of this vitamin. For its high amount of vitamin E, is a beneficial food for our circulatory system. This fish also has antioxidant properties, is beneficial to eyesight and may help in the prevention or initial delay of Parkinson's disease.

It also has minerals like iron, calcium, potassium, iodine, zinc, magnesium and sodium, and has a high content of vitamin B2, B5 and B9.

BROADBILLS-SWORDFISH

Also call swordfish. Salt water fish. It lives between 200 and 800 meters deep. They live in warm waters all over the world, where the temperature is over 15°C, but they can also swim and hunt in waters around 5°C. Swordfish is aggressive and voracious, feeds on molluscs, different groups of fish and cephalopods.

Swordfish is nutritionally characterized as a semi-fat fish, which means that it is somewhere between white fish and oily fish.

In the case of swordfish, 100 grams of edible portion of this fish provide 4 grams of fat and 110 calories. They provide a very interesting amount of proteins of high biological value.

Although its amount of protein is somewhat lower compared to other fish, it does provide more vitamins (vitamin A, B3, B6, B9 and B12) and minerals (iron, phosphorus, magnesium, potassium and sodium).

On the other hand, is one of the fishes with the highest rate of mercury, so there is a risk of toxicity in its intake. Young children, women of childbearing age, pregnant women and during breastfeeding should avoid it or eat it very sparingly.

STURGEON

In terms of nutrition, sturgeon is a food that stands out for its significant contribution of vitamin B12, magnesium, selenium, sodium, vitamin D, cholesterol, iron, vitamin E, polyunsaturated fatty acids, proteins, vitamin B2, calcium, retinol, phosphorus, vitamin B3, vitamin A and water.

The rest of the nutrients present to a lesser extent in this food, ordered by relevance of their presence are: vitamin B6, calories, fat, iodine, vitamin B, potassium, monounsaturated fatty acids, saturated fatty acids, vitamin B9, zinc and carbohydrates.

FOUR-SPOT MEGRIM

White and salt water fish. It inhabits from shallow waters to depths of more than 400 m. It feeds on crustaceans, cephalopods and even smaller fish.

The megrim is a white fish, so its fat content is really low: 100 grams of this fish provide 1.9 grams of fat and only 80 kcalories, a little more than other white fish such as sole or hake.

It provides a greater amount of protein of high biological value compared to other lean fish, although in relation to its contribution in vitamins the truth is that only provides folic acid and vitamin B6. As for minerals, we can name iodine, phosphorus, sodium, potassium, magnesium and iron.

It is a fish very low in fat and calories, hence it is one of the foods recommended by dietitians in low-calorie diets that pursue the goal of reducing the level of blood fats (cholesterol and triglycerides) and lose weight.

SHRIMP

It possesses a long and developed abdomen, with a size superior to the head. It lives in sandy lands. It lives between 100 and 450 meters deep. Its meat is highly appreciated, being the two most common ways of eating them cooked or grilled with salt.

Shrimp has a high nutritional value and low fat content (even lower in white), although its concentra-

tions in cholesterol and purines are relatively high. Water represents almost 80% of its composition, and also provides our body with a remarkable amount of protein. Its mineral content is very similar to that of Norway lobsters, although the most significant contribution corresponds to iodine in the case of shrimp, and selenium in the case of Norway lobsters. Also, its vitamin load is not very high, with average amounts of vitamin B12 and B3 or niacin.

LOBSTER

The lobster stands out as one of the seafood whose meat is the lowest in fat, also surprised by being one of the healthiest “ sea products “.

As with other foods such as crabs, lobsters are especially rich in vitamins and minerals. In fact, vitamins include a high content of pantothenic acid (helps convert food into energy) and vitamin E (acts as an antioxidant helping to maintain the arteries in an optimal state).

In terms of minerals, stands out calcium (much richer than other seafood), zinc, potassium and selenium. In this sense, lobster is useful for preventing osteoporosis, as well as helping to protect and care for heart health.

Precisely because of its zinc content, is a shellfish that helps strengthen the immune system, as well as improve fertility.

Lobster is a food that contains 17.2 grams of protein, 1.3 grams of carbohydrates, 1.1 gr of fat and 1.1 gr HC per 100 grams, providing 83.9 kcalories to the diet. Its nutrients also include vitamins B3, A, B9 and B12.

PRAWNS

Lives on sandy beaches and at river mouths, from shallow waters to 100m deep. They spend most of the day buried in the sand, leaving this inactivity at night to get food. It feeds on molluscs, worms, bottom crustaceans and algae.

Prawns are especially rich in different essential nutrients, necessary for our health and for the proper functioning of our body.

On the one hand, they stand out for their very high content in proteins, which are necessary for the correct growth and development of our organism; rich in water and low in fats, carbohydrates and therefore in calories.

On the other hand, they are rich in vitamins and minerals. Among the vitamins we should highlight B3, B9, B12 and E.

Regarding its mineral content, we can highlight the presence of magnesium, selenium, sodium and iron. Provides omega 3 fatty acids, which provide interesting benefits in preventing cardiovascular disease, while reducing levels of high cholesterol and increasing LDL cholesterol. In addition, together with its magnesium content, help positively to improve and increase fertility.

SOLE

White and salt water fish. It lives on sandy or muddy bottoms, revealing only the eyes. They live at medium depth, over 100 m. and at a temperate temperature. He's a hunter who waits under the sand for his victims.

The sole is a very good quality fish both from the nutritional and gastronomic point of view. Like all white or lean contains little fat, lower protein content compared to other species, but with good contributions in some essential amino acids and, above all, minerals such as iodine, essential for the proper functioning of the thyroid gland and the development of the foetus. It also has phosphorus, potassium and magnesium.

In terms of vitamins, the most prominent are B3 or niacin and B9 or folic acid, essential for future pregnant women in the formation of the foetus and the prevention of spina bifida.

BASS

White and salt water fish. It lives on the rocky shores of sandbanks, river mouths, ports, etc. It lives at depths of 10 to 15 m and approaches the coast in the hot months. Young specimens live in relatively large shoals, while older specimens form small groups or become solitary. Insatiable devourer who attacks his prey quickly.

Sea bass is, together with cod, whiting, perch and skate, one of the leanest white fish, as it provides just 1.3 g of fat per 100 g of meat. It is considered a very nutritious food that, if cooked simply, can be a regular part of low-calorie diets. Its meat supposes an interesting contribution of omega 3 fatty acids and minerals like the phosphorus and the selenium; and in a moderate form potassium, magnesium and iron. Among the vitamins, those of group B (B12 and niacin) deserve special mention, with a higher content than other fish.

MUSSEL

Bivalve mollusc that lives forming numerous communities and colonizing great areas of rock to which they adhere through the filaments of the byssus that are in their foot. Lives shallow in tidal zone. It feeds on phytoplankton and zooplankton and water particles by filtration.

The mussel is usually eaten cooked, but also raw, like oysters. It is sold mainly live, but also in pre-served or marinated products.

Rich in amino acids with great nutritional value, 8 mussels are equivalent to 50 g. of pork, 70 of chicken, 80 of lamb, 90 of veal, 110 of ox, 100 of salmon or 175 of whole milk. It has little healthy fat, hardly any sugars, no fibre and enough cholesterol that is blocked because it contains phytosterols and unsaturated fats from the phytoplankton that serves them as food.

Also has a lot of diuretic potassium, phosphorus, sodium, calcium, iron and zinc, vitamin A, group B and large amount of folic acid, the highest of all seafood and vitamin B12.

HAKE

White and salt water fish. It is normally found at a depth of 200 m and lives in temperatures of 5°C. It feeds on smaller fish, crustaceans, squid and zooplankton.

The hake is part of the white or lean fish, with a percentage of fat below 3%, which highlights its content in omega 3 polyunsaturated fatty acids, which are currently related to the reduction of risk factors of cardiovascular disease. It has a high protein content of high biological value, is a very good source of minerals such as selenium, phosphorus, iron, potassium and magnesium. As for vitamins, vitamin B12 is still the most noteworthy (a ration of hake covers 80% of the recommended intakes for men and women aged 20 to 39 who engage in moderate physical activity), although its content is lower than in other fish.

GROUPERS

Grouper is a semi-fatty fish. Its meat contains 6 grams of fat per 100 grams of edible portion. Its protein content is not very high, although these are considered of high biological value and contain all the essential amino acids. It also has different vitamins and minerals. Among the vitamins, some of group B stand out, such as B2, B3, B6, B9 and B12. The content of these nutrients is moderate compared to other foods rich in these nutrients as is the case of whole grains, legumes, green leafy vegetables or meats in general. These vitamins, except B12, help you benefit of energy nutrients (carbohydrates, fats and protein). In addition, they are involved in various processes of great functional importance such as the formation of red blood cells, the synthesis of genetic material, the functioning of the nervous system, etc. Grouper also contains interesting amounts of vitamin E, a vitamin with an antioxidant action.

In relation to the presence of minerals stand out: potassium, phosphorus and magnesium, although the quantities in which they are found are average if compared with the content present in most of the fish.

SPOOTS

Spoots are molluscs with a moderate protein content (12%), and rather low in lipids (2%), which makes them a low-calorie food. Of its fat, the content of omega 3 polyunsaturated fatty acids stands out, being the contribution of a ration equivalent to 28% of the nutritional objectives recommended daily for these fatty acids in men, and 36% in women.

As for minerals, phosphorus has the highest content. One meal of this mollusc covers 30% of the recommended daily intakes for this nutrient (RI/day), in men and women. Secondly, iron (43% of RI/day in men and 24% in women). And thirdly, the contributions of sodium, magnesium and potassium is close to 10% of RI/day. In this sense, spoots are not recommended as a food for people on low-salt diets.

In vitamins it stands out vitamin B12 again. The contribution of a ration of the same ones is six times superior to the RI/day for this vitamin. It also adds thiamine, riboflavin, niacin, folic acid, vitamin C and vitamin D.

OYSTERS

Oyster is a food that contains 9 grams of protein, 4.8 grams of carbohydrates, 1.2 gr of fat and 1.1 gr HC per 100 grams, providing 66 kcalories to the diet. Between its nutrients also include vitamins B3, A, B12 and B7.

The impressive benefits of oysters come from their vast reserves of minerals, vitamins and organic compounds. They have high levels of zinc, protein, vitamin D, vitamin B12, iron, copper, manganese, selenium, niacin, riboflavin, thiamine, vitamin C, phosphorus, potassium and sodium. In addition, oysters are a huge source of good HDL cholesterol, antioxidants and omega 3 fatty acids.

ATLANTIC POMFRET

Pomfret is a semi-fatty fish, its meat contains 5 grams of fat per 100 grams of edible portion. Its protein content is superior to most fish. They provide a very interesting amount of proteins of high biological value because they contain all the essential amino acids. It also has different vitamins and minerals. Among the vitamins, some of the group B stand out, such as B3 and B12. It has an average content of vitamin B3 if we compare it with the amount that exists in other fish. This vitamin helps to use the energy contained in the macronutrients (carbohydrates, proteins and fats), as well as in the production of sex hormones and in the synthesis of glycogen (glucose reserve in the liver and muscle).

In pomfret, vitamin B12 is present in significant amounts. Vitamin B12 exceeds that contained in eggs, most meats and animal products.

Pomfret also has fat-soluble vitamins such as vitamins A, D and E, which accumulate in your liver and muscles. Vitamin A contributes to the maintenance, growth and repair of mucous membranes, skin and other tissues of the body. It also promotes resistance to infections and is necessary for the development of the nervous system and for night vision. It also participates in bone growth and in the production of enzymes in the liver and sex and adrenal hormones. On the other hand, vitamin D favours the absorption of calcium, its accumulation in the bones and its level in the blood.

As for the presence of minerals, phosphorus, magnesium and potassium stand out. The magnesium and phosphorus content are medium when compared with the rest of the fish, while potassium is present in higher quantities than those existing in most fish. This mineral is necessary for the functioning of the nervous system and for muscular activity. It also intervenes in the water balance inside and outside the cell.

BARNACLE

From a nutritional point of view, one of the main characteristics of barnacle is its richness in good quality proteins, providing the majority of essential amino acids.

It provides essential fatty acids, such as polyunsaturated and monounsaturated fatty acids, as well as cholesterol and a very low fat intake (and therefore also in calories). In fact, 100 grams of barnacles provide only 66 kilocalories and just 0.4 grams of fat.

As for its vitamin content, the presence of vitamin B12 is particularly noteworthy. It also provides other B vitamins, such as vitamin B9 or folic acid, B6, B3, B2 and B1; and a lower amount of vitamin E.

It is a food rich in minerals, highlighting the presence of iodine, phosphorus, potassium, selenium, magnesium and sodium. And in less quantity calcium and iron.

RIGHTEYE FLOUNDER

Righteye flounder is a food that contains 17.2 grams of protein, 1.9 grams of fat per 100 grams and does not contain carbohydrates, providing 85.9 kcalories to the diet. Its nutrients also include vitamins B3, B9, B12 and C. It also contains potassium.



OCTOPUS

A powerful, voracious, elusive and enigmatic cephalopod of great commercial and culinary prestige. It lives between the shore and 200 m deep. It feeds mainly on small crustaceans, fish and carrion.

From a nutritional point of view, the octopus stands out for its very high mineral content, among which we find zinc, a fundamental nutrient in the maintenance of defences, in addition to participating in the development and growth of the sexual organs.

Its vitamins provide practically the same amount of niacin as oily fish, an equally essential nutrient for energy production.

Unlike other seafood or molluscs, octopus stands out for its low cholesterol content.

MONKFISH

White and salt water fish. Lives on the ocean floor, even below 500 m. It crawls along the bottom by moving its pectoral fins in order to search for food.

It only eats its tail, but the head is used for soups and broths. Monkfish is a white fish, which means that we are dealing with a delicious lean fish, which has a very low amount of fat and therefore calories, and in turn is really rich in protein of high biological value.

100 g of monkfish provide just 85 kcalories and 2 gr of fat, so it becomes an ideal food in slimming diets, and also in balanced and healthy diets.

Due to its high quality protein content, it provides the majority of essential amino acids. In addition, it is rich in vitamins (mainly group B such as B1, B3 and B9 or folic acid), and minerals (iron, phosphorus, magnesium and potassium).

TURBOT

White and salt water fish. It lives on the seabed between 10 and 200 meters deep. Does not have scales. During the first two years they live near the coast, with greater age they go to greater funds, but it approaches half of the platform to reproduce. It feeds on other groundfish.

Turbot is a semi-fat fish which, due to its texture, taste and easy digestion, fits into the diet of people with delicate stomachs. It also helps those who suffer from excess weight, as long as they are careful not to abuse fatty condiments. It has an average protein content of high biological value.

Its content in B2, B3 and B12 is not very relevant in comparison with other fish, and even less if it is compared with foods rich in these nutrients. Special mention to vitamin B9, present in greater quantity than in most fish. As for minerals, stand out potassium and in a moderate quantity phosphorus, magnesium, sodium and iron.

SALMON

Oily and salt or fresh water fish. It is an anadromous species and passes from the cold seas to the rivers where the egg-laying occurs. Juvenile salmon remain in the rivers for two years before going to sea. They eat small fish, crustaceans and insects. In Spain its commercialization is almost completely monopolized by salmon cultivated in aquaculture, mainly from Norway, Scotland and Chile. Salmon is an oily fish that provides about 11 grams of fat per 100 grams of meat, a content similar to sardines, jack mackerel or tuna. The fat is rich in omega 3, which contribute to lower levels of cholesterol and plasma triglycerides. Among the vitamins, some of group B stand out, such as B2, B3, B6, B9 and B12.

The rich fat content of the salmon makes it contain interesting amounts of fat-soluble vitamins such as A and D. Vitamin A contributes to the maintenance, growth and repair of mucous membranes, skin and other tissues of the body. Salmon is a good source of magnesium and iodine, and their average iron content is inferior to most fish.

RED MULLET

Salt water semi-fat fish. It is found on rocky bottoms, around a depth of 120 m. It is usually found in small groups, although it is possible to see it separate. Although its name in Spanish (*salmonete*) may remind a lot of the salmon, the fact is that the mullet originally has little to do with it.

It is a semi-fat fish, which means that at certain times of the year its fat content makes it an oily fish, while at other times it is a white fish.

In general, we are dealing with white rather than oily fish, as their fat content is actually very low: In fact, 100 grams of red mullet provide only 3.5 gr of fat and almost 90 calories.

In terms of its nutritional richness, we find an interesting quantity of proteins of high biological value, which means that it provides the majority of essential amino acids. It also has vitamins (especially group B, like B1, B2 and B3) and minerals (like iron, phosphorus, magnesium, iodine and potassium).

SARDINE

Oily and salt water fish. It belongs to the family Clupeids, order Clupeiformes, one of the most abundant groups of pelagic fish distributed all over the world. It lives in big shoals. It feeds on plankton, small fish, crustaceans and eggs of other species.

Together with the European anchovy, they make up the blue fish par excellence. The lipid content, close to 8% of the edible portion, varies considerably according to the time of capture. The contribution of polyunsaturated omega 3 fatty acids, per serving, almost covers 100% of the recommended nutritional objectives for the daily intake of the population. Proteins of high biological value make a significant contribution to their daily intake.

As for minerals, phosphorus has the highest content, followed by selenium, iodine, iron and magnesium. Among the vitamins, some of group B stand out, such as B12, B6 and niacin.

Sardines also contain significant amounts of fat-soluble vitamins such as vitamin E, and very significant amounts of vitamin D. On the other hand, this vitamin favours the absorption of calcium and its fixation to the bone and regulates the level of calcium in the blood.

“In the seventeenth century, King Charles III wanted to celebrate the end of Carnival with the common people and ordered to bring sardines for such a celebration. That day was a very hot day, atypical for the time of year in which they were. Due to the heat, the sardines rotted, and they were buried to keep away the smell they gave off”.

CUTTLEFISH

Cephalopod mollusc with ten tentacles. It lives at the bottom of shallow sandy or sedimentary seas where it is partially buried. It lives in areas close to the coast up to 150 m. It feeds on fish, molluscs and crustaceans such as crabs and shrimps.

Water, proteins and fats are the most abundant nutrients in their composition and determine such important aspects as their caloric value, organoleptic properties (those that are appreciated by the senses, i.e. smell, colour or flavour), texture and conservation capacity. Its meat provides only 82 calories per 100g, 17% protein and less than 1.5% fat. In terms of vitamin content, B3 or niacin and B12 stand out. The most abundant of its minerals are phosphorus, potassium and magnesium.

RIVER TROUT

Oily and fresh water fish. He lives in cold, clean waters, rivers and lakes. It develops much of its life in the sea and returns to rivers for reproduction. It lives in coastal waters from 6 months to 5 years and goes up rivers to fertilize the eggs. It will stay there from one to 5 years. Almost all of the trout marketed is farmed.

Trout is a fish that is quite nutritionally, similar to carp. We can consider this fish as a semi-fat fish.

In this sense, 100 gr of trout provide 3 gr of fat and almost 90 calories, so it is a food low in fat, and interesting for slimming diets.

It provides vitamin A, B2, B2 and B3. It also has minerals like iron, magnesium, potassium, phosphorus and zinc.

Its salt content is really low, so its consumption is recommended for people with high blood pressure. In addition, due to its high protein content, it is recommended for athletes.

SCALLOP

Scallop is a food that contains 15.6 grams of protein, 2.8 grams of carbohydrates per 100 grams, and no fat providing 81.7 kcalories to the diet. Between its nutrients, we must highlight vitamins B3, A, B9 and B12. Potassium is also present in scallops.

The protein in scallops provides amino acids needed to maintain healthy muscles, repair damaged tissues, and support hormone synthesis. Only one serving of scallops provides 63 % of the daily protein intake requirements for men and 76 % for women.

VARIEGATED SCALLOP

Variiegated scallop is a bivalve mollusc with characteristics very similar to scallops but smaller. Its oval-shaped shells have the same shape, but the scallop is more convex. The shade of its shell varies between pink, orange and brown. Variiegated scallops are a delicacy with an intense sea taste. They are also a nutritious food and low in calories. It contains a large amount of protein and little fat, most of which are polyunsaturated. Likewise, the amount of cholesterol it contains is low, so they would be recommended for diets.

Most part of calories came from proteins. A 20 gram portion contains about 20.5 grams protein and only 0.84 grams of fat. The fat content comes from omega 3 fatty acids, which promote heart health and help lower cholesterol. Essential vitamins and minerals in scallops include selenium, phosphorus, iron, vitamin B12, and calcium.

VEGETABLES

CHARD

It seems that it was the Arabs who, from the Middle Ages, began to cultivate it and discovered the authentic medicinal and therapeutic properties of this plant. It is curious that chard, a vegetable so used as a medicinal plant for centuries by Arabs, Greeks and Romans, is now considered an ordinary vegetable of poor category. The reasons for this discredit may be due to the ease with which it is grown, its abundance in the market or the affordable price at which it is sold.

Chard is a short-lived vegetable. Therefore, it is advisable to consume it in 2 or 3 days after harvest. Stored in the greengrocer of the fridge is preserved a few more days. If you buy fresh chard and want to freeze it, previously blanch it for 2-3 minutes in boiling water.

It has minimal amounts of carbohydrates, proteins and fats, since its higher weight is due to its high water content. It is therefore a vegetable with little energy, although it is a food rich in regulating nutrients, such as certain vitamins, mineral salts and fibre. It is one of the most abundant vegetables in folates (vitamin that owes its name to the Latin folium, leaf), with outstanding amounts of beta-carotene (provitamin A) and discrete amounts of vitamin C. Its outermost green leaves are the most vitaminized.

Potassium is by far the most abundant mineral in chard. However, this vegetable stands out from the rest for its higher content of magnesium, sodium (partly responsible for its marked taste), iodine, iron and calcium, the latter two of worse use than those coming from animal foods (dairy, meat and fish).

GARLIC

Like onion (*Allium cepa*), leek (*Allium ampeloprasum* var. *porrum*) and winter onion (*Allium fistulosum*), it is a species of widespread economic importance and unknown in the wild.

Hippocrates in Ancient Greece, a physicist and father of medicine, used to prescribe garlic to treat various diseases. Today, modern science has corroborated many of the benefits of this “superfood”.

For thousands of years, there was a belief that garlic had medicinal properties.

1. Garlic is a plant of the onion family, cultivated for its culinary properties and healthy effects. It is rich in a sulphur compound called allicin, which is believed to be responsible for all the benefits it brings to our health.
2. Garlic has a high nutritional value, but contains very few calories (42 x 100 gr.) Rich in manganese, vitamin B6 and vitamin C. It also contains selenium and fibre (1 gram), 1.8 grams of protein and 9 grams of carbohydrates per 100 grams of product.
- 3.- Garlic contains antioxidants that protect against cell damage and aging. Reduces the risk of suffering Alzheimer and dementia.

4. Garlic supplements appear to lower LDL cholesterol, especially in those with high cholesterol. On the contrary, there are no changes in HDL cholesterol and triglyceride levels.
5. High doses of garlic appear to improve blood pressure in people with high blood pressure. Sometimes supplements can be as effective as conventional medicines.
6. Garlic supplements help prevent and reduce the severity of common illnesses such as the flu or the common cold.
7. Garlic appears to have beneficial effects on bone health by increasing estrogenic levels in women. However, more human studies are needed.
8. Garlic can improve physical performance in laboratory animals and people with heart disease. On the contrary, no conclusive benefits have been manifested in healthy people.

For thousands of years, there was a belief that garlic had medicinal properties. Today, these properties have been confirmed by science and today we know that this food can prevent Alzheimer, reduce cholesterol and blood pressure and even improve your physical performance.

ARTICHOKE

Artichoke is an excellent source of calcium and phosphorus but also contains other minerals such as potassium, iron, magnesium and zinc. Vitamins include the presence of vitamin B1 as well as small amounts of vitamins C, B3, B5 and B6. Among its benefits stands out its depurative action and removal of waste substances from the body being an excellent vegetable for the liver and to eliminate fat and cholesterol.

CAPER

It is diuretic, depurative, anti-haemorrhoidal, vasoconstrictive, gallbladder unobstructed, astringent and expectorant. Used against hair fragility. Decoction is used against cold sores. Root bark is used, as well as flowers. It is harvested in spring. It's taken as an appetizer.

CAROB

Carob has energetic, antidiarrheal, digestive, prebiotic, antioxidant and diuretic properties. In addition, the carob has very good amount of fibre.

ALGAE

An alga is an organism with the capacity to perform oxygen photosynthesis and obtain organic carbon with the energy of sunlight, different from an embryophyte or terrestrial plant. They usually live

in an aquatic environment (some exceptions colonized the earth's surface, but not in the spectacular way that embryophytes did) and can be unicellular or pluricellular. In the modern definition of the term it is considered only eukaryotic organisms. This includes green algae (which are usually classified among plants), brown algae (which are protists), red algae (which can be classified among plants or among protists depending on the criterion to be taken) and various groups of unicellular or colonial protists that are part of phytoplankton (e.g. dinoflagellates, diatoms, haptophytes, cryophytes, etc.). Cyanobacteria are phototrophic but prokaryotes (bacteria), although some authors include them in the term.

Algae are real sea vegetables, with the same natural cycles as terrestrial plants, they can grow in fresh or salt water. They feed on sunlight (photosynthetic), can be found at sea level or in the depths forming large marine forests. Several studies on algae's biology attribute them antibacterial (against *Escherichia coli* and *Staphylococcus simulans*), anti-inflammatory and antioxidant properties. They are therefore considered an "abundant resource of bioactive molecules".

They contain more calcium than milk and more iron than lentils. Its use in the East has a great tradition in cooking. In Spain they are mainly known in coastal areas. Galicians, Gaditanos (Cádiz inhabitants) and Levantines have enriched their rice and fish with these marine jewels for decades.

The different groups of algae provide us with large quantities of highly bioavailable minerals and trace elements. They are an excellent tonic for the nervous system and the kidney. Not to forget that they also provide high quality vegetable proteins and easy assimilation.

ALGAE GROUPS

The algae have very varied forms, we can find them filamentous, with form of bush, in strips or cylindrical. As for colours, they can be brown, red, green or blue-green.

• Wakame

It is one of the simplest at first, as it can be added to salads, vegetables and soups by soaking it for about ten minutes beforehand. It cleans the blood and helps as remineralizer for the circulatory system (venotonic). It stands out for its content in calcium, magnesium, iodine and phosphorus as well as in plant proteins of high bioavailability. It is very digestive, but because it is so rich in nutrients and fibre, it is enough to consume it in small doses to benefit from its properties. Once hydrated, it expands up to ten times its dry volume. Perfect for salads and Miso soup.



• **Kombu**

It is usually added to the cooking water of legumes and rice in order to facilitate the digestion of these foods. It is very remineralizing, helps to regenerate intestinal functions. It needs to be well cooked, as it is quite fibrous. It is an excellent alkalize!

BROWN

• **Nori**

Nori is excellent for treating skin and mucosal problems. It is very rich in vitamin A and a very good source of arachidonic acid or omega 3.

• **Sea Spaghetti**

Its scientific name is *Fucus Elongatus*, it grows in deep seas and rough areas. They have an elongated, narrow shape that resembles noodles. It is a fundamentally European algae, little known in the East. It provides very high levels of calcium, 30 grams of dry algae have the same values of calcium as half a glass of milk, but the number of algae consumed dry is very small and should therefore be combined with other foods rich in calcium. It is very beneficial for controlling cholesterol levels, hypertension and dry constipation.

RED

• **Sweet**

It is rich in protein and known to be the food of Vikings and Celtic warriors on their journeys. It is the best option to treat anaemia problems because its iron content is very high. The best of all is how easy it is to incorporate into dishes, just soak it for five minutes and it's done!

• **Ireland moss**

It grows wild in rocky areas. It is believed to have emollient and laxative properties. In the food industry it is known as Carrageenane, an additive used as a thickener. Rich in mucilage and iodine, it is a refreshing and moisturizing alga that is very appropriate for treating pathologies that occur with heat in the lungs and heart. It is usually used as an addition to salads during the summer season.

• **Cochayuyo**

It is native to Chile and a great tradition in indigenous culture being an alga highly valued for its liver detoxifying properties. Helps to eliminate heavy metals thanks to its high cysteine content, an amino acid with hepatoprotective properties. It can be consumed hydrated or dry, in this case it must be ground. Relieves teething pain in babies.

• **Agar-Agar**

Rich in fibre, it has been traditionally used to treat obesity and constipation. It is very easy to make gelatines from hydrated fruits and vegetables. It can be found in filaments, its original form or in powder. It is an alga of cold nature, indicated to treat excesses or pathologies that course with heat. It should also be avoided in case of diarrhoea.

BLUE-GREEN

• Spirulina

It belongs to the group of green-blue algae of which more than 1,500 different groups are known. This microalga is a true natural multivitamin and its microscopic filaments are nutrient-filled treasures with great bioavailability. It adds vitamin B12, iron, essential and non-essential amino acid, fatty acids, minerals and trace elements. Its consumption is indicated for athletes, slimming diets, pregnancy and anaemia. The best way to consume it is in powder, of ecological origin and with broken cell walls.

• Chlorella

This unicellular blue-green alga is the largest source of chlorophyll that exist. It has been used by Japanese scientists since the 1970s to remove heavy metals and other toxins. Rich in carbohydrate, fibre, vitamin and minerals. Its high beta-carotene content makes it a potent antioxidant that helps strengthen the immune system.

These are the main algae recommended for food consumption. As for Japanese algae, the Arame and Hijiki algae stand out for their nutritional properties. These became popular because they have been a basic in macrobiotics, although in recent years their consumption has ceased to be recommended in the case of the Hijiki because it contains heavy metals and the Arame, and other products imported from Japan because they were contaminated by radiation following the nuclear accident at the Fukushima plant.

The Arame is a filamentous-looking alga with detoxifying properties on the genitourinary system. In the recipes it can appear “substitute for sea spaghetti”, which is a slightly thicker algae and therefore will need more time to soak and cook although it offers very beneficial properties also for the entire kidney area, bladder and genitals.

In conclusion, algae can be considered one of the foods of the future. Remember that seawater is the origin of life; marine phytoplankton is one of the most original ingredients used today by great cooks and people who follow a diet based on vegetables.

These are the general benefits of sea vegetables:

- Regulates cholesterol levels
- improves intestinal transit
- Adds calcium
- Important in growth periods
- Very beneficial during menopause, as they provide calcium and nourish the basic substance and fluids. Known as Yin in Traditional Chinese Medicine.
- Improves nervous system functions
- Alkalizes
- Diuretics

If we want to eat a varied diet rich in nutrients, we should only include in our meals a small amount of sea vegetables as an accompaniment and with this gesture we will be enriching our dish one thousand percent!

BEANS

See the legumes' chapter.

AMARANTH

To begin to discover the nutritional data of amaranth we must specify that this is perhaps one of the most nutritious plants in the world. Many scientists, botanists and even nutritionists have been fascinated by the wonderful properties of this plant and how nutritious and incredible it can be.

Among its great advantages is that it has a high protein content that exceeds the content of rice, but also has a high content of folic acid, calcium and vitamin A, B, B1, B2, B3, etc.

Roasted amaranth grains have a higher level of protein and can satisfy the daily portions recommended for children, providing the 70% of the energy needed for dieting.

CELERY

Celery is a food with incredible health benefits: it is diuretic, helps eliminate toxins...

The truth is that from a nutritional point of view, celery stands out for its content of water, minerals and vitamins. In addition, it is a food low in fat and therefore in calories, which together with its high water content make it an ideal choice in slimming diets.

From a medicinal point of view, we find a great diversity of benefits and properties: it is an excellent diuretic and purifier of the body, helps to satiate the appetite, is a good digestive, and is also interesting in case of flu and cold, as a palliative.

It is highly depurative, and because of its potassium content, celery is ideal for stimulating urine production, helping the body prevent fluid retention and eliminate toxins. Celery juice is ideal, especially when taken on an empty stomach. It is a natural laxative and helps to relieve constipation in a completely natural way, especially when constipation is punctual as a result of nerves or stress. Thanks to its mineral content it helps to neutralize the stomach acid, at the same time that it helps in case of stomach ulcer and indigestion.

SWEET POTATO

The root contains large quantities of starch, vitamins, fibres (cellulose and pectin) and minerals, and the potassium content stands out among these. In energetic value it surpasses the potato and in vitamins it stands out for the provitamin A (beta-carotene) and the B1, C (ascorbic acid) and E (tocopherol). The more yellowish its root, the more beta-carotene it possesses, so sweet potatoes with this colouring are widely used in Asia and Africa to reduce vitamin A deficiency in children. Its sweet taste is due to sucrose, glucose and fructose.

In addition, its root, while not high in protein, is important in lysine content. This is why it is used as

a complement to some cereal flours. Its lipids content is low. Its main fatty acids are linoleic, oleic, stearic and palmitoleic. It has a large amount of digestible fibre, which accelerates intestinal transit, prevents colon cancer, controls glucose levels, reduces cholesterol levels and produces feeling of fullness. Its skin and pulp contain antioxidants, preventing heart disease, diabetes and cancer.

In some countries its leaf is valued to feed both animals and vegetables, as it has important levels of iron, provitamin A, vitamin B2, vitamin C and vitamin E, dietary fibre and polyphenols.

They are used to prepare sweets and desserts in combination with fruits such as guava, given their slightly sweet taste.

AUBERGINE

Aubergine is an edible fruit plant that does not contain an overwhelming amount of a single nutrient, but does provide an impressive range of many minerals and vitamins, such as an excellent amount of fibre, folic acid, potassium and manganese, as well as vitamin C, K, and B6, phosphorus, copper, thiamine, niacin, magnesium, and pantothenic acid.

Studies indicate that aubergine provides several health benefits as well as traditional uses. Sometimes, they boil or juice their leaves and roots to prepare a tonic for problems of throat, stomach, asthma, skin diseases, rheumatism, inflammation, intestinal bleeding, foot pain, cough, anorexia, toothache, or as a general stimulant.

An interesting aspect of aubergine is its questionable associations, as it is a member of the family of solanaceous plants such as tomatoes, potatoes and peppers, as well as chiles, habaneros, jalapeños, and paprika. Many nutritionists warn that a high intake of aubergines could cause problems. In fact, according to reports, ancient Mediterranean peoples dubbed it the “crazy apple” because of their belief that the daily consumption of aubergines for a month could cause dementia.

BIMI

It emerged in Japan in 1993 thanks to the natural hybridization between broccoli and a group of oriental cabbage called Kai-lan. The bimi is a vegetable of soft and sweet flavour that is cultivated in several zones of Spain.

Bimi is considered a ‘super-green’ as it is rich in vitamin C, D, calcium, folic acid, iron and fibre. It has more zinc, folic acid, antioxidants and vitamin C than green asparagus, traditional broccoli, kale and spinach. According to a study by the UPCT (Polytechnic University of Cartagena), the bioactive compounds of an anticarcinogenic, antioxidant and anti-inflammatory nature of Bimi are better absorbed than those of other crucifers such as conventional broccoli, cauliflower or cabbage.

The bimi also called broccolini is a very fashionable food nowadays and to which valuable effects on the organism are attributed.

The bimi or broccolini is a hybrid food, the result of the mixture between the traditional broccoli we

all know and Chinese cabbage, for this reason, has properties shared with other crucifers but some characteristics are very particular of this food.

Specifically, it is rich in substances with anticarcinogenic effect, such as glycosylates, which it possesses in a greater proportion than broccoli and Chinese cabbage, and also in isothiocyanates, which can cause the death of tumour cells.

It is also a source of phenolic compounds, as well as other cruciferous vegetables, which have anti-oxidant and anti-inflammatory functions, among which the flavonoids stand out, which also have an anti-tumour effect in our organism.

-Higher fibre content than broccoli: bimi contains a considerable amount of fibre, greater than the amount provided by broccoli, making it a very suitable food in cases of constipation or irregularity to go to the bathroom. In addition, it possesses prebiotic plant compounds that contribute to increase the intestinal flora. This is particularly interesting if you are being treated with antibiotics.

-Great contribution of potassium: the bimi is rich in potassium, a great ally against liquids' retention. It stimulates the elimination of waste substances from our organism and regulates tension.

It maintains our shape: being a low-calorie vegetable with so many beneficial properties for our organism, it can be included in any healthy diet or one focused on maintaining or losing weight.

The consumption of bimi has also been associated with a lower probability of developing neurodegenerative diseases and eye diseases such as cataracts.

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They are used to prepare sweets and desserts in combination with fruits such as guava, given their slightly sweet taste.

BORAGE

Borage is a humble and little-known plant, native from Mediterranean Europe. This plant grows wild in many places of fertile and humid lands, in the borders of the highways, in the slopes of the mountains... and it is recognized easily by the hairs that cover its stems and its leaves, as well as by the blue, pink or white flowers that form the plant.

The name borage, according to some historians, derives from the Latin word “borra”, which means “hair”, because of the amount of hair that covers the whole plant. Other authors claim, however, that the name of this vegetable comes from the Arabic *abu rash*, meaning “father of sweat”, in reference to the sweaty properties of the plant, particularly its flowers.

The ancient physiotherapists who based their curative remedies on vegetables, recommended borage flowers as an effective aid in illnesses that produced fever for its recognized sweat and purifying effect. Its flowers were used for their chromatic effect, for their medicinal properties and as an ingredient in salads.

Nowadays, in countries such as France and Italy borages are considered a luxury vegetable and the dishes where they are the protagonist are presented as an authentic speciality in prestigious restaurants. However, in most parts of Spain it is an unknown vegetable. In Soria is one of the most quality vegetables. Many families also plant borage in their gardens for their own consumption.

As this is a very short-lived vegetable, it is advisable to keep it in the fridge in a perforated plastic bag and not to wash it until it is used.

José Miguel Sanz Anquela, doctor and expert in the beneficial effects of borage, has written this article for the bimonthly *Gastro Aragón*. He analyses the role of our borage in vegetarian diets.

BORAGE

<< Borage is the major natural source of gamma-linolenic acid -GLA- and phytochemicals with antioxidant power, to the point of being commercially exploited for the extraction of both groups of compounds.

GLA is an almost essential fatty acid and its contribution in the diet is indicated in all kinds of chronic amatory processes. Epidemiological studies have found a protective effect of consuming borage as a vegetable against the development of gastric cancer.

Stomach cancer originates after decades of chronic inflammation of the gastric mucosa. Experimental studies in laboratory rats have shown a protective effect of borage extract against Alzheimer's disease and flies whose larvae have been allied with borage are more resistant to mutations and remain more active in their later stages of life.

The healthiest diet is rich in foods of vegetable origin, and as varied as possible. There is no scientific basis for suspecting that the exclusion of any food of animal origin represents an additional advantage to a diet rich in fruits and vegetables. In fact, we are descendants of hunters and gatherers: the diet of primitive man during the Palaeolithic consisted of a great variety of wild plants, but also included wild animal species.

The reasons for the exclusion of any food of animal origin from the diet are from an ideological and ethical point of view, in order to avoid animal and environmental suffering. Plant-based diets are more environmentally sustainable than diets rich in animal products because they cause much less environmental damage.

Vegetable foods have a positive impact on disease prevention, but a strict vegetarian diet goes against the basic principle of diversity. *The more varied a diet, the healthier it is and, in general, the exclusionary diets, which prohibit certain foods, are not recommended.*

Is the vegetarian diet an exception to this rule? possibly yes, as there is not enough evidence that a strict vegetarian diet can pose serious health risks.

Another exception could be the Palaeolithic diet, which does not incorporate dairy or cereals and has been shown to be effective in the treatment of obesity, hypertension, metabolic syndrome and group 2 diabetes, but in the long term there seems to be no difference from other diets rich in plant-based foods, such as the Mediterranean diet.

The common denominator of vegetarian and predominantly vegetarian diets is in the diversity of foods of vegetable origin and there comes into play the ignored role of a vegetable, which in turn is a medicinal plant: borage. >>

BRECOL

Brecol, also known as broccoli or curly broccoli, belongs to the Cruciferae family. It includes more than 300 species and some 3,000 groups of temperate or cold regions of the northern hemisphere. The term Brassica comes from the Latin name for cabbages. Romanesque broccoli is of the same genre, a variety whose bud is full of flowers that appear in a peculiar way, side by side in the shape of a cone.

Brecol has been classified as the vegetable with the highest nutritional value per unit of weight of edible product.

The major component of this vegetable is water, so its caloric value is very low. Like the rest of the crucifers, broccoli is very important from a nutritional point of view, due to its variety and vitamin content. It is an excellent source of vitamin C, folic acid and niacin, and a good source of provitamin A (beta-carotene), vitamin B1 and E. The beta-carotene is a natural pigment that gives the yellow-orange-reddish colour to vegetables and that the organism transforms into vitamin A according to its needs. In Brecol, beta-carotene is masked by chlorophyll, the most abundant pigment.

Its mineral content is dominated by potassium and has significant amounts of calcium, magnesium, zinc, iodine and iron.

In recent years, in Brecol have been identified a number of phytochemical elements whose potential effects on the prevention of various groups of cancer and other diseases justify the growing interest in consumption and cultivation, both as fresh and frozen product. Many of its virtues are attributed to various compounds such as glycosylates, isothiocyanates, indoles or fibre, among others. Many of these compounds are sulphurous and are responsible for the strong smell that this vegetable gives off during cooking.

BROCCOLI

1- Prevents cancer - with reservations. First of all, breast, uterine, prostate and internal organ cancer such as liver, colon, kidneys and intestines. It has important anti-cancer properties, which are enhanced with its content of vitamin A, C and E, amino acids, zinc and potassium.

2- Protects the heart. Helps remove LDL cholesterol from the body, preventing cardiovascular disease and protecting heart health. The presence of chromium, a mineral responsible for regulating blood glucose, also helps prevent high blood pressure.

3- Detox the organism. Its antioxidant properties help eliminate toxins, free radicals and uric acid, purifying the blood and skin. Vegetables such as broccoli, radish, cauliflower and cabbage contain selenium and improve oestrogen's metabolism.

4- Prevents osteoporosis. Eating broccoli is excellent for keeping bones healthy and strong, given its content of calcium, phosphorus, magnesium and zinc.

5- Take care of the eyes. Its nutrients, such as zeaxanthin and beta-carotene, and vitamin A make broccoli a protector of eye health. Prevents macular degeneration, cataracts and UV damage. The lutein it contains protects the eye from degenerative diseases such as cataracts and other age-related vision ailments.

6- Improves skin. It helps to make the skin much more attractive, young, soft and shiny, as it is antioxidant, and also has vitamin E, B, A, K and omega 3 fatty acids. Vitamin C produces collagen and keeps skin healthy and supple, while vitamin E protects the skin's cell membranes and defends against UVA radiation damage.

7- Prevents anaemia. Broccoli has iron and proteins, substances that are essential to fight anaemia.

8- Prevents constipation. Thanks to its fibre content, broccoli is advised to combat constipation, because thanks to this property helps prevent stomach ailments such as heartburn, inflammation and improves digestion. In addition, it is rich in calcium, especially in the trunk. To keep all its properties, it is good to take it "English style", barely boiled or raw.



9- Fortifies immune system. Because of the presence of vitamin C, beta-carotene, plus other vitamins and minerals.

10- Perfect food during pregnancy. It's rich in folic acid, proteins, calcium, antioxidants, fibre and phosphorus, so every future mother should consume it. Broccoli is a very nutritious and necessary food in the diet during pregnancy.

ZUCCHINI

Zucchini is composed of 95% water. This food has no caloric content, for this reason is highly beneficial for the body.

In some studies, has been demonstrated that 100 gr of zucchini only provide 15 kcalories, but on the other hand it contains a very good quantity of minerals and trace elements, also phosphorus, potassium, magnesium and calcium.

To get all its benefits, zucchini must be steamed; it can also be eaten raw. Among the most important benefits of zucchini we find that this food contains everything necessary to protect the cardiovascular system.

The zucchini also has a very good number of vitamins excellent for good health and appearance of the skin. It should also be noted that it should not be peeled. According to researches, 100 grams of zucchini contain 12 mg of vitamin C and 0.35 grams of vitamin B3 and provitamin A. This vegetable is rich in fibre, as it contains between 0.5 g and 1.7 g in 100g.

Zucchini is an ideal vegetable for people who want to lose weight, this is due to the abundant content of fibre and its low calories, so if you eat this vegetable abundantly you do not have the risk of gaining weight, but you should be sure that if you consume it frequently enough and accompanied by some form of physical exercise can help you lose weight.

Zucchini belongs to the same species as pumpkin. However, it has its own nutritional properties. Its main component is water, followed by carbohydrates and small amounts of fat and protein. All this, together with its moderate fibre intake, makes zucchini a low calorie food, ideal for adding to the diet of overweight people.

As for the vitamin content, the discrete presence of folates stands out, followed by vitamin C. It also contains group B vitamins such as B1, B2 and B6, but in smaller amounts. The pumpkin is characterized by its high beta-carotene content (provitamin A), something that does not occur with zucchini. This vegetable also contains substances called mucilage that are a group of fibre that softens and reduces inflammation of the mucous membranes of the digestive system.

PUMPKIN

The main component of the pumpkin is water, which, together with its low carbohydrate content and its almost negligible amount of fat, makes it a food with a low calorie intake.

It is a good source of fibre that offers a feeling of satiety and improves intestinal transit due to the high presence of mucilage. These are a group of soluble fibre that has the ability to soften the mucous membranes of the gastrointestinal tract.

In relation to vitamins, pumpkin is rich in beta-carotene or provitamin A and vitamin C. It has significant amounts of vitamin E, folates and other B vitamins such as B1, B2, B3 and B6.

The elements of this plant are phosphorus, as well as magnesium, calcium and a small amount of iron.

THISTLE

It is a vegetable that deserves to stand out for its benefits, and we should try to include in our usual diet during its season. Our health will be thankful.

Thistle is very similar nutritionally to artichoke.

94% del thistle is water. It has small amounts of carbohydrates and vegetable protein and almost no fat. The fibre content of the thistle is significant. It has minerals like potassium, calcium, sodium, phosphorus, iron and selenium. Among the vitamins that are found in thistle we highlight vitamin C and B3, B2 and B1. Thistle only provides 20 Kcalories per 100 gr.

One of the advantages of eating thistle is that it is an excellent green leafy vegetable for people who are dieting to lose weight or who want to lose weight because of its low calorie value. Thistle is a good vegetable source of calcium. This vegetable is very healthy especially for people with diabetes because of its inulin content. It can help prevent gallstones. This green leafy vegetable can help lower blood cholesterol levels. Take it as a first course or as a side dish with the second course. Thistle helps us go to the bathroom regularly and prevent constipation and other diseases of the large intestine such as colon cancer or diverticulitis. Thistle improves digestion. This vegetable has a great depurative action and helps us to prevent the retention of liquids due to its diuretic action.

RED THISTLE

Typical of Ágreda (Soria) is a wild antecedent of the artichoke.

The thistle found in Ágreda is a characteristic product, both for the way it is cultivated and for its exceptional quality. As the plant grows, it is covered with soil until it reaches a height of more than one and a half metres. It is spectacular to contemplate a field of thistles as if they were walls, which shelter such a delicate treasure inside. It is pinkish white and has such quality that its tenderness makes it suitable to be eaten in salads. Its winter character also makes it a typical dish of Christmas Eve dinner.

In Ágreda it is cooked with almond sauce, toasted flour and saffron.

- Calories: 18 Kcalories/ 100 gr
- Protein:0.5 gr/ 100 gr

- Fats:0.2 gr/ 100 gr
- Carbohydrates :2.2 gr/ 100 gr
- Mayor component of thistle is water: 94%.
- Fibre (1g for each 100 g of edible portion).
- Regarding mineral salts, thistle stands out for its high calcium content (100mg/100 gr) but has a problem because the body does not absorb well, as happens with iron (1.5 mg/100 gr).
- It also contains small amounts of trace elements such as zinc, copper and manganese.
- On the other hand, among the carbohydrates contained in the thistle is mostly inulin, a substance that does not require insulin for its metabolization in the body, making it a very suitable food for diabetics.
- The bitterness of thistles is due to a substance called cynarine, which confers certain therapeutic properties similar to those of other bitter vegetables such as artichoke, chicory, endive, escarole or radish.
- These vegetables support liver and gallbladder function, improving digestion. Cynarine has a choleric effect, it stimulates bile secretion. Highly recommended as diuretic and depurative. Recommended in diabetics, it helps to digest food well, favouring the hepatic and biliary function and the intestinal transit.

ONION

Onions are a food with a low calorie content because its water content is about 90%. It is important to take into account in the composition of the onions their appreciable contribution of fibre and their mineral and vitamin content, which make them an excellent food regulator of the organism.

Onions are a good source of potassium, with significant amounts of calcium, iron, magnesium, and phosphorus. Vegetable calcium is not assimilated as much compared to dairy or other foods that are considered a good source of this mineral. Something similar happens with iron, whose absorption is much higher when it comes from food of animal origin.



Potassium is a mineral necessary for the transmission and generation of the nervous impulse and for normal muscular activity, as well as intervening in the water balance inside and outside the cell. Phosphorus, like magnesium, plays an important role in the formation of bones and teeth, but the latter is also related to the functioning of the intestine, nerves and muscles, improves immunity and has a mild laxative effect.

As for the vitamin content is concerned, onions are rich in vitamins of the B group, such as folates and vitamins B3 and B6. Presents small amounts of vitamin C and E, both with antioxidant effect.

Folates and vitamin E, as well as C, have antioxidant action, favours the absorption of iron from food and increases resistance to infections.

However, the salutary properties of onions are due to their abundance of antioxidants, including flavonoids and sulphur compounds, rather than to their nutritive composition. The last ones are precursor substances of volatile compounds that give the onion its characteristic smell and taste.

CHINESE CABBAGE

It is a variety of cabbage widely used as an ingredient in some Asian cuisines, especially in Chinese cuisine.

It contains high amounts of vitamin A, per 125 g, about 3500 IU (3086 IU per 100 g), and also contains high amounts of vitamin C, about 50 mg per 125 g (44 mg per 100 g).

Chinese cabbage contains glycosylates. These compounds have been used to prevent cancer in small doses, but at very high doses they are toxic to humans.

There are other milder symptoms of overconsumption of Chinese cabbage, such as hypothyroidism, nausea, dizziness and indigestion in people with weak digestive system. Sometimes this is caused by poor preparation.

BRUSSELS SPROUT

These vegetables provide the most calories of their kind, at the expense of their higher carbohydrate and protein content (low biological value). They share with the rest of vegetables their high proportion of water.

They are the largest source of vitamin C compared to vegetables from the same family. They are an interesting source of folates, and, to a lesser extent, beta-carotene and group B vitamins (B1, B2, B3 and B6). Minerals include potassium, phosphorus and iodine, as well as discrete amounts of zinc, calcium (poorly absorbed), magnesium and sodium.

The content of insoluble fibre is high, which favours the feeling of satiety and intestinal transit, thereby improving constipation. Cabbages are rich in citric acid, which enhances the beneficial action of vitamin C.

The bitter taste of Brussels sprouts is due to their goitrin content.

CAULIFLOWER

The main component of cauliflower is water, which, together with its low content of carbohydrates, proteins and fats, makes it a food with a low calorie content. It is considered a good source of fibre, vitamins and minerals. Vitamins include the presence of vitamin B1 as well as small amounts of vitamins C, folates and B6. It also contains group B vitamins such as B1, B2 and B3, but in smaller amounts.

As for its mineral content, cauliflower is a food rich in potassium and phosphorus. It also contains, in discrete amounts, iron, magnesium and calcium. The last one is poorer than the one that comes from dairy or other foods that are an important source of this mineral. Something similar happens with iron, whose absorption is much higher when it comes from food of animal origin.

Like other vegetables of the same genus Brassica, the consumption of cauliflower is recommended for its high content in phytochemical elements (glycosylates, isothiocyanates and indoles). Their antioxidant character contributes to the prevention of some degenerative diseases and to the stimulation of the immune system. Many of these compounds are sulphurous (dimethyl sulphur, trimethyl sulphur...) and are responsible for the strong smell that this vegetable gives off during cooking.

ENDIVIE

The composition and properties of endive are very similar to those of chicory. Its main component is water. Its content in carbohydrates, proteins and fats is very low, while it presents an interesting amount of fibre.

All these characteristics make endive a low calorie food. The following vitamins stand out: folates and provitamin C and E.



SALAD

Vegetable or set of mixed vegetables, cut into pieces and seasoned with salt, oil, vinegar and other ingredients.

SALAD

“You must clean a stoic,
season a philosopher,
to sting
oiling it a spendthrift,
mix it crazy and
taste it a good gourmet”.

ESCAROLE

When we talk about escarole, we refer to a vegetable that shares its low energy content with other vegetables, given its low content of energy nutrients (carbohydrates, proteins and fats).

Water is the predominant element in the composition. In the escarole are dissolved small amounts of water-soluble vitamins (B1, B2, C, folates - is by far the richest vegetable in this vitamin) and less beta-carotene (provitamin A), as well as minerals such as calcium, magnesium, iron, zinc and potassium, the latter the most abundant.

The calcium and iron present in this vegetable, despite its abundance, are not so well assimilated because the vegetable fibre interferes with intestinal absorption. Therefore, the amounts of these minerals provided by any vegetable are not comparable to those of foods of animal origin (dairy, meat or fish).

On the other hand, the escarole leaves contain intibine, a compound responsible for its bitter taste and the digestive benefits attributed to this vegetable.

ASPARAGUS

Fresh asparagus consists mainly of water. Their sugar and fat content are very low, while they are one of the richest protein vegetables. It also has a high fibre content.

In relation to its vitamin content, the presence of folates, provitamin A (beta-carotene) and vitamins C and E stands out. With the exception of folates, the rest have an important antioxidant action. It also contains group B vitamins such as B1, B2, B3 and B6.

As for minerals, asparagus have significant amounts of potassium, iron, phosphorus and iodine, as well as calcium and magnesium, although in smaller amounts.

Wild asparagus

Wild and green asparagus because it is exposed to the sun, which usually sprouts in wheat fields.

SPINACH

Spinach is composed mostly of water. Its carbohydrates and fats content are very low. Although it does not have a very high amount of protein, it is one of the richest vegetables in this nutrient. Its fibre is considerable, as is the case with the vast majority of vegetables, which is beneficial to health.

Spinach stands out above all for its richness in vitamins and minerals that surpass most vegetables.

In relation to their vitamin richness, spinach has high amounts of provitamin A and vitamins C and E, all of them with antioxidant action. It is also a very good source of group B vitamins such as folates, B2, B6 and, a smaller amount of B3 and B1.

As for its mineral content, spinach is rich in calcium, iron, magnesium, potassium, sodium, as well as having good amounts of phosphorus and iodine. Calcium is less well received than dairy or other foods that are an important source of this mineral. Something similar happens with iron, whose absorption is much higher when it comes from food of animal origin.

From their content of antioxidant substances, in addition to provitamin A and vitamins C and E, spinach is rich in glutathione, ferulic acid, caffeic acid, beta-coumaric acid and carotenoids such as lutein and zeaxanthin. These last ones are very important compounds for the health of the eyes.

PEAS

They are a great food with nutritional properties. Excellent vegetable proteins source. It has a practically zero fat content.

Peas are a good source of minerals like potassium, el phosphorus, magnesium, calcium, sodium, iron, zinc and selenium. And, of course, the content of vitamins such as vitamin C, niacin or B3, folate or B9, thiamine or B1, pyridoxine or B6 and vitamin A is also noteworthy.

We can't forget pea fibre. Fibre, although is not a nutrient, is indispensable for many functions that are carried out in our body, to maintain good health and also contributes to reduce the risk of disease.

BROAD BEANS

They are rich in vegetable protein of excellent biological quality, also have carbohydrates that give us energy, fibre that helps regulate intestinal transit and its fat content is almost zero, so they are an excellent and very healthy food for people who are dieting to lose weight or who keep an eye on weight.

Thanks to their protein content, broad beans are an excellent food during the growth stage and for people who perform tasks with great muscle wasting, such as athletes.

As for the vitamins, it possesses group B, among them folic acid or B9 (essential during pregnancy and lactation), or B1 (also for pregnancy and lactation, periods of stress and depression).

LETTUCE

Lettuce is a food that provides very few calories for its high water content, low amount of carbohydrates and even lower protein and fat.

In terms of vitamin content, the presence of folates, provitamin A or beta-carotene, and vitamins C and E stands out. The romaine lettuce grown outdoors is the variety richest in vitamins, while the iceberg has the lowest amount of vitamin C.

As for minerals, lettuce have potassium and iron. It also contains magnesium and calcium, although in a smaller proportion. Calcium in this vegetable is not assimilated as much compared to dairy or other foods that are considered a good source of this mineral. Something similar happens with iron, whose absorption is much higher when it comes from food of animal origin.

The outermost leaves of lettuce concentrate most vitamins and minerals.

TURNIP

The turnip is a vegetable of low caloric contribution because it has abundant water, low carbohydrate content and is a good source of fibre.

As for the vitamin content, it provides an appreciable amount of vitamin C and folates, and discrete amounts of group B vitamins (B6, B3, B1 and B2). It has a lack of provitamin A and vitamin E, abundant in other vegetables.

As for its mineral composition, the most abundant is potassium, followed by calcium, phosphorus and iodine. The calcium in these roots is not assimilated just in relation to dairy and other foods rich in this mineral.

It is important to note that turnip greens are more nutritious than the turnip itself. Turnip greens provide almost twice as much protein and fibre as the root and a lot of calcium. The most remarkable thing about turnip greens is their composition in vitamins and minerals. It contains quantities higher than those of the turnip of provitamin A or beta-carotene, vitamin C and folates.

Its low caloric value means that turnips can be included in weight control diets. In addition, due to the presence of fibre, they provide a feeling of satiety after consumption and improve intestinal transit. However, they absorb a lot of oil when they are fried, so if they are cooked in this way, their caloric content increases considerably, as well as being more difficult to digest.

Turnips are rich in vitamin C and sulphur compounds considered to be potent antioxidants with beneficial health effects. Antioxidants block the damaging effect of free radicals.

-Indicated for pregnant women and children

-Regulates intestinal function

-Flatulence: Turnips, in addition to fibre, have sulphur compounds that produce flatulence and make digestion difficult. Therefore, it is advisable that people with digestive disorders of this group moderate the consumption of these roots.

Alterations of the thyroid gland: Regular consumption of turnip does not cause any problems in those who have a normal functioning of the thyroid gland. However, it is recommended to avoid its frequent ingestion in people with hypothyroidism (decreased thyroid function), as the turnips, when crushed, release substances that prevent the absorption of iodine in this gland, thus slowing its functioning.

Kidney stones and fluid retention: Turnips are rich in a group of organic acid known as oxalic acid. This compound is also abundant in spinach, chard and beet, and has the ability to form insoluble complexes in the intestine with minerals such as calcium and iron that prevent its assimilation. There are people who are predisposed to form kidney stones of “calcium oxalate”, which is why the consumption of turnips in their diet should be restricted.

On the other hand, thanks to their richness in potassium and their low sodium content, they have a diuretic action that favours the elimination of excess liquids from the body. With the increase in urine production, in addition to liquids, waste substances dissolved in it, such as uric acid, urea, etc., are eliminated.

POTATO

From the outset there is no doubt that the potato stands out as a delicious food rich in complex carbohydrates, which means that it becomes an essential food to keep blood sugar levels at bay. In addition, thanks to this content in complex carbohydrates, it is also ideal for increasing our energy.

In fact, it has a low glycaemic index, especially if healthier cooking options are chosen for consumption, such as baking or grilling.

As it is rich in vitamin C, it is interesting when it comes to increasing the defences and boosting the natural immunity of our organism. However, we must take into account that much of the vitamin C it contains is lost when we cook it.

Thanks to its potassium content, it helps to control hypertension. And because of its high fibre content (which many people are unaware of), it provides healthy advantages for our digestive system.

Product from America was brought to Europe by Fray Tomás de Berlanga at the beginning of the 16th century.

CUCUMBER

Cucumbers belong to the same plant family as pumpkin and watermelon (Cucurbitaceae family). Like watermelon, most part cucumbers are made of water (95%), which means consuming them on a hot summer day can help you stay hydrated.

However, there are other reasons to consume cucumber throughout the year. Containing vitamin K, B vitamins, copper, potassium, vitamin C, and manganese, cucumbers can help you avoid the nutrient deficiencies that are so common among people who eat the typical American diet.

In addition, the cucumbers contain unique polyphenols and other compounds that may help reduce your risk of chronic disease and many other things.

PEPPER

The main component of the pepper is water, followed by carbohydrates, which makes it a vegetable with a low calorie intake. It is a good source of fibre and, like other vegetables, its protein content is very low and provides little fat.

As for their vitamin content, peppers are very rich in vitamin C, especially the red ones. In fact, they contain more than twice as much as those found in fruits such as oranges or strawberries.

They are a good source of carotenes, including capsanthin, a pigment with antioxidant properties that provides the characteristic red colour to some peppers.

Also noteworthy is its content of provitamin A (Beta carotene and cryptoxanthin) that the body transforms into vitamin A as needed, folates and vitamin E. In smaller amounts are present other B vitamins such as B6, B3, B2 and B1. Its content in the aforementioned vitamins C and E, together with the carotenes, make the pepper an important source of antioxidants, substances that take care of our health.

Regarding minerals, we should highlight the presence of potassium. In smaller amounts magnesium, phosphorus and calcium. Calcium is not assimilated as much compared to dairy or other foods that are considered a good source of this mineral.

GREEN PEPPER

Entre los alimentos de la categoría de las verduras y hortalizas que tenemos disponibles entre los alimentos en nuestra tienda o supermercado habitual, se encuentra el pimiento verde. Este alimento, pertenece al grupo de las verduras frescas.

El pimiento verde es un alimento rico en vitamina C ya que 100 g. de esta verdura contienen 107,2 mg. de vitamina C. El pimiento verde se encuentra entre los alimentos bajos en calorías ya que 100 g. de este alimento contienen tan solo 19,7 kcal.



Por su bajo número de kcalorías, tomar el pimiento verde es recomendable para mantenerse en línea. Si piensa realizar una dieta para bajar de peso, puede incluir el pimiento verde. Recuerde que antes de empezar una dieta, lo debe antes consultar con un nutricionista o con su médico.

GREEN PEPPER

Green pepper is one of the foods in the category of vegetables available in our usual store or super-market. This food belongs to the group of fresh vegetables.

The green pepper is a food rich in vitamin C because 100 g. of this vegetable contains 107.2 mg. of vitamin C. The green pepper is found among the low-calorie foods because 100

g. of this food contains only 19.7 kcal.

Because of its low number of kcalories, taking the green pepper is recommended to stay fit. If you're thinking about a weight-loss diet, you can include green pepper. Remember that before you start a diet, you should first consult a nutritionist or your doctor.

LEEK

The main component of the leek is water, which, together with its low carbohydrate content makes it a food with a low calorie intake. In addition, it has a significant amount of fibre and some vitamins and minerals.

As for its mineral composition, its potassium content stands out, as well as magnesium, calcium and iron.

Calcium and iron are barely assimilated, unlike foods of animal origin rich in these nutrients.

Leek is a good source of folate and also provides vitamins C and B6, although the last in smaller amounts.

RADISH

Radish are rich in vitamin C and sulphur compounds considered to be strong antioxidants with beneficial health effects. Is:

Diuretic and depurative.

Radishes, thanks to their richness in potassium and water, they have a diuretic action that favours the elimination of excess liquids from the body.

Good digestions

Most of the properties of radish are due to the presence of compounds that have the property of stimulating the digestive glands, while causing an increase in appetite.

Flatulence:

Radishes have sulphur compounds in their composition that produce flatulence and make digestion difficult. Therefore, it is advisable that people with digestive disorders of this group moderate the consumption of these vegetables.

Pregnant women and children

Radish is a suitable food for women during pregnancy thanks to its folic acid content. This is an important vitamin to ensure the correct development of the neural tube of the foetus, especially in the first weeks of gestation. Its deficiency can cause diseases such as spina bifida or anencephaly in the future baby.

Alterations of the thyroid gland:

The development of goitre is a growth of the thyroid gland. The emergence of this disease is related to very low or no iodine intake. Iodine-deficient diets are more common in developed countries. This deficiency may disappear with the use of iodized salt, although there are also foods that provide this mineral, such as radishes.

Respiratory diseases

Sulphur compounds in radishes have antibacterial, balsamic and expectorant properties. Therefore, it is a vegetable that can be included in the diet of people with respiratory diseases such as colds and bronchitis.

BEET

Beet is a food with a moderate caloric content, since after water, carbohydrates are the most abundant component, which makes it one of the vegetables richest in sugars. It is a good source of fibre.

Among the vitamins, some of group B stand out, such as B1, B2, B3 and B6. Beet, on the other hand, together with an aubergine or cucumber, is one of the vegetables with the lowest provitamin A and vitamin C content.

In relation to minerals, it is a vegetable rich in iodine, sodium and potassium. In smaller amounts magnesium, phosphorus and calcium. Calcium is less well received than dairy or other foods that are an important source of this mineral. Its leaves are rich in beta-carotene and minerals such as iron and calcium.

CABBAGE

There are two main varieties of cabbages: early and late. The early ones mature in approximately 50 days. They produce small buds and are intended for immediate consumption as they do not resist storage. Late buds, which mature after 80 days, produce larger buds and are used for winter provisioning.

It is eaten cooked, pickled or raw in salad. It can be preserved cooked, frozen after blanching and even prepared as sauerkraut (fermented cabbage that is used as a condiment or accompaniment). It is common in Venezuela to consume it in hot dogs.

Cabbage is rich in vitamin C, A, calcium and carotene, as well as having a high fibre content.

TOMATO

It was brought from Central America to Spain in the 16th century by Fray Tomás de Berlanga. The tomato is a low energy food that provides just 20 kcalories per 100 gr. Its main component is water, followed by carbohydrates.

It is considered a fruit-vegetable, since its contribution of simple sugars is superior to that of other vegetables, which gives it a slight sweet taste.

It is an interesting source of fibre, minerals such as potassium and phosphorus, and vitamins, among which C, E, provitamin A and group B vitamins, especially B1 and niacin or B3. In addition, it has a high content of carotenes such as lycopene, a natural pigment that gives the tomato its characteristic red colour. The high content of vitamins C and E and the presence of carotenes in the tomato make it an important source of antioxidants, substances with protective function of our body.

Potassium is a mineral necessary for the transmission and generation of the nervous impulse and for normal muscular activity, as well as intervening in the water balance inside and outside the cell.

SUNROOT

Sunroot is an edible tuber, originally from North America in an elongated form, its tone varies between white, burgundy and brown. It arrived in Europe in the 17th century, and for a long time it was a widely consumed food, until the potato relegated it. Draws attention for its attractive yellow flowers, they are relatives of the sunflower but smaller and more abundant.

It is a plant that flowers frequently in gardens and adorns them, and many people are unaware that its tubers are a delight.

Its root has an elongated and knotted shape, measures about 10 centimetres and its colour can vary between white and red or purple or brown.

Its texture is very similar to the potato, it is crunchy raw and softens if cooked. It has a mildly sweet taste. It belongs to the same family as the artichoke, so it resembles it a little bit.

Its cultivation dates back to the time of the Amerindians (American Indians), long before the colonization of the Europeans. In Spain it is also known as pataca, turma, aguaturma, canaria, Jerusalén artichoke, castaña de tierra, batata de caña, criadilla de agua, batata tupinamba, etc.

It has diuretic properties, very appropriate for people suffering from rheumatism and fluid retention.

Because of its high inulin content, it regulates the blood sugar level of patients with diabetes. In addition to fibre, the tuber also contains minerals that help with anti-diabetic action, such as copper, magnesium, manganese and zinc.

It is a suitable food that can replace the potato in slimming diets. The dietary fibre it contains provides a feeling of satiety at mealtime, and along with its low fat content, is a good ally in diets for obesity. The fibre it contains is depurative and lowers cholesterol because it captures part of the fat ingested thus preventing its absorption. These characteristics make it a suitable food for people with cardiovascular disease.

It is a good intestinal regulator. Inulin is part of the prebiotic fibre group, i.e. it ferments in the intestine, improving the intestinal rhythm and maintaining a healthy intestinal flora.

Its nutritional content consists of approximately 15% protein, 9% carbohydrates and 4% fibre. It has very little fat, barely 1%, but they are rich in various vitamins and minerals.

The edible part of this vegetable is the roots (tubers), which can be eaten boiled or in vinegar.

In any case, it is important not to exceed the daily amounts to prevent the body from being unable to absorb the inulin present in this food. Excessive consumption of this vegetable can, in fact, lead to diarrhoea, abdominal pain, gas and bloating.

The recommended daily dose for an adult is 200 gr, which corresponds to a medium sized artichoke.

CASSAVA

Cassava is a food rich in complex carbohydrates (mostly starch), fibre, also has vegetable protein, vitamin A, B2, B3, B6, B9 or folic acid, C, K and minerals like potassium, magnesium, phosphorus, calcium, iron and sodium. In terms of calories, 100 grams of cassava provide about 145 Kcalories.

Cassava has energetic, depurative, hypocolestimiant, neuro-stimulant, antithrombotic, antioxidant, anti-inflammatory, immunostimulant, antibacterial (external use) action. This food is satiating. Cassava barely has fat. It provides a lot of energy, so it is excellent for athletes, children and active people. Cassava is easy to digest. As it does not contain gluten, it is an excellent option for celiac to replace cereals with gluten and obtain a good source of carbohydrates.

CARROT

The carrot is an excellent food from the nutritional point of view thanks to its content in vitamins and minerals. Its main component is water, followed by carbohydrates. Carrots have a higher carbohydrate content than other vegetables. As a root, it absorbs nutrients and assimilates them as sugars. The content of these sugars decreases after cooking and increases with ripening.

Its orange colour is due to the presence of carotenes, including beta-carotene or pro-vitamin A, natural pigment that the body transforms into vitamin A as needed. It is also a source of vitamin E and group B vitamins such as folate and vitamin B3 or niacin. As for minerals, highlights the contribution of potassium, and discrete amounts of phosphorus, magnesium, iodine and calcium. Calcium is less well received than dairy or other foods that are an important source of this mineral.

Final note: The value of the different nutrients corresponds to the arithmetic mean of the different species and products of each of them.

ATTITUDES VALUES

ACTIVITIES OF THE MEDITERRANEAN DIET AS A LIFESTYLE THE M.D IS NOT COMPLETE WITHOUT THEM

WATER

Water is the principal constituent in our body, we can't survive without it. In addition, it represents two thirds of the body. At birth, around 75% of our body is water. In adulthood this percentage decrease to 60%.

However, this essential life nutrient is just a colourless, odourless and tasteless liquid. It has turned the beverage of choice. It fulfils numerous functions on our bodies, from temperature regulation to several interventions in metabolic process.

This liquid is so important that it is associated with the emerge of life in Earth. It is synonym of life. For this reason, researches in other parts of the galaxy are focused on knowing if there is water because when we found this liquid there is always living microscopic organisms.

Water functions in the organism:

We can distinguish different water functions as a nutrient in our organism. The most important are:

- it is in charge of carrying nutrients within the cells, helping to erase the waste product at the same time.
- It takes part on nutrients' digestion.
- It helps the dissolution of nutrients and digestion via hydrolysis.
- It gives volume and shape to the cells. This is because the water within the cells put pressure giving them the right shape.
- It prevents joints friction.
- It keeps body temperature by sweating.
- It is the liquid medium where they can be found all body fluids dissolved like blood, urine, faeces, digestive secretions, etc.

JOY

Joy is a source of wellbeing that must always be nurtured, in any circumstances. Thomas Aquinas, the philosopher, explains correctly that joy arise always from a good thing, like requited love, health, professional success, a present, good news... On the contrary, sadness arises form a negative situation: lack of affection, a breakup, a friend let down, loneliness... Joy is a source of wellbeing, so, if you want to be happy you should enhance this feeling.

Enjoy the joy of been alive here and now. Feel the magic of knowing that there are people who love you and you love them truly. Watch the beauty on a landscape because happiness is closer than you think. The effect of happiness is the fullness of the soul that goes far beyond physical perfection.

FRIENDSHIP

All the kinds of friendship, from the most superficial to the closest one, play a role in a person's happiness and wellbeing. This has been proven in a wide scientific research in United Kingdom. In this article friendship is described as an important part of happiness. It also showed what bring the different groups of friendship to a person. Besides, an expert answers the question: Can your partner be your friend?

According to a recent study, having a wide circle of friends help men and women to have a more sense of wellbeing and happiness. Researchers at the University College of London (United Kingdom) have based their observation on more than 6.500 British born in 1958 and followed up to middle age. The analysis published in "Journal of Epidemiology and Community Health" magazine, agrees with the findings of previous researches.

Friendship: an ingredient for happiness

A well-known phrase says there are three keys to happiness: health, money and love. Scientifically speaking, it hasn't been demonstrated that health brings you a lasting happiness or that the lack of health implies unhappiness. It hasn't been demonstrated either that money gives you instant happiness. However, it has been demonstrated empirically that love (understood as all kind of affective relations) is directly related with higher levels of subjective satisfaction, and, therefore, with happiness.



Friendship, along with couple and family relations, is one of the three important affective relationships. The three of them are a solid base for true psychological human happiness. This has been demonstrated by several studies, although they don't know why.

It has been demonstrated empirically that all affective relationships are directly related with higher levels of subjective satisfaction.

The specialist and positive psychologist expert José Luis Zaccagnini from the Psychology Faculty of the University of Málaga, provide some tempting reasons. First, “we are social animals, so we feel much better when we are close to other human beings”. Second, “several fundamental human necessities, like affective or sexual relationships, communication or self-image, crucially depend on affective relationships with other people”. And, finally, “human beings exist “for others”, in other words, we only can give meaning to life if we have affective relationships with others”.

TREE

Your health in the forest.

Trees and all their kingdom are in perfect harmony with the Earth's vital area. They extract the vital source associated to life and spread these vibrational fields having a pacific impact in the rest of living beings. They balance and harmonize to any human being around them.

It is well known the positive effect of hugging trees. Science supports these practices. But not only the vibrational a vital aspect of trees has an effect on us, there is a spiritual arboreal world where we can go because it has a powerful wisdom about Earth, life and fulfilment.

“Each tree is a sun and earth source deposit and we can extract these sources.”



JAPAN EMBASSY 2016 INVITE TO THE EMPEROR'S PARTY

ART

Today, much is said about the importance of art in culture and how art is an expression of each one of its qualities. Through art and architecture we can interpret and place a civilization in a time period, that allows us to understand it to impregnate our awareness and existence.

Marcel Proust said “Thanks to art, instead of seeing one world only, our own, we see that world multiply itself and we have at our disposal as many worlds as there are original artists, worlds more different one from the other than those which revolve in infinite space, worlds which, centuries after the extinction of the fire from which their light first emanated, whether it is called Rembrandt or Vermeer, send us still each one its special radiance.” Art, cinema, theatre, dance are open doors to other worlds, moments of self-identity loss, moments where you get lost in those forms, sounds, characters so far but so close at the same time. In my opinion, any theory about the psychology of art, any media for which this complex and wide phenomenon is explained, where the inner worlds of present and future realities (political, cultural and social) open to the relation between art and exploration, this is the most important connexion for art and psychological researches when we are talking about the elaboration and artistic enjoyability. Being able of see art as a vehicle, a tool, an opportunity, as an exploration of new worlds, new possibilities, new techniques, new abilities like exploration and new connexions’ establishment. (M.P.)

It is present in all cultures, from archaic cultures to recent, primitive and evolved cultures. We can define art as a product of a biological origin’s behaviour, in other worlds, the necessity of putting in order the behaviour in a phylogenetic and ontogenetic level in the world. Is the realization of activities based on psychological process and factors like motivation, memory, feelings, perception, representation, ideation, imagination, in other words, cognitive factors.

In a psychophysiological level there are several positive effects of practicing art on health, it doesn’t matter if you are expert or not. In a recent study of Drexel University in 2016, it has been demonstrated that practicing art for 45 minutes can produce a significant drop in cortisol levels, even in people with no artistic experience. The study was made by professionals in an adequate and protected environment. The materials used (collage, colouring pencils, markers, easy to use) have made the experience easy. This confirm the relation between the positive effect of artistic experience and the professionalism from the enabler and the adequate environment. It is better to use the word of enabler instead therapeutic art because the “positive power” of art in our wellbeing it is not necessary linked to a therapeutic context. The America Psychological Association Div.10 Psychology of the Aesthetics, Creativity and the Arts makes a distinctions between the therapy of art and art as a therapy. Art as a therapy has to do with the universal value of art, which means that when we are doing something artistic or creative like admiring a work of art (understanding art no only as paintings or sculpture but also music, dance, theatre, photography, etc.) it produce some phyco-physiological level change that it could be positive for our wellbeing.

In fact, the artistic creation is an unconscious process that allows to see the creator’s mind. Through the analysis of the visual elements like

the position of the page, the chosen colours, the kind of lines used, the space use, the number and integration of elements and the seeming movement of the image, the professional is capable of evaluate the emotional state of the person, provide adequate guidance and control the time passing. The development is together.

DANCE

Dancing is one of the things than can really light up the monotonous people's lives. It can benefit the emotional, mental, physical and general health. When a person decides to initiate some kind of exercise it uses to take into account the fun level and dance is fun.

Dance's benefits for your general health:

Helps your heart

Dancing is a great activity for those with a cardiovascular disease risk. An Italian study showed that people with heart failure who dance, improved significantly hearth health, breathing and quality of life in comparison with those who ride a bike or walk in a treadmill.

Weight loss:

Weight loss is other benefit from dancing if you practice it often. A study from "*Journal of Physiological Anthropology*" found that a dance aerobic workout program is as useful for weight loss and aerobic activity increase as cycling and jogging.



Energy rise

Do you feel without energy through the day? Dancing could help you have it back. A published study from “*The Scholarly Publishing and Academic Resources Coalition*”, found that a weekly dance program could improve physical performance and increase the energy levels in adults.

Improves flexibility, strength and stamina.

Dancing requires sometimes a large amount of flexibility. Most dance classes start with a warm up including several flexible stretching exercises. When you dance, you have to strive to achieve a movement in all muscular groups.

Dancing increase strength, making the muscles to resist against the own body weight. A lot of dance styles, like jazz and ballet and jumping requires a huge strength on the main legs’ muscles.

Dancing is a physical exercise which means that increase stamina, the capacity of muscles to work hard for longer periods of time each time without getting tired. Dancing regularly helps improving stamina, especially vigorous dance.

Dance’s benefits for your emotional health:

• t Makes you feel happy

Almost everybody enjoys dancing. If you watch a person dancing, he or she has probably a smile on his or her face. Smiling and laughing while dancing is totally normal! This is because it makes you really enjoying your time. There is no age limit when your dancing, unlike other kinds of exercises. Any person, doesn’t matter how old is, can dance and enjoy the benefits of dancing for their health.

• t Erase stress and depression

It has been demonstrated that one of the benefits of dancing is that it helps prevent mild depression and improves the confidence of the person who dance. Depression is becoming a major problem between teenagers and adults of all ages.

A study from “*International Journal of Neuroscience*” found that the dance therapy helps not only depression but also the stress by regulating the body’s serotonin and dopamine levels. Due to the fact that dancing is a social activity, it helps with loneliness feelings that people suffering from depression or old people who live alone have.

• t Improves confidence and self-esteem

Dancing also helps improve confidence. Every time that you control a new dance move, you experience a confidence rise along with a better mood. This confidence improvement can be translated to all your life aspects.

Dancing is a social activity. Studies have demonstrated that the strong social ties and socialization with friends help having a high self-esteem and positive attitude. Dancing helps you meeting new people. Joining dance classes can improve your self-esteem and develop social abilities. Due to the fact that physical activity reduces stress and tension, dancing gives you a genera wellbeing feeling.

• Dance’s benefits for your mental health:

- **Improves memory**

According to a study from “*New England Journal of Medicine*”, dancing can improve memory and prevent the manifestation of dementia. Science reveals that aerobic exercise can revert the loss volume on the hippocampus, the part of the brain that controls memory. Hippocampus reduce through the adult life, which drives to memory problems, and, sometimes, dementia.

† Fights Alzheimer’s disease

Several studies show that dancing often helps avoid the effects of Alzheimer diseases and other groups of dementia and increase the mental acuity. It also has been demonstrated that peoples with Alzheimer are able to remember forgotten memories when they dance to the music that they used to know.

- **Increases intelligence**

For centuries, manuals and other writings about dancing have praised the dance benefits for the health. Now, thanks to the studies, it has been demonstrated that dancing improves intelligence. The intelligence essence is making choices. A great advice is, that if you want to improve your mental acuity, you should involve yourself in activities that requires making fast choices (in seconds), so if you want to improve your intelligence instead of your memorization, you could just work on your dancing physical style.

You can do it by learning something new, not only dancing, anything new. When you take dancing classes, you can challenge your mind and stimulate the connectivity of your brain, generating new vies. It is better to take difficult classes because they encourage the necessity of new neuronal connections, improving the neuronal connectivity.

What kind of music should I dance to?

There are several ways of dancing. The different kind of music are jazz, salsa, merengue, bachata, reggaeton, Zumba, hip-hop, ballet, contemporary dance, etc. Each one of them is equally benefitable. Each one of them give you the ways in which you can have a healthy life. Dancing can help you a lot. All kinds of dancing can equally help you. You only have to decide what kind of dance you like more and practice it constantly so you can obtain the benefits for your health.



WALK

Walking fast is one of the easiest and simpler exercise, plus suitable for people from all ages.

Strengthens your heart

Walking regularly reduces the risk of suffering heart disease or stroke. Reduce LDL (bad) cholesterol levels, increase HDL or good cholesterol and maintain under control blood pressure. Walking fast for 30 minutes helps to prevent and control the high blood pressure reducing the risk of suffering a stroke to 27%.

Reduces the risk of suffering disease.

Besides reducing the risk of suffering heart disease, it also reduces the risk of developing diabetes group 2, asthma and some groups of cancer. Those who actively walk have a 20% less risk of developing colon, breast and uterus cancer.

Keep you fit/in shape

If you are trying to lose weight, you should burn around 600 calories a day, more than what you are eating. Walking is one of the easiest ways to do it. This activity also helps to gain muscle mass and to tone. If you gain muscle, your metabolism will burn calories faster, even in idle mode.

Helps to prevent dementia

Physical activities have a protective effect on brain function and a regular exercise can reduce the risk of dementia in a 40%. Old people who walk 10 km or more weekly can prevent brain contraction. This way their preserve the memory through the years.

Prevents osteoporosis

Walking stimulate and strengthen bones, increasing bone density, very important especially for women. It also helps maintain joints' health preventing from diseases like arthritis.

Tones legs

A good walk can tone and shape your legs, working out the calves, quads and lift buttocks in women. For lifting buttocks, you should add to your activity hills, mountains and steps. Besides, if you pay attention to your posture, you also can tone up your abdominals (contract them during the activity) an reduce gradually the waist.

Increases your vitamin D levels

Another benefit is that if your walk during the day (Without getting sunburns) you will increase the vitamin D levels, a very difficult nutrient to get in food and that plays an important role on bone's health and immunity.

Gives you energy

Walking increase your circulation and oxygen supply in each cell of your body, helping to be alert and alive. It awakes the joints' stiffness and relieves muscular tension making you feel less slow. When you feel down, go for a walk and you will see the difference.

It makes you happy!

Studies have demonstrated that a regular moderate intensity activity (like walking) can be as effective as antidepressant in mild to moderate depression. Walking activates endorphins in the bloodstream, what means a stress and anxiety reduction. Besides, we cannot forget that is a social activity, which means that you can join a group to walk, talk and get you know each other. This represents a good way to erase isolation and loneliness feelings, lo cual representa una gran manera de desterrar los sentimientos de aislamiento y soledad.

COMPANY/ FELLOWSHIP

We used the term fellowship to define a kind of friendship between colleagues from school, work, etc. and that it has some principal characteristics, attitudes and behaviours like goodness, respect and trust. Fellowship is especially characteristic in some kind of bonds like fraternal relations, work buddies, classmates, etc.

In order to understand better the term fellowship, we should define colleague first.

We can say a colleague is that person with whom you share certain situations, experiences and feelings in your life. Through a person's history, he can have several colleagues in certain places or spaces and with whom different groups of fellowship are established.

Fellowship is what bond people that hasn't any blood ties but that share some thoughts and feelings that can be denominated: "soul brothers".

COMMUNICATION

This term comes from the Latin "communicare" that means: "make the other person participate". Communication is the act of communicate and we can understand it as a process where information is passed and received. Every human and animal have the capacity of communicate with others.

There are six element that are necessary for the communication process: an emitter, someone who transmits the information; a receiver, someone to whom the information is addressed and who receives the information; a contact through a communication channel, which can be very varied: the air through which the sound probes circulate, the paper that serves as a support for written communication, the voice, etc. Likewise, there is an information or message to be transmitted; a code or system of signs common to the receiver and the emitter, where the message is encrypted -the signs can be non-linguistic (symbols, signs and icons) and linguistic (writings, sounds, associated concept, meaning, etc.); and finally, the message has a reference or reality, to which it alludes by means of the code.

CONCORD

The European Union has achieved the longest peace period of modern Europe, collaborating with the implantation and dissemination of values like freedom, human rights and solidarity in the world. These values give hope for the future, in times of uncertainty, giving an example of progress and wellbeing. <http://www.premiosprincesa.es/premio-princesa-asturias-concordia.html>

COEXISTENCE

Coexistence means the act of coexist, of living everyday with other person completely different from you, in other words, live in company with other people. A good example of coexistence will be a family house, where the family interact constantly. Other example will be the marriage couple without kids, they coexist with each other. Coexistence has to be peaceful, harmonious and calm, stepping away from the disputes, fights or discussions between those who live together. This is based in tolerance, a very important factor when you live diary with someone else.

SPORTS

Sport is a regulated activity, normally of a competitive nature that can improve your physical condition and has properties that are different from a game.

Most definitions say that sport is a “physical activity” but we can difference between “physical activity” and “physical exercise” because there are considered as sports activities of low or null physical exercise like IOC, considering the mind as other part of the body which activity is considered physical activity but no physical exercise. For example, games like chess, sport shooting or electronic sports don’t require any physical exercise. Another low physical activity example is archery, racing, billiard, etc. On the other hand, there are strenuous physical activities that are not a sport.

DIALOGUE

It comes from a Latin term *dialogus* (which comes from a Greek word). A dialogue describes a conversation between two or more people that explain their ideas

alternately to exchange opinions. A dialogue is also a discussion to achieve a deal. Usually, a dialogue is presented in oral and writing speech where two or more people communicate with each other. It is a valued and adequate resource to exchange ideas direct or indirectly.

A dialogue can be a kind conversation or a violent discussion. Anyways, we should say that a dialogue is an exposition and exchange of thoughts where other’s opinions are accepted, and participants are willing to modify their point of view. That’s why there is an agreement that in fields like politics it is necessary.

HAPPINESS

Happiness is an emotion that appears when a living being reach a goal.

Happiness use to go linked with a subjective joy and satisfaction. Some psychologist has tried to characterize the level of happiness with several tests. They have defined happiness as a subjective wellbeing measure that influence on a person's attitudes and behaviour. People who have a high level of happiness usually show a positive way of life and a bigger motivation to achieve new goals.

GENEROSITY

Generosity is a personality feature characterized by helping other without expecting something in return. A person who practices generosity is called generous person. It comes from the Latin term *generositas, generositātis*. The prefix *gen-* (generate, race, lineage, family) originally was used to refer a quality of a hidalgo from a noble and illustrious family.

Generosity is usually associated to altruism, solidarity and philanthropy. The opposite concepts will be greed, stinginess and selfishness.

AROMATIC HERBS

Aromatic herbs are highly used in the Mediterranean kitchen for its aromatic and seasoning qualities. There are cultivated in all kinds of orchards. We used fine herbs to design a mix of four herbs: *chive, chervil, tarragon and parsley*, the French kitchen base.

Generally, we use fresh, dry or dehydrated leaves to season stews and increase diverse dishes' scent, raw or cooked.



Through History, herbs have been ignored except mint, parsley and garlic. Some of them were only locally cooked.

The herbs used come from three botanical families:

- Alliaceae: garlic, onion, spring onion, shallots, etc.
- Apiaceae: angelica, caraway, chervil, fennel, parsley, etc.
- Lamiaceae: marjoram, lemon balm, mint, oregano, savoury, sage, thyme, etc.

Dry aromatic herbs have a strong scent and must be used with measure. Aromatic flowers are used for fragrances and medicines.

ORCHARD

An orchard or garden is an irrigated land, frequently on the lowlands of the river because is a crop that need a lot of irrigation, even though it is used a drip irrigation system in horticulture to economizes the water quantity. The main crops are vegetables, legumes, and, sometimes, fruit trees. They are usually called *horticultural crops*.

The main groups of orchards are urban, school, family, community, municipal and ecologic gardens.

HUMANISM

Humanism means to value human beings and their human nature. It is related with generosity, compassion and concern for the attributes and human relations. The word comes from *humānus* that means human and the suffix -ism that comes from the Greek and means doctrine, systems, schools and movements.

Humanism is a philosophical current that was born in Italy in the 15th century during the Renaissance. This movement was based on the value of the human beings, giving importance to critical and rational thinking, beyond superstition or dogma. Through this current, the transmission of knowledge was sought, which made man a truly human and natural subject.

IMAGINATION

It comes from the Latin term *imaginatio* which means the faculty of a person to represent images of real or ideal things. It is a process that allows to manipulate information created within the organism (without external incentives) to develop a mental picture.

Imagination allows to keep in mind an object which has been previously visualized or to create something new without any real sustenance. Imagination lets the human being manipulates information from memory and converts already perceived elements into a new reality.

The concept, therefore, can be used to name the capacity to develop this mental process and the

outcome of it. For example: *“Mi daughter has a great imagination, last night told me a story of a little flying tiger that comes to see her at night”, “My imagination let me to think that there was a crocodile living under my bed”, “There are no real danger, is just your imagination”*. The notion of imagination is also used to name a judgment that has no foundation or is based on something that does not exist in reality: *“The prosecutor’s fundamentals are pure imagination: there is not a single piece of evidence to support his words,” “I want a concrete answer, not wild ideas from your imagination.”*

Imagination can be associated also with the feast of developing new projects or new ideas: *“I need you to use your whole imagination to think the new slogan that highlight this product from the competence”, “Thanks to my brother-in-law, today we have a business that hasn’t stop growing.”*

READING

Essential for the Mediterranean Diet.

MUSIC

Music (from the Greek: *mousik* “the art of the muses”) is, according to the traditional definition of the term, the art of organizing sensibly and logically a coherent combination of sounds and silences using the fundamental principles of melody, harmony and rhythm, through the *intervention* of complex psycho-animal processes. The concept of music has evolved from ancient Greece where poetry, music and dance as a unitary art were brought together without distinction. For several decades the definition of what music is and what it is not has become more complex, since outstanding composers, within the framework of diverse borderline artistic experiences, have produced works that, although they could be considered musical, expand the limits of this arts’ definition.

Music, as an artistic manifestation, is a cultural product. The main goal of art is to arouse an aesthetic experience in the listener and express feelings, emotions, circumstances, thought and ideas. Music is a stimulus that affects the individual’s perceptual field; thus, the sound flow can fulfil various functions (entertainment, communication, ambience, fun, etc.).

It is an organized sonority (according to a perceptible, coherent and significant formulation). This definition is based on the assumption that, in what is consensually known as “music”, certain patterns of “sound flow” can be perceived as a function of how the properties of sound are learned and processed by humans (there are even those who consider they are also processed by animals).

OPTIMISM

The willingness of understand and analyse reality in a much more positive way. We should also highlight the philosophical doctrine that give the universe a higher perfection level.

As a philosophical doctrine, optimism oppose to pessimism (from the Latin term *pessimum* that means “the worst”), an idea that say we are on the worst universe possible.

A trait in the disposition of the personality that oscillates between external events and the personal interpretation of them. Optimism is characterised by the idea of trusting that the future will be better, so you face the difficulties with a good spirit and perseverance. An optimistic person identifies and value the positive side of circumstances and people.

It is very common when the word optimism is mentioned, its opposite quickly appears: pessimism. In this case, there is a perfectly clear difference between both terms. Thus, while the optimistic person, in any circumstances tries to find solutions, possibilities and advantages; the pessimistic person, by nature, loses heart, sees everything as a number of disadvantages and damages.

For example, when a couple, after many fights and discussion decide to end the relationship. The member of the relation who bets on optimism will determine that this rupture is the best solution for a worn relationship in which both parties were dissatisfied and suffering and supposes that both begin a new stage in which they will be able to find those who complement them.

The pessimistic lover will sink into the pit of despair and tragedy and will think that he will never fall in love again, that he will never be able to be with anyone again, that he would rather suffer than be alone or that he will not find anyone who wants him.

Studies say that, generally, optimistic people have a better mood, are more persistent and have a better health status than pessimistic people. That is why optimistic tend to come out stronger from traumatic and stressful situations.

STROLLING

Walking or strolling in one of the exercises that, besides being pleasant, can make you feel better. A lot of people think that, if isn't a high intensity exercise you can't have any benefit from the physical activity. But waking or strolling is free, easy and safe for injuries.

Walking is an aerobic exercise and have a loss of benefits for those who practice it. For example, a study from the University of Tennessee found that women who walk dairy have lees body fat that those who don't and have less risk to suffer blood clots.

1. Helps you sleep better

Walking helps with the serotonin (5-HT) release, a neurotransmitter that came from an amino acid called tryptophan. One of its function is the melatonin production, a hormone that regulates sleep cycles. In addition, in order to feel rest and calm, serotonin intervenes in stress and body temperature control.

Strolling raise the serotonin levels and helps sleep better. A study conducted at the University of Sao Paulo that evaluated a group of subjects with insomnia and compared the effect of both moderate aerobic exercise (e.g., walking) and vigorous aerobic exercise on them, concluded that moderate aerobic exercise achieved the greatest benefits in terms of sleep quality.

2. Enhances mood

A study from California State University at Long Beach showed that the more steps, the better the mood. Why? As stated in the previous point, walking releases serotonin, better known as the chemical of happiness. But it also releases endorphins, natural opioids that make us feel really good.

3. Improves circulation

Walking improves blood circulation and prevents cardiovascular disease.

A study by the University of Colorado and the University of Tennessee found that research subjects who walked one to two miles a day (1,600 to 3,200 meters) lowered their blood pressure by almost 11 points in 24 weeks. Subjects who walk for half an hour a day reduce the risk of suffering a heart attack by 20%.

4. Increases life expectancy

As research from the University of Michigan School of Medicine states, those individuals in their 50s or 60s who walk regularly are 35% less likely to die in the next eight years than those who do not walk.

5. Prevents cognitive impairment

A study from the University of California in San Francisco (UCSF) where 6000 subjects with 65 year old or more participated, found that the more we walk, the slower the cognitive impairment. Subjects who walked 2.5 miles daily (4km/day), had a 17% less memory loss.

6. Reduces the risk of suffering Alzheimer

A study conducted at the University of Virginia Health System in Charlottesville found that men between 71 to 93 years old who walked a quarter mile a day (400 metres) had a 50 percent lower risk of Alzheimer's compared to men of the same age who did not walk.

7. Walking helps you lose weight

Walking is an excellent exercise for losing weight when someone is not yet in good physical condition. For weight loss, especially in the early stages, aerobic work such as walking is optimal, as it is simple to perform, poses little risk of injury and generates a predictable and regular energy expenditure. Being a low-impact activity, it doesn't strain your body like running, jumping, or even dancing. This makes it ideal for older adults, those with a tendency to joint pain and anyone who wants to leave sedentary life behind and live a more active life.

When it comes to burning fat, physical activity and daily activities require between 20% and 30% of the total energy reserve. Digestion uses around 10% of the total energy. And the basal metabolism, in other words, the energy stored by our body to ensure the functioning of its vital functions (brain, heart, breathing, etc.) means about 50-70% of all calories stored. A research published in the Journal of the American Dietetic Association concludes that women who walk for nine hours a week have a lower body fat percentage and a higher basal metabolic rate.

8.Reduces stress

Stress is an epidemic that has installed in western societies. The accelerated pace of life that many individuals live, the demands of work or studies, among other situations, can cause really stressful situations.

Walking allows us to improve our respiratory capacity and our oxygenation, in order to be calmer. In addition, like any aerobic exercise, walking reduces levels of cortisol, a hormone released in response to stress, according to research published in the Journal of Physiological Anthropology.

9.Walking reinforce the muscles and makes you tough

Walking tones, the muscles of the legs, buttocks and abdominals. This, added to the improvement in aerobic endurance, can be noticed in the activities you perform in daily life, as it will take longer to be tired or fatigued.

10. Increases your vitamin D levels

Walking on a sunny day increases vitamin D levels. This vitamin is obtained mostly by the action of ultraviolet rays. Vitamin D is necessary for normal brain development and may prevent multiple sclerosis (MS).

In addition, joint research by the University of Pittsburgh (USA) and the Queensland Technical University in Australia concluded that vitamin D may have a regulatory role in the development of seasonal affective disorder (SAD).

PEACE

On an individual and social level, peace is the ideal state that a human being or a society can have or aspire to, since in this way a situation of total harmony and equilibrium is achieved between the heart and mind of the individual; it is therefore an absence of conflicts and battles.

The only way to achieve the progress and development of individuals and communities (neighbours or countries) is for everyone to practice peace.

Nowadays, peace is essential in the world. Throughout the centuries battles and wars have been suffered between communities and nations, some of them with human and resources devastating results. There still are a numerous of local and regional conflicts; that is why is we have to achieve peace together, it's a difficult task, but not impossible.

The symbol of peace is usually a white dove with an olive branch on its beak, which is of biblical origin, after the episode of Noah's ark. The dove is the bearer of the olive branch. The Spanish painter Pablo Picasso drew it in an image that has remained forever as a sign of hope for a better future.

There is also another significant symbol of peace, which is a circle with four lines inside, one at the top and three at the bottom, giving the shape of a bird's footprint. This symbol became very popular in the 1960s hippie movement.

HARVEST

It is referred to the harvest of fruits, seeds and vegetables in the moment they achieve ripeness. The harvest is the end of the cycle of a fruit: "The pattern says that tomorrow we will start harvesting the strawberries", "My cousin travelled to New Zealand to work on harvesting kiwis".

While fruit gathering is considered hard work and is usually associated with distant images of slavery, it is now an easy job opportunity for people who enjoy travelling around the world and do not have the financial means to settle comfortably in a city. In some countries, this group of work pays enough to be sustained with minimal expenses and is a good option not to establish ties difficult to break with a company.

NAP

Six out of 10 Spaniards never take a nap, an activity that until recently was our national sport. And they make a serious mistake, because that rest after a meal provides great health benefits.

The human being is one of the few animals that sleeps only once a day. The rest are polyphasic sleepers; in other words, they alternate phases of sleep and wakefulness during the whole day. Some research indicates that primitive man was also polyphasic sleeper, but he abandoned this custom in order to adapt to faster and faster rhythms of life. Moreover, in the last hundred years, we have lost at least two hours of sleep a day. Therefore, the custom of taking a nap, which is only practiced in Spain by 16.2% of the population, according to the Health Education Foundation of the Hospital Clínico San Carlos and the Spanish Bed Association (Asocama), could help us to recover lost sleep and ensure a healthier lifestyle. Because the nap, as science has shown, provides physical and mental benefits.

1. Prevents heart disease. A nap helps reduce stress and the risk of cardiovascular disease by 37%. Lack of sleep increases cortisol, and an excess of this hormone increases intolerance to glucose and fat, weakens the muscle and immune system, and decreases growth hormone levels, which can lead to diabetes and cardiovascular disease.

When you sleep, it is released, however, the growth hormone, antidote to cortisol, which stimulates the immune system, reduces stress and anxiety, helps repair muscles and lose weight.



2. Reduces blood pressure. A study by Allegheny College in Pennsylvania (USA) of 85 healthy university students has shown that those who take a daily nap of between 45 minutes and one hour, after having endured a day of stress and psychological tension, see their blood pressure and heart rate decrease.
3. Facilitates learning. A study by the University of Berkeley states that those who take naps perform better in the afternoons and increase their learning capacity by 10 percent. They say sleeping allows to face new knowledge and to fix the already acquired ones. It'd be something like resetting the brain. For this reason, resting after lunch increases workers' productivity and children's school performance.
4. Increases concentration. There are numerous studies that show that napping (even six minutes) helps improve any task that involves remembering lists of words or objects. Sleep facilitates short-term memory storage and leaves room for new data. During sleep, recent memories are transferred from the hippocampus to the neocortex, our hard drive, where long-term memories are consolidated.
5. Stimulates creativity. A team of neurologists at Georgetown University has found that napping increases creativity, or at least stimulates activity in the area of the brain (the right hemisphere) that is associated with this ability.
6. Facilitates problem solving. Robert Stickgold, professor of psychiatry at Harvard Medical School, has discovered that when subjects reach the REM sleep (the phase of high brain activity in which we dream), it takes them less time to make different connections between ideas.
7. Improves reflexes. A NASA study of 747 pilots showed that those who took a 26-minute daily nap made 34% fewer mistakes at work and doubled their alertness levels.
8. Favours abstraction. A U.S. agency has studied the facial expressions of several 15-month-old children in front of phrases they have heard before. The children who took the nap learned one sentence and their relationship with others, while the rest did not recognize the phrases. This suggests that napping favours abstract learning or the ability to detect the general pattern of new information.
9. Encourages positivity. Another Berkeley study says that individuals who take a nap and go through the REM sleep increase their expression of happiness, while those who don't express more anger and fear.
10. Improves mood. Serotonin is a neurotransmitter that regulates sleep, appetite and mood. Sleeping fills our brain with serotonin, which gives us a feeling of satisfaction and wellbeing.

Tips for a refreshing nap

Napping helps improve our physical and mental health in the hours that follow, and these benefits are multiplied when we make napping a daily routine. In order to enjoy all the advantages offered by this practice, it is necessary to take into account some tips that will provide us with the perfect rest.

Where? It is basic to find a comfortable place, with a pleasant temperature, a calm atmosphere, with little noise and little light. It is better to take a nap in an armchair than in bed, especially when you have acid reflux or other digestive problems, whose symptoms increase in a horizontal position.

When? It is best to rest after lunch, between 1 and 5 pm. Various studies show that the period of greatest drowsiness is in that time slot. Moreover, circadian rhythms fall precisely between three and five o'clock in the afternoon.

How much? During normal conditions it should last 30 minutes. If you need a lot more sleep and your night-time sleep is normal, this could reveal the existence of some sleep disorder, depressive state or other illness that should be consulted with the doctor.

SOLIDARITY

Solidarity is one of the most important and essential human values of all. Solidarity is what one person does when another person needs your help and it is the collaboration that someone can provide so that a particular task can be completed. It is that feeling that makes you want to help others without receiving something in return.

Solidarity is common to see in times of crisis in countries going through wars, famines, curfews, natural disasters and other extreme conditions. Brother countries and countries from all parts of the world are committed to a single cause, to defend, help or provide all kinds of support (medical, food or weapons) to safeguard the integrity of that locality. Solidarity is not obligatory, but it is a moral commitment that there must be among those who may be able to help someone at risk or in extreme need.

Solidarity is a human condition that complements the social attitudes of an individual, so that, when a person is in solidarity with others, he or she maintains a social nature in the environment in which he or she personally develops. Solidarity leads to a sustainable development

of civilizations. For this reason, it is essential to use it to promote the benefits that it can offer to a specific cause. It will be important to use it when any of our loved ones, whether friends or relatives, have a problem in which our help or company can contribute to improve the situation in some way.

Solidarity is so important that it represents the basis of many other human values, such as friendship, companionship, loyalty and honour. Solidarity allows us, as people, to feel sentimentally united to those people who we give support and of course from whom we receive it.

SUSTAINABILITY

Environmental sustainability is the balance that is generated through the harmonious relationship between society and the nature that surrounds it. It means achieving development results without threatening the sources of our natural resources and without compromising those of future generations.

Sustainability is a socio-ecological process characterized by a searching of a common ideal.

- 1 An ideal is an unattainable state or process in a given time/space but infinitely approximate and it is this continuous and infinite approach that injects sustainability into the process. Only ideals serve as references in a turbulent and changeable environment (Ibid). It is a term linked to the action of man in relation to his environment. This refers to the balance that exists in a species based on its environment and all the factors or resources it has to make it possible for all its parts to function, without the need to damage or sacrifice the capacities of another environment.
- 2 On the other hand, sustainability in objectives terms means meeting the needs of present generations, but without affecting the capacity of future generations. In operational terms, promoting economic and social progress while respecting natural ecosystems and the quality of the environment.

TALKING SHOP

It is a meeting of people who meet regularly to talk or discuss a particular subject or current issues, usually in front of a coffee or publicly on a television or radio program.

A talking shop is an informal and periodic meeting of people interested in a topic, to debate and inform themselves, or to share and contrast initiatives, news, knowledge and opinions. From politics, sport or bullfighting to any branch of the arts, science or philosophy, and to varying degrees of “passion”, the gatherings are usually evening or night meetings in public places, such as a cafe or a brewery, and in more rural and already unusual areas, in a robotic or in a provincial casino.



VEGETAL

Vegetable (from the Latin medieval *vegetalis*, derived from the classic Latin *vegetāre*: “being alive”) is the organic being that grows, lives and reproduces but does not move from a place by voluntary impulse. In its traditional sense, the term also refers to organisms with little or limited ability to respond to stimuli from the external environment, and thus formerly grouped plants, algae and fungi. The word “plant”, on the other hand, etymologically designates the plants that are planted to a substrate, so today it is more associated with photosynthetic beings whose cell walls contain cellulose. Finally, in the scientific field, the term “plant” lacks a precise meaning and what was known as “plant kingdom” is an antiquated concept. The Plant kingdom is one of the six kingdoms of organisms although it has not yet achieved consensus among botanists. It is obvious that there is a relation between the term “vegetal”, “plant” and “Plantae”. *Plantae* encompasses “plants” and additional groups, while plant and vegetal includes terrestrial phototrophic organisms. “Vegetals”, on the other hand, group the members of *Plantae* and, therefore, also the “plants”.

Other definition of the term “vegetal” alludes to anything belonging to or relating to plants. It therefore includes foods that come from plants - cereals, vegetables and fruits - and other non-food goods or products that also come from it

- wood, paper, charcoal and vegetable ivory, among many others -. Likewise, with this same meaning, the adjective “vegetable” qualifies plant structures: plant cell, plant tissue; and botanical disciplines: plant systematics, plant morphology, among others.

VINTAGE

The vintage is the grapes’ collection or harvest, generally referring to those that will serve the production of wine. When we talk about table grapes, we only use the term harvest.

AUTHOR'S ANNEX

COMMENTS OF INTEREST AFTER READING THIS DICTIONARY THAT HAS WANTED TO BE TERMINOLOGICAL, ENCYCLOPAEDIC, GASTRONOMIC AND.... NOT ONLY ANOTHER DICCTIONARY

1. WINE AND BEER

Even when they are considered elements of the Mediterranean Diet, we must remember that they are products that contain “alcohol” and that alcohol is not good for health. We should limit the intake.

In addition, if you are diabetic and want to consume a beer without alcohol, you should see the label of the bottle as there are many brands that contain “glucose syrup” in its composition. Watch the labels because it would be harmful for a diabetic or prediabetic to consume these beers.

2. SALT

Being one of the oldest preservatives in history we must restrict its use and consumption to a minimum, since salt induces many pretumor lesions and also generates processes of hypertension. Reduce salt to a minimum. Salt even if it is a product of the Mediterranean Diet, it is not advisable for your health.

3. SUGAR

Its current high consumption makes it to be considered the epidemic of the 21st century. Increasingly, young children, schoolchildren, teenagers and adults eat more sugar-rich products at all times of the day. Obesity and diabetes are sugar's “best friends”. Monitor the composition of these “sweets” given to your children and grandchildren for the benefit of their health. I recommend the application “sinAzúcar.org” to be a responsible parent/grandparent.

CACAO AND CHOCOLATE: The products that we acquire are in many cases composed of Cocoa Butter which is not advisable. Its lower price induces us to buy them. On the other hand, they have a percentage of sugar in their composition that makes them unadvisable. The pure cocoa or 90% cocoa is the product to consume.

4. PALMATIC ACID

Three years ago, Dr. Salvador Aznar Benitah, showed its potentiating effects of tumoral Metastases, so it would be advisable to monitor the nutritional composition of many derivatives of cereals and label processed products and avoid consuming them. It doesn't matter that they are considered Mediterranean Diet products. Today, 50% of biscuit manufacturers, for example, have replaced this fat with healthier ones.

5. SMOKED

We discourage its consumption. The smoking of a product alters its organoleptic properties and is responsible for structural changes in its composition. Nitrosamines are potentially carcinogenic.

6. Last but not least, don't forget this phrase:

You can eat anything, but on a dessert plate. (*Profesor Grande Covián*).





*Average Nutritional
Composition Tables*



**SECOND
CORTANTE**



Group of the EE.CC. of the MD. Agros. Cyprus 2014



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AVERAGE NUTRITIONAL COMPOSITION TABLES

(per 100 g of edible portion)

OILS

SUNFLOWER OIL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
899	0,0	99,9	0,0	0,0	0,0	0,0	0,0	0,0	< 0,1	0,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
12,0	63,3	20,5	0,0	4,3	0,0	0,0	1,0	0,0	0,0	0,1

CORN OIL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
899	0,0	99,9	0,0	0,0	0,0	0,0	0,0	0,0	< 0,1	0,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
14,5	51,3	29,9	0,0	0,0	0,0	0,0	1,0	0,0	0,0	0,1

OLIVE OIL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
899	0,0	99,9	0,0	0,0	0,0	0,0	0,0	0,0	0,4	0,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
73,0	0,6	8,2	0,0	0,0	0,0	0,0	1,0	0,0	0,0	0,1

SNACKS

GREEN PITTED OLIVE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
167,0	1,0	16,7	0,8	4,8	432,0	64,0	0,0	54,0	1,8	22,0
2,6	0,6	11,2	0,0	48,0	< 0,1	0,0	< 0,1	0,0	10,4	70,9

BLACK PITTED OLIVE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
299,0	4,0	29,8	2,0	3,5	432,0	61,0	0,0	54,0	1,5	22,0
4,2	3,4	20,9	0,0	55,0	20,0	0,0	< 0,1	0,0	11,0	60,7

DRINKS

RED WINE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
70,7	0,3	0,0	0,2	0,0	93,0	7,6	12,0	4,0	0,9	11,0
0,0	0,0	0,0	0,0	1,0	0,0	0,0	< 0,1	< 0,1	1,0	89,7

ROSÉ WINE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
66,9	1,4	0,0	0,1	0,0	75,0	12,0	0,0	4,0	1,0	7,0
0,0	0,0	0,0	0,0	1,0	0,0	0,0	< 0,1	< 0,1	1,0	89,8

WHITE WINE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
61,0	0,1	0,0	0,1	0,0	82,0	9,0	30,0	2,0	0,6	10,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,0	0,0	0,0	0,0	1,0	0,0	0,0	< 0,1	0,0	1,0	91,2

MUST/GRAPE JUICE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
68,4	16,6	0,1	0,2	0,0	148,0	13,0	10,0	2,6	0,4	8,8
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	< 0,1	0,0	0,0	3,0	1,0	0,0	< 0,1	0,0	1,0	83,1

BEER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
42,0	3,1	0,0	0,5	0,0	37,0	8,0	0,0	4,4	< 0,1	9,6
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,0	0,0	0,0	0,0	1,0	0,0	0,0	< 0,1	< 0,1	6,3	92,4

ALCOHOL-FREE BEER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
25,4	5,4	0,0	0,4	0,0	40,0	5,0	0,0	2,6	< 0,1	7,7
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,0	0,0	0,0	0,0	0,0	0,0	0,0	< 0,1	0,1	15,0	93,9

CAVA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
70,5	1,5	0,0	0,2	0,0	48,0	10,0	0,0	4,0	0,8	6,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,0	0,0	0,0	0,0	0,0	0,0	0,0	< 0,1	0,0	1,0	89,2

CHAMPAGNE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
67,6	1,5	0,0	0,2	0,0	70,0	5,8	0,0	3,5	0,5	8,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,0	0,0	0,0	0,0	1,0	0,0	0,0	< 0,1	0,0	1,0	89,6

TONIC

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
36,8	9,2	0,0	0,0	0,0	0,0	3,0	0,0	3,0	0,0	0,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	90,8

SODA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
21,6	5,4	0,0	1,0	0,0	1,0	5,0	0,0	7,0	1,0	1,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,0	0,0	0,0	0,0	0,0	0,0	0,0	1,0	0,0	0,0	94,6



MEAT

LEAN PORK

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
156,0	1,0	7,6	22,0	0,0	292	5,8	60,0	72,0	1,8	23,2
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,9	0,8	3,1	64,4	0,0	0,0	1,0	0,5	3,1	5,4	70,4

PORK LOIN

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
311,0	1,0	26,6	16,3	0,0	212	9,4	0,0	63,0	1,8	16,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
10,4	1,7	11,9	70,6	1,0	5,1	1,0	0,4	2,1	3,2	57,2

PORK. SIRLOIN

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
219	1,0	16,5	17,5	0,0	291	9,0	80,0	74,0	1,8	18,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
7,0	1,2	7,8	70,0	1,0	0,0	1,0	0,4	0,6	4,0	66,0

IBERIAN HAM

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
375,0	0,1	22,4	43,2	0,0	153,2	27,1	0,0	1.110,9	3,4	1,6
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
6,5	2,5	13,2	0,0	0,0	0,0	1,0	0,4	15,7	13,5	34,3

SERRANO HAM

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
136,0	0,0	5,6	21,4	0,0	250	12,7	0,0	2.340	2,3	17,1
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,9	0,4	0,7	70,9	0,0	0,0	1,0	0,4	1,0	1,0	69,5

QUAIL MEAT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
110,0	0,0	2,3	22,4	0,0	281	15,0	0,0	47,0	4,0	31,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,8	0,6	0,6	76,0	73,0	6,1	0,0	0,7	0,4	8,0	75,3

RABBIT MEAT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
88,3	0,0	5,2	10,4	0,0	350	22,8	0,0	47,0	1,5	24,9
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,8	1,5	1,4	71,9	0,3	1,0	1,0	0,4	11,0	4,8	84,4

LAMB MEAT -SHOULDER-

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
151	0,0	11,8	11,1	0,0	395	7,5	90,0	87,0	3,1	23,3
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
4,6	0,2	0,8	80,6	1,0	0,0	1,0	0,8	1,5	3,1	77,1

LAMB MEAT -LEG-

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
178	0,0	11,8	17,9	0,0	310	6,0	0,0	52,0	1,7	22,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
5,1	0,8	4,6	78,0	1,0	0,0	1,0	0,2	2,0	4,0	70,3

LAMB MEAT -CHOPS-

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
250,0	0,0	20,6	16,2	0,0	230	8,0	0,0	60,0	3,2	15,7
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
9,2	1,7	7,5	79,5	1,0	0,0	1,0	0,2	1,1	2,9	63,2

LAMB MEAT -LEG-

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
178	0,0	11,8	17,9	0,0	310	6,0	0,0	52,0	1,7	22,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
5,1	0,8	4,6	78,0	1,0	0,0	1,0	0,2	2,0	4,0	70,3

ROE DEER MEAT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
103,0	0,0	1,3	21,4	0,0	309	5,0	220,0	60,0	3,0	24,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,5	0,0	0,4	70,	20,0	0,0	0,0	0,3	2,0	10,0	75,7

BOAR MEAT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
162	0,0	9,3	19,5	0,0	359	9,9	0,0	94,0	1,8	22,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
3,3	0,7	4,5	63,0	7,0	0,0	0,2	0,5	12,0	4,0	41,2

TURKEY MEAT -BREAST-

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
105,0	1,0	1,0	24,1	0,0	333,0	8,0	0,0	46,0	1,0	20,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,2	0,2	45,0	2,0	0,0	1,0	0,5	0,5	7,0	74,9

TURKEY MEAT -THIG-

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
114,0	0,0	0,0	20,5	0,0	289	17,0	0,0	86,0	2,0	17,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,4	1,0	0,9	72,0	1,0	0,0	1,0	0,3	1,7	20,0	75,9

PATRIDGE MEAT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
112,0	0,0	2,3	22,4	0,0	281	15,0	179,0	47,0	4,0	31,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,8	0,6	0,6	76,0	73,0	6,1	0,0	0,7	0,4	SD	75,3

CHICKEN MEAT. BREAST

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
145	0,0	6,2	22,2	0,0	264	14,0	0,0	66,0	1,1	21,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,9	1,5	1,9	62,0	1,0	4,6	1,0	0,5	1,0	9,0	71,6

STEER/BULL MEAT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
200,0	0,0	14,0	18,6	0,0	264	8,1	139	61,0	1,9	18,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
6,3	0,5	6,6	70,0	22,0	0,0	-	0,2	1,0	8,0	67,4

VENISON MEAT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
158,0	1,0	3,2	30,0	0,0	340	5,0	210,0	55,0	3,3	25,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,3	0,6	0,9	112,0	0,0	0,0	1,0	0,0	6,3	10,0	76,2

RICE AND CEREALS

RICE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
364	81,6	0,9	6,7	1,4	109	14,0	50,0	3,9	0,8	31,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,3	0,2	0,0	0,0	0,0	0,0	0,2	0,0	20,0	9,4

WHEAT WHITE BREAD

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
261	51,5	1,6	8,5	3,5	110	56,0	72,0	540,0	1,6	25,1
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,3	0,3	0	0,0	0,0	0,0	0,0	0,0	23,0	34,9

ITALIAN PASTA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
359	70,9	1,6	12,8	5,0	236	24,0	0,0	7,0	1,8	48,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,7	0,2	0,0	0,0	0,0	0,0	0,0	0,0	18,0	9,7



FRUITS

AVOCADO

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
233	0,4	15	1,9	7	485	12	0	7	0,6	29
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,9	1,9	15,5	0	146	10	0	0,3	0	30	67,9

APRICOT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
41	8,5	0,1	0,9	1,5	279	16	9,6	2,0	0,7	11,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,01	0,02	0,04	0	138	7	0,70	0,07	0	5,0	88,9

BLUEBERRY

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
42,0	6,1	0,6	0,6	4,9	78,0	10,0	2,0	1,0	0,7	2,4
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,0	1,0	1,0	0,0	5,7	22,0	0,0	< 0,1	0,0	10,0	87,8

PERSIMMON

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
74,2	16,0	0,3	0,6	2,5	178	8,0	0,0	4,0	0,4	8,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	< 0,1	< 0,1	0,0	267,0	16,0	0,0	0,1	0,0	7,0	80,5

CHERRIES

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
50	12	0,3	1	1,6	173	16	18	3	0,3	9
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,1	0,1	0	5,8	150	0	0	0	52	84,2

GUSTARD APPLE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
75	18	0,7	1,6	3,0	287	10	0	7	0,3	17
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,2	0,1	0	5,1	12,6	0	0,3	0	13	81,6

RED PLUM

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
48,1	10,2	0,5	0,6	1,58	177	8,3	17	1,7	0,26	7,9
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
-	-	-	0	64,7	5,4	0	0,05	0	2,2	85,1

YELLOW PLUM

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
57	4,9	0,30	1,3	4,7	200	40,0	0,0	1,30	1,0	30,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,01	0,20	0,,03	0	64,7	25	0	0,06	0	2,0	87,4

COCONUT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
384	4,78	36,5	4,6	9,0	379	20	0	35	2,3	39
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
31,84	0,68	2,23	0	0	3,3	0,0	0,06	0,0	30	45,1

DATE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
289,5	65,10	0,45	1,88	8,70	650	63	0	8	1,90	50
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,15	0,03	0,15	0	5,67	3,0	0,0	0,16	0	21,0	23,9

RASPBERRY

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
36,9	4,9	0,30	1,3	4,68	200	40,0	0	1,30	1,0	30,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,01	0,20	0,03	0	3,75	25,0	0,0	0,06	0,0	3,0	88,8

STRAWBERRY

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
34	5,5	0,4	0,8	1,7	161	21,5	16,0	1,4	0,5	13,3
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	0,2	< 0,1	0	3,0	54,9	0,0	< 0,1	0,0	61,6	91,6

POMEGRANATE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
77,2	16,1	0,6	0,69	2,26	238	8,0	0	2,50	0,5	3,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,08	0,13	0,09	0	6,7	7,0	0	0,2	0,0	29	80,4

REDCURRANT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
77,2	16,1	0,6	0,69	2,26	238	8,0	0	2,5	0,5	3,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,08	0,13	0,09	0	6,7	7,0	0	0,20	0	29,0	80,4

GUAVA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
41,6	5,82	0,5	0,88	5,2	290	17,0	0	4,0	0,75	13,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,14	0,21	0,05	0	122,2	273	0	0,14	0	14,0	87,6

FIG

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
65,4	12,9	0,5	1,3	2,0	248	54	20	1,3	0,6	20,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,21	0,1	0	8,0	2,7	0	0,1	0	6,7	83,3

KIWI

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
51,8	9,1	0,8	1,0	2,1	290	34,1	0	4,0	0,4	14,9
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,4	0,1	0	6,2	43,1	0,0	0,1	0	26,8	87,0

LIME

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
17	1,9	0,2	0,5	2,8	82,0	13,0	0	2,0	0,2	8,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,02	0,06	0,02	0	1,7	44	0	0,04	0,0	10,0	94,6

LEMON

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
27,7	3,2	0,3	0,7	4,7	170	11,0	10,0	1,9	0,45	28,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,09	0,01	0	0,6	51,0	0	0,06	0	6,3	91,2

MANDARINE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
44,7	9,2	0,2	0,6	1,8	150	34,5	10	1,1	0,3	10,9
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,02	0,04	0,03	0	65,0	32,0	0	0,1	0	21,8	88,2

MANGO

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
61,1	12,8	0,45	0,6	1,7	170	12,0	0	5,0	0,4	18
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,1	0,2	0	207,2	37	0	0,13	0	36	84,4

APPLE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
54,1	11,4	0,4	0,3	2,0	120	5,5	9,1	1,2	0,6	5,6
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,06	0,1	0,15	0	3,0	12,4	0	0,1	0	5,8	85,9

PASSION FRUIT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
52	9,5	0,4	2,4	1,5	267	17,0	0,0	19,0	1,3	29,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,1	0,1	0,0	108,8	24,0	0,0	0,0	0,0	29,0	86,2

PEACH

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
39	10,3	0,2	1,0	1,9	194	7,95	12,0	1,3	0,4	8,8
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,02	0,08	0,06	0	17,7	8,85	0	0,02	0	2,67	86,6

MELON

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
55,4	12,4	0,1	0,9	0,7	310	15,6	0	17,0	0,35	11,8
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,03	0,02	0,01	0	111,9	32,1	0	0,06	0	2,7	85,9

QUINCE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
47,6	7,3	0,5	0,4	5,9	183	12,9	6,0	2,0	0,6	8,2
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,2	0,2	0,0	5,5	13,0	0,0	< 0,1	0,0	3,0	85,8

BLACKBERRY

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
39	6,2	1,0	1,2	3,2	190	44,0	0,0	2,4	0,9	30,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,0	0,4	0,4	0,0	45,0	17,0	0,0	< 0,1	0,0	34	88,4

ORANGE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
45,5	8,9	0,2	0,9	2,3	165	41	5,0	1,4	0,5	15,2
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,03	0,08	0,05	0	33,6	50,6	0	0,06	0	38,7	87,7

NECTARINE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
49,7	10,2	0,1	0,9	2,2	170	7,0	0	1,0	0,4	10,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,01	0,05	0,03	0	8,7	37	0	0,03	0	9,0	86,6

MEDLAR

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
45	8,6	0,2	0,6	2,0	263	19,0	0,0	4,0	0,3	10,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	0,1	< 0,1	0,0	133,3	4,0	0,0	< 0,1	0,0	23,0	88,6

PAPAYA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
35,0	7,1	0,1	0,5	1,9	200	21	0	3,0	0,4	11
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,03	0,02	0,03	0	152,2	80	0	0,03	0	38	90,4

PEAR

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
49,2	10,6	0,1	0,4	2,2	116	9,6	9,9	2,1	0,3	8,4
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,01	0,04	0,02	0	2,7	5,2	0	0,02	0	3,0	86,7

PINEAPPLE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
50	13	0,1	0,5	1,4	109	13		1	0,3	120,05
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,02	< 0,1	< 0,1	0	3,0	20	0	0	0	11	77,4

BANANA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
95,0	20,8	0,3	1,1	2,6	370	7,3	14	1,0	0,6	36,4
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,1	0,04	0	38	11,5	0	0,4	0	20,0	75,3

GRAPEFRUIT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
36,6	7,4	0,15	0,6	1,6	148	23	24	1,1	0,2	9,6
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,06	0,03	0	1,8	36	0	0,03	0	14	90,2

WATERMELON

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
30	7,6	0,15	0,6	0,4	112	7	11	1	0,2	10
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,0	0,0	0,0	0	28	8,1	0	0,01	0	6,2	93

WHITE GRAPE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
67	16,1	0,2	0,7	0,8	250	17	0	2,0	0,6	10,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,05	0,05	0,01	0	1,0	3,0	0	0,1	0	16	82,2

MOSCATEL GRAPE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
60,0	13,9	0,5	0,8	3,9	203	37,0	24	1,0	< 1,	7,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0	0	0	0,0	67	6,5	0	0,1	0	8,0	84,3

BLACK GRAPE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
60	15,5	0,3	0,8	0,4	320	4	0	0,5	0,7	4
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,03	0,04	0	10,0	4,0	0,0	0,1	0,0	26	5,4

BLACKBERRY (ZARZAMORA)

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
43	9,6	0,5	1,4	5,3	162	29	22,0	1	0,6	20,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,02	0,4	0,1	0	214,0	21,0	0	0,03	0	4,9	88,5

NUTS

IN-SHELL ALMOND

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
610	5,4	54,1	18,7	13,5	835	252	90	14	4,1	270
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
4,1	12,9	33,1	0	20	0	0	0,2	0,6	45	5,7

SHELLED TOASTED ALMOND

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
621	6,6	52,9	22,9	13,4	790	240	0	14	3,1	270
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
4,1	12,7	33,7	0	1,0	0,0	0,0	0,1	0,0	36	1,6

CASHEW

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
577,0	30,5	42,2	17,5	2,9	552	31,0	140	14	2,8	267
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
8,8	7,4	24,6	0	10,0	0,5	0,0	0,4	0	25	4,4

IN-SHELL HAZELNUT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
661,0	10,5	61,6	12,0	8,2	636	226	17	6,0	3,8	156
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
4,1	6,6	45,9	0	4,8	3,0	0	0,6	0	71,0	5,3

SHELLED PEANUT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
661,0	10,5	61,6	12,0	8,2	636	226	17,0	6,0	3,8	156
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
4,1	8,6	45,9	0	4,8	3,0	0,0	0,6	0,0	71,0	5,3

FAT-REDUCED COCOA POWDER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
255	16	11	23	31,7	2,0	150	600,0	0,2	20,0	500
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
6,5	0,3	3,6	0	3,0	0	0	0,2	0	38,0	SD

WHOLE-BEAN COFFEE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
315	6,7	13,1	13,5	58,2	1653	146	90,0	12,0	17,0	201
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
5,2	5,1	1,1	0	1,0	0,0	0,0	0,1	0,0	22,0	4,3

CHESTNUT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
190	36,5	2,2	2,7	6,7	500	36,5	0	11,0	1,6	34,3
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,6	0,6	0	0,3	17,2	0,0	0,3	0,0	12,4	52,0

TIGER NUT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
409,0	42,5	23,7	6,1	17,4	519,2	69,5	232,2	37,6	3,4	86,9
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
4,0	2,2	16,5	0	0,0	6,0	0,0	0,3	0,0	141,0	7,1

MILLET

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
356	64,4	4,2	11,0	8,5	195	8,0	0,0	5,0	3,0	114
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,7	2,1	0,7	0	0,0	0,0	0,0	0,4	0,0	85,0	11,9

WALNUT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
649	4,4	62,5	14,4	5,8	544	87,1	680,0	2,4	2,8	120,5
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
6,8	41,7	10,9	0	4,5	2,6	0,0	0,9	0,0	77,0	12,9

RAISIN

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
309	69,3	0,5	2,5	6,5	782	80,0	62,0	21,0	2,3	41,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,1	0,1	0	5,0	1,0	0,0	0,3	0,0	10,0	21,2

PINE NUT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
673	13	68	14,0	3,7	597	16,0	-	2,0	5,5	251
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
4,9	34,0	19,0	0	29,0	0,8	0,0	0,1	0,0	58,0-	2,7

PISTACHIO

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
603	11,6	51,6	17,7	10,6	1020	136	0,0	290,0	7,2	122
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
6,1	7,6	34,6	0	25	7	0	1,7	0,0	58,0	5,9

SESAME

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
57,0	23,0	50,0	18,0	12,0	42,0	975	629,0	1,0	14,6	351
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
7,0	21,9	18,9	0,0	6,7	0,0	0,0	0,1	0,3	SD	5,0

TEA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
220	3,0	2,0	19,6	55,8	1640	302	9,5	14,0	17,0	184
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,9	0,2	0	1,0	1,0	0,0	0,3	0,0	5,0	9,3



DAIRY PRODUCTS

GOAT MILK

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
66,7	4,2	3,9	3,7	0,0	181	127	0,0	42,0	< 0,1	11,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,6	0,1	0,9	11,0	73,8	2,0	0,3	< 0,1	< 0,1	0,8	88,2

SHEEP MILK

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
96,7	4,7	6,3	5,3	0,0	182	183	0,0	30,0	< 0,1	11,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
3,5	0,3	1,7	11,0	51,0	4,3	0,2	< 0,1	0,5	5,0	83,8

WHOLE COW MILK

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
65,4	4,7	3,8	3,1	0,0	157	124	17,0	48,0	0,1	11,6
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,3	0,1	1,1	14,0	46,0	1,4	< 0,1	< 0,1	0,3	5,5	88,4

SEMIDESNATED COW'S MILK

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
47,6	4,8	1,6	3,5	0,0	155	125	17,0	47,0	0,1	11,9
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,1	< 0,1	0,5	6,3	18,9	0,5	< 0,1	< 0,1	0,3	2,7	90,1

SEMIDESNATED COW'S MILK

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
37,0	4,9	0,2	3,9	0,0	150	120,9	0,0	53,0	0,1	28,6
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	< 0,1	< 0,1	2,6	,0	1,7	1,0	< 0,1	0,3	5,3	91,0

CURED GOAT CHEESE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
467,0	1,0	39,6	27,6	0,0	114	190	0,0	790,0	1,1	26,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
25,4	2,4	10,6	100,0	437,0	0,0	0,2	0,1	1,5	53,0	29,1

SEMICURED GOAT CHEESE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
327,0	0,1	28,2	18,3	0,0	250	102	0,0	570,0	1,0	16,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
18,1	1,0	7,6	70,0	345	0,0	0,2	0,1	1,5	125,0	50,5

TENDER GOAT CHEESE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
208,0	1,2	17,6	11,1	0,0	132	150	0,0	330,0	0,2	26,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
4,7	0,1	0,6	50,0	437,0	0,0	0,2	0,1	1,5	53,0	68,5

FRESH CHEESE TYPICAL FROM BURGOS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
200,1	2,5	14,9	14,0	0,0	200	190,5	0,0	1.200	0,6	24,4
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
8,8	0,9	4,3	14,5	261,0	0,0	0,0	0,1	0,7	14,3	68,6

CHEESE IN SLATTED PORTIONS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
162,0	6,5	10,7	10,0	0,0	152	290	0,0	1.090	0,8	24,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
7,3	0,3	2,4	40,0	206,0	0,0	0,1	0,1	0,4	16,0	72,8

MOZZARELLA CHEESE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
233,0	2,2	16,1	19,9	0,0	67,0	632	0,0	373,0	0,2	24,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
9,9	0,5	4,6	78,0	206,0	0,0	0,1	< 0,1	0,7	10,0	59,2

WHOLE NATURAL YOGURT COW MILK

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
61,4	5,5	2,6	4,0	0,0	280	142	0,0	80,0	0,1	14,3
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,5	0,1	0,7	10,2	9,8	0,7	< 0,1	< 0,1	0,2	3,7	87,9

LOW-FAT NATURAL COW MILK YOGURT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
44,9	6,3	0,3	4,3	0,0	187	140	20,0	57,0	0,1	13,7
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,0	0,2	1,0	0,8	1,6	0,0	0,1	0,4	4,7	89,1



VEGETABLES

AMARANTH

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
371	72	7	14	7	800	159	530	4	7,6	248
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,5	2,8	1,7	0	2 UI	4,2	0	0,6	0	elevado	SD

CHICKPEA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
341,0	44,3	5,5	20,8	15,5	875	143	0,0	25,0	6,8	122
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	2,5	1,6	0	33,0	4,1	0,0	0,6	0,0	185,0	11,0

LENTIL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
304	40,6	1,7	23,2	17,0	837	70,0	26,0	24,0	8,2	129
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,8	0,3	0	10,0	3,4	0,0	0,7	0,0	168	14,8

GREEN BEAN

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
36,4	4,2	0,6	2,4	2,4	238	51,7	12,0	1,5	1,0	22,2
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,07	0,23	0,06	0	69,8	23,4	0,0	0,2	0,0	62,3	90,4

GREEN JUDIES IN CONSERVATION

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
15,1	1,6	0,1	1,2	1,5	143	34,0	0,0	249	1,3	20,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,02	0,05	0,0	0	33,3	4,3	0,0	0,03	0,0	13,0	95,6

BEAN/ WHITE HARICOT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
284	34,7	1,6	21,1	23,2	1337	113	95	15	6,2	140
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,5	0,9	0,2	0	67	2,5	0	0,4	0	388	15,5

BEAN

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
292	35,1	0,8	23,6	24,9	1406	143	0	24	8,2	140
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,5	0,1	0	67	4,5	0	0,4	0	394	11,8



MYTHOLOGY TRUFFLE

BOLETUS EDULIS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
256,0	33,5	8,3	10,2	2,0	190	25,0	90,0	< 0,1	1,3	6,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,3	0,0	1,1	0,0	0,0	30,0	0,0	< 0,1	SD	40,0	89,4

MUSHROOM

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
15,0	0,3	0,3	2,7	2,0	418	10,0	120,0	12,0	1,1	12,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,7	0,1	0,0	0,1	4,0	0,0	< 0,1	0,0	23,0	92,1

SAFFRON MILK CAP MUSHROOM

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
28,0	3,2	0,5	1,9	3,0	310	6,0	74,0	6,0	1,3	8,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,10	0,5	0,,0	0,0	217,0	6,0	3,1	0,1	0,0	2,0	92,7

CHANTERELLES

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
23	3,0	0,5	1,5	3,0	440	5,0	44,0	3,0	6,5	14,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	0,0	0,0	0,0	0,0	6,0	0,0	< 0,1	0,0	SD	90,5

THISTLE ARROW

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
37,0	6,0	0,8	1,6	1,0	440	8,0	95,0	5,0	0,9	12,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	0,0	0,0	0,0	0,0	5,0	0,0	0,1	0,0	23,0	91,4

BLACK TRUFFLE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
55,0	7,4	0,5	5,5	16,0	526	24,0	62,0	77,0	3,5	24,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,7	< 0,1	0,0	0,0	2,0	0,0	0,1	0,0	23,0	Varía

FISH AND SHELLFISH

ABADEJO

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
73,9	0,0	0,8	16,7	0,0	338	8,0	0,0	100,0	0,2	23,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	1,9	0,3	71,0	1,0	0,0	1,0	0,2	1,2	3,1	82,5

CLAM

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
76,6	1,5	1,0	15,4	0,0	314	46,0	0,0	56,0	14,0	51,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,3	0,2	0,2	34,0	90,0	0,0	1,0	0,1	1,0	16,0	82,1

ANCHOVY EN OIL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
253,0	0,4	15,2	28,6	0,0	230	273	0,0	3.930	4,2	54,8
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,8	8,3	2,8	70,6	67,4	0,0	11,8	0,2	3,4	18,5	44,7

HERRING

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
233,0	0,0	17,8	18,2	0,0	360	34,0	40,0	117,0	1,1	31,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
3,3	3,1	2,9	77,0	38,0	0,0	27,0	0,5	8,5	5,0	64,0

NATURAL TUNA-FISH

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
180,0	0,0	12,0	29,0	0,0	527	3,8	200	54	1,2	42,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,2	0,1	47,0	65,0	0,0	82	1,0	2,4	15,0	75,9

FRESH COD

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
75,0	0,0	0,5	17,7	0,0	274	26,0	180	89,0	0,6	2,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,4	0,1	34,0	10,0	2,0	1,3	0,2	0,5	13,0	81,3

COCKLE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
82,6	1,5	1,0	16,9	0,0	314	46,0	0,0	56,0	14,0	51,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,3	0,2	0,2	34,0	90,0	0,0	1,0	0,1	1,0	17,0	80,6

SEA BREAM

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
88,7	0,0	1,8	18,1	0,0	310	40,7	100,0	20,0	0,8	25,2
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,3	0,6	56,5	9,0	0,0	0,2	0,1	2,9	10,4	80,1

LOBSTER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
83,5	0,7	1,9	15,9	0,0	220	61,0	210,0	270,0	1,0	24,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,7	0,5	89,0	21,0	3,0	1,0	0,1	0,1	16,0	79,4

ANCHOVY

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
142,0	0,5	6,0	21,5	0,0	331	28,2	0,0	116,0	1,0	28,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,3	2,3	0,8	69,0	31,9	0,0	7,0	1,1	1,9	8,7	72,0

CRAB

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
86,0	0,7	1,0	18,0	0	354	299	182,0	550,0	1,6	45,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,3	0,2	59,0	4,0	0,0	0,0	0,4	13,5	8,0	72,5

MACKEREL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
182	0,0	11,9	18,7	0,0	386	12,0	30,0	84,0	1,2	30,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
3,5	2,5	2,4	76,0	100,0	0,0	4,0	0,6	9,0	1,2	69,4

SQUID

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
80,0	0,7	1,5	16,0	0,0	280	144	0,0	110,0	0,3	37,8
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,5	0,1	167,5	77,0	0,0	1,0	0,03	1,3	5,1	81,7

SHRIMP

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
75,0	0,0	0,5	17,5	0,0	330	79,0	180,0	190,0	1,6	34,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,1	0,2	195,0	TRAZAS	0,0	TRA- ZAS	0,1	7,0	12,0	80,3

SEA CRAB

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
124,0	1,0	5,1	19,5	0,0	270	30,0	0,0	370,0	1,3	48,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,7	2,2	1,1	100	1,0	0,0	1,0	0,3	1,0	20,0	75,4

RIVER CRAB

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
87,0	0,0	1,3	17,5	0,0	270	30,0	176,0	370,0	1,3	48,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,8	2,4	1,3	100,0	TRAZAS	TRA- ZAS	TRA- ZAS	0,4	TRA- ZA	-	80,8

SEASHELL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
86,0	2,0	2,0	16,4	0,0	212	60	242	270	0,7	sd
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,4	1,1	209	0,0	0,0	sd	sd	1,0	16,0	sd

EARTH SNAIL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
85,8	2,0	1,4	16,3	0,0	382	10,0	0,0	70,0	35,0	250
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,7	0,3	50,0	30,0	0,0	1,0	0,1	0,5	6,0	80,3

CARP

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
11,0	0,0	4,7	18,0	0,0	387	63,0	32,0	30,0	0,7	51,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,9	0,8	1,6	67,0	44,0	1,0	0,01	0,2	2,0	6,0	77,3

SWORDTAIL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
117,0	0,0	4,4	19,4	0,0	342	10,0	0,0	102,0	0,5	27,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,2	1,2	1,7	39,0	20,0	1,0	7,2	0,5	5,0	2,0	76,3

RED SHRIMP

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
94,2	1,5	1,8	18,0	0,0	221	115	0,0	305,0	3,3	69,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,3	0,6	0,4	185,0	1,0	0,0	0,01	0,1	1,9	5,0	78,7

LOBSTER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
83,9	1,3	1,1	17,2	0,0	180	68,0	0,0	182,0	1,3	40,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,6	0,1	140,0	25,0	0,0	1,0	< 0,1	1,9	2,0	80,4

PRAWN

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
83,9	1,3	1,1	17,2	0,0	180	68,0	0,0	182,0	1,3	40,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,6	0,1	140,0	25,0	0,0	1,0	< 0,1	1,9	2,0	80,4

SOLE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
83,7	0,5	1,3	17,5	0,0	309	33,4	0,0	100,0	0,6	28,3
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,5	0,3	56,6	1,0	0,0	1,0	0,6	1,0	9,3	80,7

BASS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
97,9	0,0	2,3	19,3	0,0	340	130	0,0	69,0	2,2	25,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,6	0,6	80,0	1,0	0,0	1,0	0,2	4,0	3,0	78,4

PIKE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
81	0	0,6	18,0	0,0	259	57,0	220,0	39,0	0,6	31,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,2	0,2	39,0	70,0	3,8	2,5	0,1	2,0	15,0	78,9

MUSSEL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
72,0	3,4	2,0	10,2	0,0	282	80,0	480,0	296,0	4,2	32,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,6	0,5	0,3	126	54,0	3,2	1,0	< 0,1	8,0	33,0	84,5

HAKE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
64	0,0	1,8	12,0	0,0	294	33,1	0,0	101,0	1,1	25,1
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,5	0,4	67,0	1,0	0,0	1,0	0,2	1,1	12,3	86,3

SWORD RAZOR

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
86,0	3,7	2,2	11,9	0,0	320	26,0	197,0	286,0	4,0	34,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,6	0,5	28,0	48,0	8,0	0,6	< 0,1	12,0	42,0	80,7

OYSTERS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
66,0	4,8	1,2	9,0	0,0	184	130	120,0	160,0	3,1	32,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	0,3	0,1	123,0	93,0	0,0	0,5	0,2	15,0	7,0	85,0

PERCH

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
117,0	0,0	1,2	25,0	0,0	344	102	0,0	79,0	1,2	38,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	< 0,1	< 0,1	115,0	32,0	1,7	< 1	0,1	1,0	9,0	80,0

BARNACLE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
66,4	1,0	0,4	15,7	0,0	330	8,0	0,0	18,0	0,3	21,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,01	0,01	0,01	14,0	1,0	0,0	1,0	0,2	15,0	7,0	83,9

PLAICE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
85,9	0,0	1,9	17,2	0,0	310	61,0	0,0	104,0	0,9	22,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,1	0,1	0,4	63,0	1,0	1,5	1,0	0,2	1,5	11,0	80,9

OCTOPUS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
84,0	0,0	1,5	18	0,0	230	144	0,0	363,0	1,2	28,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,3	0,5	0,2	48,0	70,0	0,0	1,0	0,4	3,0	13,0	79,3

FISH MONKFISH

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
65,5	0,0	0,7	14,9	0,0	235	8,0	0,0	109,0	0,3	21,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,3	0,1	25,0	1,0	0,0	1,0	< 0,1	1,0	1,0	84,5

TURBOT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
82,3	0,0	1,7	16,7	0,0	290	17,0	0,0	114,0	0,5	45,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,5	0,6	0,4	25,0	1,0	0,0	1,0	0,2	2,0	10,0	81,6

SALMON

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
191,0	0	12,0	20,6	0,0	336	20,5	30,0	59,0	0,8	25,8
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,1	3,3	3,7	48,1	13,3	0,0	9,9	0,7	3,9	22,5	67,3

SARDINE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
157,0	0,0	9,4	18,0	0,0	360	50,4	0,0	120,0	2,2	25,1
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,6	2,9	2,9	79,8	62,9	0,0	7,9	1,0	28,4	8,7	72,6

SEPIA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
75,3	0,7	0,9	16,1	0,0	273	27,0	0,0	387,	0,8	30,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,2	0,1	110,0	25,0	0,0	1,0	0,4	2,0	13,0	82,3

RIVER TROUT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
135,0	0,0	6,7	18,8	0,0	480	108,4	30,0	56,0	1,2	29,5
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
17,	2,2	2,0	67,2	34,5	0,0	2,0	0,4	5,2	9,4	74,6

SCALLOP

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
81,7	2,8	0,9	15,6	0,0	338	26,0	0,0	156,0	1,8	49,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,2	0,1	40,0	49,0	0,0	1,0	0,1	1,8	11,0	80,7

ZAMBURIÑA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
21,0	0,0	0,0	4,7	0,0	71,5	30,0	169,0	43,8	0,6	51,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,3	0,2	0,2	40,0	90,0	0,0	0,0	0,1	-	NC	83,0

GREENS AND VEGETABLES

GARLIC

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
119	24,3	0,2	4,3	1,2	446	17,8	0	19,0	1,2	24,1
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,05	0,10	0,03	0	1	14	0	0,32	0,02	4,8	70,0

ARTICHOKE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
43,9	2,9	0,1	2,4	10,8	353	53	0	47	1,5	26
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,03	0,05	0,0	0	16,7	7,6	0	0,1	0	47,0	83,8

CAPER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
28,6	2,1	0,9	2,4	3	40	40	0	2964	1,7	33
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,23	0,30	0,06	0	13,8	4,3	0	0,02	0	23,0	85,2

CHARD

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
28,5	4,5	0,2	1,8	0,8	380	51	46,0	213	1,8	81
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0	0,1	0	0	6.116,0	30,0	0	0,1	0	140	92

ARTICHOKE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
47	11	0,2	3,3	5	370	44	90,0	94	1,3	60
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0	0,1	0	0	13	11,7	0	0,1	0	sd	90,1

TENDER GARLIC

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
149	33	0,5	6	2,1	401	181	0,0	17	1,7	25
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,2	0	0	9	31,2	0	1,2	0	5,1	75,0

CAROB

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
300,0	55,0	0,8	9	30,5	0,8	145	90,5	30,0	4,0	42,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0	0	0	0	16,0	4,1	-	0,5	-	29,0	3,6

ALGAE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
28,6	0,52	0,03	0,5	0,5	226	54	0	9,0	1,9	67
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,01	0,01	0,0	0	0	0	0	0	0	85,0	92,6

CELERY

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
19,2	2,5	0,2	1,2	1,4	320	41,0	0	100	0,4	12
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,05	0,1	0,04	0	8,3	7,0	0	0,1	0	16,0	94,7

BLUEBERRY

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
41,7	6,1	0,6	0,6	4,9	78	10	2,0	1,0	0,7	2,4
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
1,0	1,0	1,0	0	5,7	22,0	0	0,1	0,,0	10	87,8

SWEET POTATO

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
86	20	0,1	1,6	3	337	30	28,0	55	0,6	25
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0	0	0	0	14.187	2,4	0	0,2	0	14,0	72,8

AUBERGINE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
25	6,0	0,2	1,3	3	229	9,0	0	3,0	0,4	14,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,03	0,08	0,02	0	8,4	5,9	0	0,1	0	23,2	93,7

BIMI

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
33	6,4	0,4	2,,9	2,2	317	0	0	32,0	0	0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	< 0,1	< 0,1	0	0	60	0	0	0	125,0	90,2

SWEET POTATOES

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
115	24,1	0,6	1,6	3,1	300	22	0	19	0,7	18
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,23	0,20	0,04	0	655	25	0	0,3	0	17	70,5

BORAGE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
21	3,1	0,7	1,8	0,0	470	93	0,0	80	3,3	52,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,1	0,2	0	210,0	35	0	0,1	0	13,2	94,4

BRECOL

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
33	3,0	0,7	3,6	3,0	279	58	10	22	0,9	19
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,03	0,1	0,01	0	143,8	100	0	0,3	0	114	90,6

ZUCCHINI

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
15	2,0	0,5	1,9	1,6	230	21,5	0	1,0	0,7	12,9
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,1	0,1	0	47,8	13,8	0	0,1	0	33,1	94,0

PUMPKIN

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
27,0	4,6	0,1	1,1	2,2	304	22	0	3,1	0,8	13
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,07	0,01	0,02	0	127,6	14	0	0,1	0	36	91

THISTLE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
16,9	2,2	0,1	0,8	2,0	400	70,0	0,0	23,0	0,7	32,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,01	0,04	0,02	0,0	6,0	4,0	0,0	0,1	0,0	34,0	95,0

ONION

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
40	5,3	0,3	1,2	1,8	162	25,4	42	3,0	0,3	10,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,09	0,11	0,0	0	1,4	44	0	0,1	0	7,0	91,5

CABAGE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
30,2	4,2	0,2	1,4	3,0	255	45	12	12	0,4	14
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,11	0,0	0	12	48	0	0,2	0	31	90,6

BRUSSELS SPROUTS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
42,7	3,3	0,3	4,4	4,4	451	33	0	9,2	1	22
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,05	0,24	0,01	0	79	112	0	0,3	0	101	87,5

CAULIFLOWER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
27,5	2,4	0,3	2,4	2,9	296	19,3	9,1	13,0	0,8	15,9
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,14	0,01	0	7,0	58,8	0	0,2	0	72,5	92,0

RED CABBAGE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
27	3,5	0,2	1,5	2,5	243	52,0	12,0	27	0,4	13,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	0,1	0	0	2,5	57	0	0,2	0	35,0	92,3

ENDIVE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
23,7	3,6	0,2	1,1	1,3	322	58,5	0	10,0	0,9	6,3
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,13	0,02	0	251	10,0	0,1	0,05	0,0	115	93,7

STEP

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
72	17	0,1	2,5	3,2	334	37		12	1,2	21,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0	0	0	0	4 UI	8	0	03	0,0	7,5	92,5

ENDIVE*

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
17,4	1,0	0,2	1,6	2,6	327	55,0	0	14,0	1,0	13,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,0	0,1	0,0	0	72,3	10,0	0	0,05	0,0	110	94,6

SPARAGUS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
18,8	1,5	0,3	1,9	1,2	220	22,6	50	60	0,7	9,6
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
<0,1	0,1	<0,1	0,0	46,2	6,8	0,0	<0,1	0,0	29,8	93,4

SPELLED

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
338	70	2,4	18	11,0	388	27	401,0	8	4,4	136
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,4	1,3	0,4	0	10	0	0	0,2	0	45,0	11,0

SPINACHS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
23	3,6	0,4	2,9	2,6	554	117	75,0	69,0	2,7	60,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,03	0,16	0,02	0	589,17	40,0	0,0	0,2	0,0	145,0	93,9

GINSENG multiple types and preparations Summary

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
180	21,0	10	6,0	2,0	0,0	0,8	sd	10,0	0	sd
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,0	0,0	0,0	0	0	0	++	sd	sd	sd	sd

PEAS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
81	14	0,4	5	5	244	25	27,0	5	1,5	33,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,2	0,0	0	765	40	0	0,2	0	75,3	76,0

FRESH BROADS BEANS

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
50,4	4,2	0,2	5,4	5,1	210	23,0	0,0	18,0	1,8	28,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,03	0,09	0,04	0	11	24,0	0,0	0,1	0,0	145,0	85,1

CORIANDER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
29	3,7	0,5	2,1	2,8	1267	709	409	35	16,3	330
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	0< 0,1	0,3	0	210,0	27	0,0	0,2	0,0	62,0	8,9

GINGER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
80	18	0,8	1,8	2,0	415	16		13	0,6	43,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,2	0,2	0	0	5	0	0,2	0	0,0	78,9

LETTUCE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
19,6	1,4	0,6	1,4	1,5	220	34,7	0,0	3,0	1,0	8,7
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,12	0,37	0,01	0	187	13,0	0,0	0,06	0,0	33,6	95,1

LOMBARD

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
31	3,5	0,2	1,4	2,1	243	45	12,0	27	0,8	16,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0	0,1	0	0	2,5	57,0	0	0,2	0	35,0	92,3

TURNIP

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
31,6	4,7	0,2	1,0	3,5	269	45,0	0,0	58,0	0,4	14,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,05	0,09	0,02	0	0	20,0	0,0	0,1	0,0	20,0	90,6

DRY OREGANO

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
308	21,6	10,3	11,0	42,8	1.669	1.576	0,0	15,0	44,0	270
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,7	5,3	0,7	0,0	690,3	50,0	0,0	1,2	0,0	274,0	7,2

NEW POTATO

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
73,6	14,8	0,1	2,3	2,1	418	6,4	9,7	2,7	0,4	21,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,03	0,06	0,0	0	0,9	17,0	0,0	0,3	0,0	22,0	80,7

CUCUMBER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
13,3	1,9	0,2	0,6	0,7	140	18,5	11,0	3,0	0,2	7,3
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,07	0,09	0,01	0	28,2	7,0	0,0	0,04	0,0	19,4	96,6

PARSLEY

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
59,1	7,4	0,4	4,4	4,3	811	179	89,0	37,0	3,6	43,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,19	0,01	0	866,7	161	0,0	0,2	0,0	149,0	83,6

RED PEPPER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
32,9	4,2	0,9	1,3	1,5	160	11,9	0	4,0	0,4	12,8
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,3	0,3	1,0	0	539,3	138,7	0,0	0,3	0,0	23,7	92,2

GREEN PEPPER

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
19,7	1,6	0,8	0,6	1,8	120	11,3	0,0	4,0	0,5	10,5
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,3	0,3	0,1	0	32,8	107,2	0,0	0,3	0,0	25,1	95,2

LEEK

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
29	3,3	0,3	2,2	2,3	267	63,0	10,0	4,4	0,8	16,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,2	0,01	0	123,2	26,0	0,0	0,3	0,0	103	92,0

RADISH

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
16	3,4	0,1	0,7	1,6	233	25	18,0	39	0,4-	0,1
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0	0	0	0	7	14,8	0	0,1	0	24,0	-

BEET

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
46,1	8,4	0,1	1,6	2,6	407	17,0	12,0	58,0	0,9	21,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,02	0,05	0,01	0	1,8	10,0	0,0	0,05	0,,0	83,0	87,4

CABBAGE

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
32,0	4,1	0,5	1,7	2,4	270	52,0	0,0	5,0	0,7	8,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,10	0,30	0,05	0	64,2	49,0	0,0	0,2	0,0	75,0	91,4

ROMANESCO

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
25,0	3,0	0,2	2,1	2,4	246	14,0	56,0	19	0,7	20,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
< 0,1	< 0,1	< 0,1	0	155	88,1	0,0	0,2	0,0	80,5	90,5

ROCKET

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
25	3,7	0,7	2,6	1,6	369	160	52	27	1,5	47
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,2	0,0	0	2.373	15	0	0,1	0	70,0	91,7

RHUBARB

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
21	4,5	0,2	0,9	1,8	288	86	14,0	4	0,2	12
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,1	0,1	0,0	0	102	8	0	0	102	7,0	< 95

SESAME

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
573	23	50	18	12	468	975	-	11	14,6	351
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
7	22	19	0	9	0	0	0,8	0	SD	-

SOYA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
446	30	20	34,7	22,0	1799	201	0,0	4,7	6,6	220
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
2,4	10,7	4,1	0	63,4	3,0	0,0	1,0	0,0	240,0	14,0

TOMATO

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
22,2	3,5	0,2	0,9	1,4	242	10,6	24,0	9,0	0,7	8,3
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,1	0,03	0	217,0	26,6	0,0	0,1	0,0	28,8	94

CARROT

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
39,4	6,9	0,2	1,3	2,6	321	27,2	19,0	61,0	0,5	11,2
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,04	0,12	0,0	0	1.455,2	6,5	0,0	0,1	0,0	13,9	89,1

CASSAVA

Kcalx 100 g	CHO (g)	Fats T (g)	Proteins (g)	Diet fiber (g)	K mg	Ca mg	P mg	Na mg	Fe mg	Mg mg
159	38	0,3	1,4	1,8	765	16	27,0	14,0	0,03	66,0
SAFA (g)	PUFA (g)	MUFA (g)	Cholester. (mg)	Vit A (µg)	Vit C (mg)	Vit D (UI)	Vit B6 (mg)	Vit B12 µ	Folic ac. µg	Water gr
0,2	0,1	0,2	0	13,0	48,2	0	0,4	0	27,0	60,0



FRUITS AND VEGETABLES CALENDAR






Five daily rations of fruit or vegetables are the basis of a balanced and healthy diet. It is advisable to choose seasonal fruits or vegetables. What do you know about them?










Fruits and vegetables are a basic pillar in our diet. A complete, balanced and healthy diet includes 5 rations of fruit or vegetables each day... and it is best to eat preferably seasonal fruits or vegetables. Thanks to the Fruit and Vegetable Calendar it is now easier to know which is the best season to consume a specific fruit or vegetable.









In the web www.5aldia.org y www.ocu.es










Select Fruit Calendar or Vegetable Calendar to access each of them.



In addition, you will find more information about the fruits and vegetables included: their nutritional properties, their culinary value, small tricks and even a recipe with that fruit or vegetable as an ingredient.

FRUIT	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUSTO	SPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Persimmon	X								X	X	X	X
 Quinces							X	X	X	X		
 Grape								X	X	X	X	X
 Melon					X	X	X	X	X	X		
 Watermelon					X	X	X	X	X			

FRUIT	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUSTO	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Breda						X	X					
 Nectarine				X	X	X	X	X	X	X		
 Raspberry					X	X	X	X	X			
 Paraguayan						X	X	X	X			
 Orange	X	X	X	X	X					X	X	X
 Papaya	X	X	X	X	X	X	X	X	X	X	X	X
 Lemon	X	X	X	X	X	X				X	X	X
 Apple	X	X					X	X	X	X	X	X
 Pineapple	X	X	X	X	X	X	X	X	X	X	X	X

FRUIT	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUSTQ	SPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Lime	X	X	X	X	X	X	X	X	X	X	X	X
 Mango							X	X	X	X	X	
 Pear						X	X	X	X	X	X	X
 Mandarin	X	X	X	X						X	X	X
 Peach				X	X	X	X	X	X	X		
 Cherimoya	X								X	X	X	X
 Lychee	X	X									X	X
 Passion fruit	X	X	X	X	X	X	X	X	X	X	X	X
 Cherry				X	X	X	X		X	X	X	X

FRUIT	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUSTO	SPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Pomegranate								X	X	X	X	
 Medlar				X	X	X	X					
 Coconut	X	X	X	X	X	X	X	X	X	X	X	X
 Strawberry	X	X	X	X	X	X						
 Grapefruit	X	X	X	X	X						X	X
 Plum					X	X	X	X	X			
 Kiwi	X	X	X	X					X	X	X	X
 Banana	X	X	X	X	X	X	X	X	X	X	X	X
 Apricot				X	X	X	X	X	X			

FRUIT	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUSTQ	SPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Fig						X	X	X	X	X		
 Avocado					X	X	X	X	X	X		










X Early or late harvest season










X Harvest season and best time of year for consumption


X Season for imported products



Source: ocu.org



VEGETABLE	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUSTO	SPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Carrot	X	X	X	X	X	X	X	X	X	X	X	X
 Lettuce	X	X	X	X	X	X	X	X	X	X	X	X
 Cabbage	X	X	X	X	X	X			X	X	X	X
 Turnip	X	X	X	X	X	X	X	X	X	X	X	X
 Chard	X	X	X	X	X	X			X	X	X	X
 Pepper	X	X	X	X	X	X	X	X	X	X	X	X
 Curcumber	X	X	X	X	X	X	X	X	X	X	X	X
 Garlic	X	X	X	X	X	X	X	X	X	X	X	X
 Green Beans	X	X	X	X	X	X	X	X	X	X	X	X

VEGETABLE	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUSTQ	SPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Leek	X	X	X	X	X	X			X	X	X	X
 Green asparagus	X	X	X	X	X	X				X	X	X
 Beet	X	X	X	X	X	X	X	X	X	X	X	X
 Artichoke	X	X	X	X	X				X	X	X	X
 Peas	X	X	X	X						X	X	X
 Spinach	X	X	X	X	X	X	X	X	X	X	X	X
 Cauliflower	X	X	X	X	X	X			X	X	X	X
 Broad beans	X	X	X	X								X
 Aubergine	X	X	X	X	X	X	X	X	X	X	X	X

VEGETABLE	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUSTO	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Endive	X	X	X	X					X	X	X	X
 Radish	X	X	X	X	X	X	X	X	X	X	X	X
 Broccoli	X	X	X	X	X	X			X	X	X	X
 Tomato	X	X	X	X	X	X	X	X	X	X	X	X
 Escarole	X	X	X	X					X	X	X	X
 Zucchini	X	X	X	X	X	X	X	X	X	X	X	X
 Pumpkin			X	X	X	X	X	X	X	X	X	X
 Lombard Col	X	X	X	X	X				X	X	X	X
 Celery	X	X	X	X	X				X	X	X	X

VEGETABLE	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUSTO	SPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Thistle	X	X								X	X	X
 Onion	X	X	X	X	X	X	X	X	X	X	X	X

X Early or late harvest season
X Season for imported products

Fuente: ocu.org




ATHENS 2015: CC EE of MD



EXPO MILAN SEPTEMBER 2015



EXPO MILAN SEPTEMBER 2015



*Products consumption
of MD in Spain
Varieties of the 21 century 2001-2017*



DESSERT



PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
OLIVE OIL	5,02 L	9,2 L
EXTRA VIRGIN OLIVE OIL	2,43 L	
VIRGIN OLIVE OIL	1,06 L	
SUNFLOWER OIL	3,2 L	3,84 L
SEED OIL	0,76 L	

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
LIQUID MILK	72,86 L	82,5 L
WHOLE MILK	18,05 L	
SKIMMED MILK	21,15 L	
SEMI-SKIMMED MILK	33,31 L	
DERIVATIVES DAIRY PRODUCT	39,6 L	32,8 L
FERMENTED MILK YOGURT and imitations	15,34 L	
CHEESES	8,02 Kg	
FRESH CHEESE	2,22 Kg	
SEMI-CURED CHEESE	1,87 Kg	
MELTED CHEESE	0,94 Kg	

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
MEAT	50,13 kg.	50,56 Kg
BEEF	5,61 Kg	
CHICKEN MEAT	13,87 Kg	
CAPRINO SHEEP MEAT	1,63 Kg	
PORK MEAT	10,68 Kg	
HAM AND PALETTE SERRANO	2,05 Kg	
PORK LOIN	0,25 Kg	
HAM AND IBERIAN PALETTE	0,36 Kg	
HAM AND COOKED PALETT	1,55 Kg	

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
FISH	25,49 Kg	28,2 Kg
FRESH FISH	11,54 Kg	13,04 Kg
FROZEN FISH	2,73 Kg	2,98 Kg
SEAFOOD MOLLUSCS CRUSTACEANS	6,71 Kg	
CANNED FISH AND MOLLUSCUS	4,51 Kg	

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
FRESH FRUITS	99,54 Kg	92,7 Kg
ORANGES	19,59 Kg	19,2 Kg
MANDARINS	6,26 Kg	6,5 Kg
BANANAS	12,15 Kg	9 Kg
APPLES	10,86 Kg	11,3 Kg
MELON	8,44 Kg	8,2 Kg
WATERMELON	8,67 Kg	6,4 Kg
PEACH	3,72 Kg	5,1 Kg
PEAR	5,49 Kg	7 Kg
OTHER	23,96 Kg	20 Kg

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
FRESH VEGETABLES	82,61 Kg	78,8 Kg
FRESH POTATOS	22,57 Kg	23,2 Kg
FRESH VEGETABLES	60,04 Kg	55,6 Kg
CUCUMBER	2,2 Kg	sin datos
GREEN BEANS	2,22 Kg	2,4 Kg
PEPPER	4,92 Kg	4,4 Kg
LETTUCE, ENDIVE. ESCAROLE	3,94 Kg	5,5 Kg
ZUCCHINI	3,93 Kg	sin datos
TOMATO	13,98 Kg	13,5 Kg
ONION	7,35 Kg	7 Kg
OTHER VEGETABLES	21,51 Kg	22,8 Kg

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
BREAD	34,65 Kg	43,4 Kg
FRESH WHOLEMEAL BREAD	2,57 Kg	
FRESH BREAD	25,89 Kg	
FRESH INDUSTRIAL BREAD	4,39 Kg	
DRY INDUSTRIAL BREAD	1,8 Kg	

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
BOTTLED WATER	60,32 L	sin datos
CARBONATED WATER	1,8 L	
NON-CARBONATED WATER	58,52 L	

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
LEGUMES	3,1 Kg	3,8 Kg

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
PASTA	4,08 Kg	sin datos

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
NUTS	2,95 Kg	sin datos

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
OLIVES	2,56 Kg	sin datos

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
EGGS	8,57 Kg	14,31 Kg

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x year
RICE	3,91 Kg	sin datos

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x año
WINE	8,65 L	10,1 L

PRODUCT	2016 l. / Kg x p. x year	2006 l. / Kg x p. x año
BEER	18,71 L	15,8 L
BEER	15,53 L	
ALCOHOL-FREE BEER	3,18 L	

PRODUCTO	2016 l. / Kg x p. x year	2006 l. / Kg x p. x año
SAL	1,19 Kg	sin datos

EXPENDITURE ON FOOD SPAIN MILLIONS EUROS 2006-2016	Years	Million Euros	EXPENDITURE x Person x home x year
43.119.364 Habitants	2006	59.360	1.355 € x p x year
15.932.580 Homes	2006	59.360	3.725,7 € x hogar x year
	2009	68.655	
	2010	67.085	
	2011	67.519	
	2012	67.634	
	2013	68.875	
	2014	66.443	
	2015	67.043	
46.557.008 Habitants	2016	67.095	1441,1 € x p x year
18.326.032 Homes			3661,2 € x hogar x year
1.245.9 mill Kg garbage			26,8 Kg x p x year
			68,0 Kg x hogar x year

AGENDA: VARIATION IN CONSUMPTION OF PRODUCTS OF THE MEDITERRANEAN DIET 2001-2017

DOMESTIC FOOD CONSUMPTION IN SPAIN						
PRODUCT Kg/l x p x año	2001	2006	2016	2017	% 2017-2001-/+	
EXTRA VIRGIN OLIVE OIL	2,57	2,75	3,5	3,65		27,8
Olive oil	9,25	9,33	8,5	7,5	(-)18,9	
Sunflower oil	4,1	3,84	3,2	3,74	(-) 8,8	
LIQUID MILK	97,3	82,5	72,86	69,9	(-)28,2	
WHOLE MILK	25,9	20,6	18,5	17,11	(-)33,9	
SKIMMED MILK	43,9	37,1	21,15	19,74	(-)55	
SEMI-SKIMMED MILK	27,6	24,8	33,31	32,66		18,3
YOGURT and imitations	28,1	15,81	15,34	14,47	(-)48,5	
CHEESES	5,6	6,25	8,02	7,66		36,8
FRESH CHEESE	1,61	2,07	2,22	2,11		31,1
SEMI-CURED CHEESE	1,26	2,13	1,87	1,78		41,3
MELTED CHEESE	0,67	0,76	0,94	0,86		28,4
FLESH	53,7	50,56	50,13	36,9	(-)31,3	
Beef	6,2	7,8	5,61	5,19	(-)16,3	
Chicken	14,6	14,1	13,87	12,99	(-)11	
Sheep meat	2,95	2,9	1,63	1,49	(-)49,5	
Pork	12,4	12,7	10,68	10,23	(-)18,1	
FISH	26,8	28,2	25,49	23,73	(-)11,5	
FRESH FISH	13,4	13,04	11,54	10,54	(-)21,3	
FROZEN FISH	2,83	2,98	2,73	2,5	(-)13,2	
FRESH FRUITS	87,7	92,7	99,54	92,45		5,4
FRESH VEGETABLES	52,7	55,6	60,04	55,43		5,2
BREAD	50,5	43,4	34,65	32,54	(-)35,6	
FRESH POTATOS	24,7	23,2	22,57	21,2	(-)14,2	
LEGUMES	3,7	3,8	3,1	3,1	(-)16,2	
PASTA.	3,4	3,54	4,08	4,09		20,3
NUTS	2,3	2,69	2,95	2,99		30
OLIVES	2,5	2,54	2,56	2,53		1,2
EGGS	16,3	14,3	8,57	8,39	(-)48,5	
RICE	4,9	4,52	3,91	3,81	(-)22,2	
WINE	12,3	10,1	8,65	8,11	(-)34,1	
BEER	13,1	15,8	18,7	18,5		41,2

INE + MERCASA + MAPAMA + OWN ELABORATION



*Popular Wisdom Sayings
of the Mediterranean Diet*

**COFFEE
TALKING SHOP**



Jose Reyes Belzunce

1. A la bota dala un beso, después del queso.
2. A la leche, nada echas.
3. A las diez en la cama estés, mejor antes que después.
4. A melón bueno y maduro, todos le huelen el culo.
5. A todo le sienta bien el tomate menos a las gachas y al chocolate.
6. A todo se acostumbra uno, menos a no comer.
7. Abril frío y mojado, hincha el granero y harta el ganado.
8. Agua al higo y a la pera vino.
9. Agua corriente, no mata a la gente.
10. Agua de Mayo pan para todo el año.
11. Agua del cielo no quita riego.
12. Agua fría y pan caliente, nunca hicieron buen vientre.
13. Agua por San Juan, quita vino, aceite y pan.
14. Agua y sol tiempo de caracol.
15. Ajo hervido, gusto perdido.
16. Al gorrino y al melón calor.
17. Año bisiesto, ni viña ni huerto, ni pan en el cesto.
18. Ave de pluma, no dejes ninguna.
19. Ave Marías y nueces por dieces.
20. Ave que vuela, a la cazuela.
21. Baila y camina que tu vida no termina.
22. Besugo de enero vale un carnero.
23. Bien debe alimentarse quien no quiere oxidarse.
24. Caballa, sardina y salmón agradece tu corazón.
25. Caldo de gallina, es famosa medicina.
26. Carne de junto al hueso, denme de eso.
27. Comer y vaciar no debes apresurar
28. Como sembréis, cogeréis.
29. Con aceite de oliva, el corazón se aviva
30. Con huerta y verduras alejas la sepultura
31. Con pan y vino, se anda el camino.
32. Conejo, perdiz o pato, venga ¡al plato!.
33. Cuando hay frutas en la huerta hay amigos en la Puerta
34. Cuando se seca el río, llora la huerta.
35. De buena semilla, buena fruta.
36. De copiosas cenas las sepulturas llenas, pero de no cenar muchas más.
37. De gazpacho, no hay empacho.
38. De la mar el mero, de la tierra el cochino de encina.
39. De la perdiz, el pecho. El lomo del conejo
40. De la tierra el cochino de encina; de la mar, caballa y sardina.
41. De lo terrestre el jamón, y de la mar el salmón.

42. De los garbanzos, buen caldo.
43. De los pescados el mero, de las carnes el cordero.
44. De octubre a primeros, repón tus aperos.
45. De sardinas harto, se alejó el infarto.
46. De un cólico de acelgas nunca murió rey ni reina
47. De un cólico de espinacas no se murió ningún Papa.
48. Del agua y del estiércol, milagros cientos.
49. Del conejo lo que mira al cielo, y de la perdiz lo que mira al suelo.
50. Desgraciado del árbol que tiene que echar la fruta a palos.
51. Después de Todos los Santos (1 nov), siembra trigo y coge cardos.
52. Dijo la cebolla al ajo, ¡acompañame siempre majo!
53. Dijo San Pablo que el vino lo hizo Dios y la borrachera el diablo.
54. Disfrutas con hartura de frutas.
55. El aceite de oliva es armero, relojero y curandero.
56. El aceite del olivar espanta el riesgo cardiovascular.
57. El agua sobre la miel, sabe mal y hace bien (Hidromiel).
58. El buen vino alegra el ojo, limpia el diente y sana el vientre.
59. El huevo fresco y el pan moreno.
60. El mejor farmacéutico es un buen hortelano
61. El pepino en invierno amarga hasta al yerno.
62. El pez ha de nadar tres veces, en agua, en vino y en aceite.
63. El poco comer y el poco hablar, nunca hizo mal.
64. El que no viña, no empina
65. El que prescinde del clima, suele caer en la ruina
66. El que quiere la col, quiere las hojas que están a su alrededor.
67. El queso y el vino dos besos de buen vecino.
68. El vino con la miel, sabe mal y hace bien.
69. El vino y la verdad sin aguar.
70. En abril, cortas un cardo y te crecen mil.
71. En agosto, prepara la tinaja para el mosto.
72. En San Antón, calabazas al sol.
73. En San Antón, dijo el gallo a la gallina, pon.
74. Engañoso el vino es. Primero da fuerzas y las quita después.
75. Entre col y col, una lechuga.
76. Entre lo salado y lo soso, está el punto sabroso.
77. Fruta y camino diario llegarás a centenario.
78. Garbanzo y calabaza, sembrar debes con “cachaza”.
79. Garbanzo, agua al nacer y al cocer.
80. Harás quesos mil en el mes de abril.
81. Hortalizas y frutas no quieren verse juntas.
82. Jueves santo, las calabazas planto.

83. La bebida moderada es salud para el cuerpo y alegría para el alma.
84. La comida reposada y la cena paseada.
85. La ensalada, bien preparada, poco vinagre y bien oleada.
86. La escasez levanta el precio.
87. La naranja y la granada, antes que nada.
88. La olla sin verdura, no tiene gracia ni hartura.
89. La ordeñada de abril, te llena la casa y el redil.
90. La oveja que es del lobo, no hay pastor que la guarde.
91. La salud de todo el cuerpo se fragua en la oficina del estómago
92. La salud es lo que no se pega, que las enfermedades hasta se heredan.
93. La uva de torrentes ni la comas ni la des, que para vino, buena es.
94. La zanahoria y el nabo, los dos tempranos.
95. Leche de cabras, queso de ovejas y yogur de vacas.
96. Leche y huevos de hombres viejos hacen nuevos.
97. Leche y movimiento para el buen envejecimiento.
98. Leche y pan, sopas serán.
99. Leche, yogur y quesos para endurecer tus huesos
100. Legumbres, hortalizas y verduras frenan las apreturas.
101. Lo que es bueno para la mente, es malo para el vientre.
102. Ni arroz pegado ni guiso ahumado.
103. Ni caldo frío, ni vino caliente.
104. Ni huerta en sombrío, ni casa junto al río.
105. Ni tan fría que hiele ni tan caliente que pele.
106. Ni un instante debe quedar la nieve sobre el olivar.
107. Niebla abajo, sol arriba.
108. No compres cosa vieja que sea vino, jamón o teja.
109. No hay mejor chuchería que frutas a todas las horas del día.
110. Para cerdos, buenas son bellotas.
111. Para las semillas sembrar, tres veces su tamaño deberás enterrar.
112. Peras, las que quieras.
113. Poca cama, poco plato y mucha suela de zapato.
114. Poda tarde y siembra temprano, si errares un año acertarás cuatro.
115. Pódame en marzo, árame en abril y déjame dormir (la viña).
116. Por San Clemente, alza la tierra y tapa la simiente.
117. Por Santa Lucía vuelve el aceite a la oliva.
118. Quien come lentejas, no las masca todas.
119. Quien espárragos comió, al orinar lo recordó.
120. Quien mucho vino bebe, a sí se daña y a otros hiede.
121. Quien quiera vivir sano, coma poco y cene temprano.
122. Racimo corto, vendimia larga.
123. Remolacha en marzo sembrarás, y en noviembre sacarás.

124. Se puede comer de todo pero en plato de postre.
125. Semillas sembradas a mano, alimento para el hortelano.
126. Si quieres sandía por Santiago (25 jul), siémbrela por San Marcos (25 abr).
127. Si quieres coger pan, alza en abril y viña por San Juan.
128. Si vas a por uvas, coge las que están maduras.
129. Sin olor, color ni sabor, el agua es mejor.
130. Tanto pan como queso, tanto queso como pan.
131. Tertulia, zapato y buena alimentación para tu corazón.
132. Tomates y pimientos, buenos amigos y siempre revueltos.
133. Un poco de algo y mucho tomate y no habrá quién te mate.
134. Una cosa gusta más cuanto más se sabe de ella. (B. Russell)
135. Una manzana al día, de médico te ahorraría.
136. Vida, con fruta perdura.
137. Zumo de limón, zumo de bendición.



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