INTRODUCTION

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

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

NUTRITIONAL COMPOSITION OF TRADITIONAL FOODS FROM BLACK SEA AREA COUNTRIES

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CONCLUSION

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

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