The proximate composition of traditional vegetable and fruit based foods from Black Sea Area countries is important in order to elucidate their role in the dietary pattern of populations. The analysed samples present a high moisture and low fat contents. Foods with high water content are usually low in calories. Therefore, vegetable and fruit based traditional foods are not energy dense foods, while they are considered rich in other essential nutrients.

**MATERIALS AND METHODS**

**RESULTS AND DISCUSSION**

**VEGETABLE OR VEGETABLE BASED FOODS**

**Figure 1. Selected traditional foods from Black Sea Area countries. (A) Rodopian dried beans; (B) Nettles with walnut sauce; (C) Nettle sour soup; (D) Vegetable okroshka; (E) Kale soup; (F) Transcarpathian green borsch and (G) Ukrainian borsch***

<table>
<thead>
<tr>
<th>Traditional Food (English name)</th>
<th>Traditional Food (National language)</th>
<th>Food description</th>
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| Rodopian dried beans             | Rodopski fasul                       | A bean soup with a characteristic。
| Nettles with walnut sauce        | Chichvaci mihal nobogov              | A soup of boiled singing needle。
| Nettle sour soup                 | Clerbă de urșiții                   | A infud soup consisting of a sour soup made from homegrown wild herbs, vegetables and green nettle leaves harvested from young plants。
| Vegetable okroshka               | Occurei capusește                   | A cold soup with shredded vegetables and bread breads。
| Kale soup                        | Kale lațana corbuște                | Vegetable soup。
| Transcarpathian green borsch     | Zemenyi borshch-Zakarpats'ky         | A traditional soup with corn, served with smoked meat。
| Ukrainian borsch                 | Sopas yepelnucu sińucu             | A easily lick vegetable soup in which buns produced。

**FRUIT OR FRUIT BASED FOODS**

**Figure 2. Selected traditional foods from Black Sea Area countries. (A) Rose jam; (B) Churchkhela; (C) Plum jam; (D) Fruit of the evergreen cherry laurel; (E) Watermelon juice and (F) Uzvar**

**FRUIT OR FRUIT BASED FOODS**

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<tr>
<th>Traditional Food (English name)</th>
<th>Traditional Food (National language)</th>
<th>Food description</th>
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</table>
| Rose jam                         | Dika ri dînel                      | Sweet brick soup with rose petals (poza deanței de mov)。
| Churchkhela                      | Churchkhela                        | A traditional dessert made of white or winter sour cream – a traditional homemade panel served as a gift in the shape of a sausage。
| Plums jam                        | Magiun de prune                    | A traditional pie presented by toying the plums without sugar。
| Watermelon juice                 | Apfelsinei con                     | Watermelon juice with pop。
| Fruit of the evergreen cherry laurel | Karepeniș            | Peace baccusoreană L。
| Uzvar                            | Truap                             | Richly colored fruits in large quantities of water。

**CONCLUSION**

The proximate composition of the selected traditional foods from Black Sea Area countries is important in order to elucidate their role in the dietary pattern of populations. The analysed samples present a high moisture and low fat contents. Foods with high water content are usually low in calories. Therefore, vegetable and fruit based traditional foods are not energy dense foods, while they are considered rich in other essential nutrients.

**ACKNOWLEDGEMENTS**

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**BACKGROUND**

In the last years, there has been an increased consumers interest and demand for traditional foods, which have an important role in diet. In fact, traditional foods can be a valuable contribution to the development and economic sustainability of rural areas and the preservation of biodiversity. Within the European Project BaSeFood (Sustainable Exploitation of Bioactive Components Black Sea Area traditional foods), thirty-three traditional foods from six Black Sea Area countries (Bulgaria, Georgia, Romania, Russian Federation, Turkey and Ukraine) were selected and prepared according to the traditional recipe, ingredients and traditional preparation methods [1]. The list of components for the nutritional composition of each traditional food were prioritised on the basis of (1) Inclusion relevant data in national food composition databases; (2) the most relevant components to be analysed for each composite food and (3) their importance in relation to the increased risk of diet-related chronic diseases. The prioritised list of components to be analysed includes: water, ash, total nitrogen (for protein), total, fat, saturated fatty acids (SFA), monounsaturated fatty acids (MUFA), polyunsaturated fatty acids (PUFA), cholesterol, total starch, total sugars, total dietary fibre, minerals and trace elements (Na, Fe, Zn, Se), vitamins A, E, C, B3, and total folate. The aim of this study was to determine the proximate composition in traditional vegetable and fruit based recipes from Black Sea Area countries, in the frame of the European Project BaSeFood.