

## Individual Highlights

- A bit of history 1
- List of BaSeFood beneficiary institutions and lead persons 2
- Kick-off meeting 3
- A joint mission for food and plant food surveying 6
- BaSeFood goes to Armenia 7
- Forthcoming BaSeFood events 8

## BaSeFood was launched on April 1<sup>st</sup>, 2009

Find general information about the project, and first outcomes, at [www.basefood-fp7.eu](http://www.basefood-fp7.eu).

## A bit of history

**BaSeFood** (Grant agreement no. 227118) is a small cooperative research project funded by the 7th Framework Programme of the European Union. In summer 2007, researchers of the University of Bologna, Italy, Uzhhorod National University, Ukraine and Odessa National Academy of Food Technology, Ukraine, supported by the European office of ARIC (Research area) of the University of Bologna, started working on a preliminary concept, that lead to what is still basically the main structure of BaSeFood.

The target call was the following:

**KBBE-2008-2-2-02: Bioactive compounds in traditional food products - SICA (Black Sea Region) Call: FP7-KBBE-2008-2B.** The aim of the topic is to identify and characterise bioactive compounds in traditional food products that can be beneficial for human health and are typical for the diet of EU neighbouring regions. Scientific data on the risks and benefits linked to these products or compounds will be produced and evaluated. It will include the study of the role and the

mechanisms (absorption and activity) of bioactive compounds and also the factors influencing their functional properties (e.g. processing). Expected impact: To increase knowledge of nutrients, food components and/or bioactive compounds effects on human health, to provide sound scientific data and to help in substantiating health and nutritional claims. Enhance the cooperation between scientific disciplines and stakeholders (nutrition, practitioners, local food companies, etc.). This should help the EU food industry to increase its innovation potential and competitiveness, in particular regarding traditional foods and SMEs.

Although the minimum requirement was of at least two partners from the Black Sea region ICPCs, it was decided to have a strong participation from the area, in order to allow:

- a thorough exploration of traditional food resources of the Black Sea region, that were taken as the real primary sources of



information for the whole project development.

Other initial cornerstones were:

- the integration with other important food and traditional food-related project at European level;
- the involvement of stakeholders to facilitate tuning of activities, exploitation of results, and possible follow ups.

UNIBO started acting as a temporary facilitator of activities, taking later the Coordination task. The previous work, known to be in the background of the call, was taken into account. A first support to the initiative came from the



Nadiya Boyko (UZHNU) and Paul Kroon (IFR), at the preliminary meeting, Kiev, January 2008.

Hellenic Health Foundation, Greece. An important step was represented by the interest of Institute of Food Research, Norwich, coordinating Institution of EuroFIR (European food information resource), with a proposal of adopting the EuroFIR approach to



Yeditepe University Campus, June 2009.

develop several parts of the project, bringing on-board two additional partners coming from the EuroFIR experience. This allowed to tune some methodological issues to this new situation.

Finally, the contribution of SPES-GEIE, coordinating institution of TRUEFOOD (Traditional European Foods United), brought in the experience and the approaches of industrial stakeholders. Consortium building was of course completed by the progressive

fundamental involvement of the other Black Sea Region partners. Some of the members met in Kiev, January 2008, for a getting-to-know and preliminary organisation.

After submission, successful evaluation and negotiation, BaSeFood had its official start on April 1<sup>st</sup>, 2009.

First general Consortium meeting was held in Istanbul, Yeditepe University, from 1 to 3 June 2009.

## List of BaSeFood beneficiary institutions and lead persons

1. Alma Mater Studiorum - Università di Bologna (UNIBO), Italy – Coordinator. L. Filippo D'Antuono.

2. Institute of Food Research (IFR), United Kingdom. Paul Finglas.

3. Hellenic Health Foundation (HHF), Greece. Antonia Trichopoulou.

4. Instituto Nacional de Saúde Doutor Ricardo Jorge (INSA), Portugal. Helena Soares Costa.

5. Odessa National Academy of Food Technologies (ONAFI), Ukraine. Sergiy Fedosov.

6. Uzhhorod National University (UZHNU), Ukraine. Nadiya Boyko.

7. Moscow State University of Food Productions (MSUFP), Russian Federation. Dmitry Karpenko.

8. Spread European Safety - European Economic Interest Grouping (SPES – GEIE), Italy. Daniele Rossi.

9. Bucharest University of Economics (ASE), Romania. Carmen Costea.

10. Biological Farming Association – Elkana (ELKANA), Georgia. Marjam Jorjadze.

11. Institute for Medical Research (IMR), Serbia. Maria Glibetic.

12. University of Food Technologies (UFT), Bulgaria. Iordanka Alexieva.

13. T C Yeditepe University (YEDITEPE), Turkey. Bike Koçaoglu.

### Project manager:

Adriana Ecaterina Dascalu (ARIC-UNIBO)

### BaSeFood EU Officers

**Legal officer:** Nadine Kollocczek.

**Scientific officer:** Petra Goyens.

# Kick-off meeting

*BaSeFood first general Consortium meeting. Yeditepe University, Istanbul, June 1-3 2009.*

Thanks to the convenor, Prof. Bike Koçaoglu, and Yeditepe staff, the meeting was held at the comfortable Yeditepe University campus.

The meeting was preceded by an intense preparative work aimed at planning the initial steps, with special respect to the activities of Work Package 1, in relation to food documentation and description. During this preliminary phase:

- EuroFIR guidelines for food documentation were adapted and supplied to Black Sea Area partners (HHF)
- concepts for large scale food survey in the Black Sea Area were prepared (UNIBO)
- preliminary reports of Household budget surveys were prepared (All BSA partners and HHF)
- preliminary report on FAO food balance sheets for the BSA countries was prepared (INSA)
- preliminary report on mortality data in the Black Sea Region was prepared (IMR).

## Monday, June 1<sup>st</sup>

The meeting was opened by Prof. Ahmet Serpil, Rector of YEDITEPE, who welcomed all participants. Then Mr. Alexei Nistean, Executive manager, brought the welcome of the Black Sea Economic Cooperation (BSEC). Mr. Nistean illustrated the main features and challenges of the Black Sea region, the objectives and areas of cooperation of the Organisation of the



Paul Finglas (IFR), at BaSeFood kick-off meeting, Yeditepe University, Istanbul, June 2009.

Black Sea Economic Cooperation (BSEC) with the purpose to look for possible ways of interaction between BSEC and the BaSeFood project.

The morning session continued with the partners' individual presentations. Each BaSeFood partner illustrated the main activities, objectives and research experiences, including specific knowledge related to BaSeFood and role and tasks within project.

Then two preliminary organisational presentations followed:  
L. Filippo D'Antuono (UNIBO, coordinator). Review of general aspects of BaSeFood project.

The coordinator summarised the pillars on which BaSeFood was built: from the topics of the specific call, to the broader context of the KBBE area. A particular stress was given to the exact role of individual workpackages in addressing questions in adherence with the regulatory approach of the European Union, but also taking into consideration a broader context for the investigations on traditional foods, also in relation to consumers and stakeholders requests. BaSeFood should be able to find an equilibrium point between all these aspects.

The coordinator then presented an overview of the activities structured in three broad areas:

- Plant bioactive components, in relation to human health and regulatory facts
- Traditional foods also in relation to consumers' health and the preservation of local food cultures

Broad-sense sustainability issues

- The need of producing high quality data for health claim substantiation, in order to promote long term sustainable economic development
- The importance of consolidating consumers self awareness, as a basis of long term trust on the traditional food message
- The added value of considering topics related to the preservation of local cultures and crops, and enhance ethic trade as integral parts of food credence quality traits

Adriana Dascalu (ARIC-UNIBO, Project manager). Review of Administration and financial issues.

In the afternoon, a revision of Workpackages activities was lead by individual WP leaders.

## Tuesday, June 2<sup>nd</sup>

This day was devoted to the development of specific topics of preliminary conceptual and technical issues addressed to a clear tuning of initial BaSeFood activities.

The contributions were the following.

- Daniele Rossi. (SPES-GEIE). The TRUEFOOD rationale and its interactions with BaSeFood.
- Paul Finglas (IFR). EuroFIR presentation: food databank platform, food indexing and yield and retention factors for recipes.
- Paul Finglas, Paul Kroon (IFR). Bioactive databases and proposed lists of bioactive compounds with putative health benefit based on EuroFIR/EFSA work.
- Helena Costa (INSA). Traditional foods in EuroFIR.
- Effie Vasilopolou (HHF). Development of national documented traditional food files.
- Antonia Trichopoulou (HHF, facilitator), Iordanka Alexieva (UFT), Nadiya Boyko (UZHNU), Sergiy Fedosov (ONAFI), Marjam Georjadze (ELKANA), Dmitry Karpenko (MSUFP), Bike Kocaoglu (YEDITEPE). Outline of available HBS data for each BSAC.
- Ana Sanches-Silva (INSA). Outline of available FAO data in each BSAC.
- Aleksandra Konić-Ristić (IMR). Outline of WHO mortality data.
- Helena Costa (INSA). Collecting food composition data in relation to food databases.
- Marija Ranic (IMR). The use of literature sources for documentation.
- Helena Costa (INSA). Rationale for food sampling, sample stabilisation and transfer.

## Wednesday June 3<sup>rd</sup>

The morning was devoted to a discussion session, lead by the coordinator, about the strategies for broad sense documentation of traditional foods of the Black Sea Countries, in order to increase knowledge and awareness of consumers and stakeholders.

The possible criteria to organise these activities were individuated during the discussion:

- by area: systematically surveying geographically defined areas;
- by food type, by registering as much as possible the features of variability of food present with a range of variation, for both raw materials and preparation;
- by plant raw materials, taking into account a) variation of raw materials; b) different uses in cross cultural comparisons.

Ideally, for each food or plant or area surveyed, one or more documents should be produced for general or punctual aspects, and disseminated:

1. in the web site, sections Research > Foods, plants and people;
  2. in local information journals;
  3. in peer reviewed publications, when research is carried out according to appropriate methodologies;
  4. in international dissemination prints.
- As action for the immediate future some proposals of investigation were established about:
1. leafy kales, between UNIBO, YEDITEPE, INSA
  2. primitive wheats, between UNIBO, YEDITEPE, ELKANA and some Armenian organisation

At the end of the meeting the participants were lead to visit the

Yeditepe research facilities of the Department of Fine arts, section Gastronomy, and Engineering, with special respect to biotechnology, food and chemical engineering.



Yeditepe University, Gastronomy Department facilities.

### Household Budget Surveys data in the Black Sea Area Countries

by *Androniki Naska and Antonia Trichopoulou*

In the first year of the BaSeFood project and within the context of WP1 (Surveying, recording and describing traditional foods), partners from the Black Sea Area Countries (BSAC) reviewed information on their country's food availability based on data collected through the national Household Budget Surveys (HBS).

The HBS are nationally representative surveys systematically conducted by the National Statistical Offices and aim at collecting information on all goods and services available to household members during a reference period. Thus, data are collected on the availability of foods and beverages at the household level, taking into consideration the households' purchases, contributions from own production and food items offered to members as gifts. When individual-based and nationally representative dietary data are not available, HBS can provide a realistic alternative for understanding the dietary patterns prevailing in a country.

Prior to retrieving HBS data published by the statistical offices, participants were asked to review details on the surveys; methodology. This preparatory task was deemed necessary so as to identify inherent characteristics that would limit the undertaking of comparisons among countries in the region. A common to all participants inventory on the HBS methodology was prepared by the Hellenic Health Foundation (HHF), was disseminated prior to the kick off meeting and was presented and discussed during the meeting.

Surveys undertaken in recent years are generally available. As expected, in most of the countries, the HBS-based reports focus on presenting economical factors, related to the population financial status and the country's inflation rates. Nevertheless, in most cases data on food availability can be directly retrieved from the web. Participants informed HHF on variables that can be directly retrieved and HHF provided each participant with guidelines for data handling in order to increase the data comparability and to prepare a short report on the country's food choices. Food availability derived from the national HBS will be comparatively assessed with data on food supplies depicted from food balance sheets (FBS) and the remarks will be presented in a concise report. In a section of the report, an attempt would be made to ecologically compare dietary data (from FBS and/or HBS) with mortality data (retrieved from WHO databases).

### SPES GEIE is an European Economic Interest Grouping created on 11 April 2003 with the aims of developing research inside EU food & drink industry.

by *Daniele Rossi and Antonietta Branni*

The grouping is coordinated by Federalimentare – The Italian Federation of F&D Industry and is composed by 12 European Food and drink Federations. Without making profits for itself, the purpose of the SPES GEIE is to facilitate and develop the activities of the Food Federations concerning the promotion and the execution at Community level of studies and researches about food safety and quality along the food chain as well as the use and the exploitation of the relative results.

SPES GEIE has a relevant experience in EU projects. The most important ongoing project is TRUEFOOD, Traditional United Europe Food, that aims to introduce suitable innovations into the Traditional Food & Drink Industry to maintain and increase its competitiveness in a globalised food market through close integration of research and development, with training, demonstration, dissemination, technology transfer and project management activities. TRUEFOOD aims to improve quality and safety and introduce innovation into Traditional European Food production systems through research, technology transfer, demonstration, dissemination and training activities. One of the activity carried on in the context of the Truefood project is the identification and quantification of consumer perceptions/expectations/attitudes with respect to safety and quality characteristics of traditional foods and innovations that could be introduced into the traditional food industry.

The SPES GEIE task force, composed by a group of experts with a relevant experience in EU projects and in EU Research activities, will create a strong synergy between the BaseFood Project and Truefood Integrated Project. The TRUEFOOD experience in the planning of stakeholders and consumers investigations will be utilized by reviewing the TRUEFOOD methodological documentation and adapting it to the specific goals of BaSeFood; the SPES-GEIE network of European SMEs will open the access to a vast pool of industrial stakeholders; relevant assessment activity for the individuation and the evaluation of strategic instruments for dissemination will be carried on together with the support of dissemination activities and events.

### **Outline of available FAO data in each BSAC**

by Ana Sanches Silva (INSA), Helena Soares Costa (INSA) and Paul Finglas (IFR)

INSA has carried out a comparison of the most recent FAO data in each BSAC, which was presented at the BaSeFood kick-off meeting in Istanbul. Food Balance Sheets (FBS), from 2003, were compared in what concerns to the patterns of national food supply; the patterns of energy intake and the patterns of nutrient intake, including proteins and fat. Foods were categorised in 11 groups (cereals; pulses, tree nuts & oil crops; animal fats; milk & eggs; starchy roots; fruits & vegetables; meat & offals; vegetable oils; fish & seafood; sweeteners and other (including alcoholic beverages)). The country that consumed more food per capita in 2003 was Romania (almost 1000 kg food/capita/year), while the country that consumed the lowest level was Georgia (around 600 kg/food/capita/year). The three most consumed groups (fruits & vegetables, meat & offals and cereals) were analysed in more detail. The countries that consumed more vegetables were Bulgaria, Romania and Turkey. Apples were the most consumed fruits in all BSAC except in Bulgaria, where the favourite fruit were grapes. In Turkey, similar intakes of apples and grapes were observed. Wheat was the favourite cereal in all countries. Turkey was the country that consumed more wheat (around 180 kg/ capita/year). Comparing the meat & offals preferences among BSAC, Bulgaria, Romania and Ukraine, preferred pig meat. In Russia and Georgia bovine meat was the favourite, while in Turkey the favourite was poultry meat. The analysis of the patterns for energy intake revealed that cereals were those that most contributed for calories intake. The groups that contributed the most for protein intake were meat & offals and milk & eggs and for fat intake were: vegetable oils, within vegetable products, and meat & offals and milk & eggs groups, within animal products. Turkey was the country that consumed more vegetable fat and Georgia had a significant lower level intake of vegetable oils than other countries. The comparison among these countries allowed the conclusion that although they belong to the same geographical area, some countries have significant differences in food patterns, which will probably be reflected in the selection of the traditional foods analysed by BaSeFood.

### **Collection of food composition data in relation to food databases**

by Ana Sanches Silva (INSA), Helena Soares Costa (INSA) and Paul Finglas (IFR)

Due to the importance of collecting suitable data to be included in the currently available national food composition databases and in EuroFIR's Food Databank System, INSA and IFR partners carried out a presentation focused on the sources of data and value documentation of the new data on Traditional foods, including food description, recipe information, component identification, sampling plan, number of analytical samples, sample handling, analytical method and analytical performance / quality control. Additionally, the EuroFIR guidelines for quality index attribution to original data from scientific literature or reports and data validation and evaluation were also discussed.

### **Sampling strategy**

by Ana Sanches Silva (INSA), Helena Soares Costa (INSA) and Paul Finglas (IFR)

At the BaSeFood kick-off meeting INSA and IFR presented the EuroFIR approach for food sampling, sample stabilization and delivery of samples to the laboratory, already with some necessary changes for the BaSeFood project. The presentation focused on the sampling plan (Sampling definition; Factors that influence the quantity of sample needed; Pool of samples and Sample homogenisation); Sample stabilization, preparation and distribution of laboratory samples. Special emphasis was given to the laboratory sample handling, distribution of laboratory composite samples and EuroFIR protocol of sample collection, handling and distribution.

### **Assessing mortality rates and mortality patterns in Black Sea Area countries. Defining priorities for evaluation and analysis of traditional food**

by Aleksandra Konic-Ristic, Marija Ranic, Maria Glibetic

Mortality data demonstrate marked differences between eastern and western Europe, placing most of the eastern European countries in the 4th and 5th quintile of total European data. Recent analyses for some of the eastern European countries showed that this rating is, in some cases, markedly affected by non-communicable diseases epidemics. A preliminary investigation was carried out at early stages of BaSeFood project, with the aim of: a) assessing total and cause-specific changes in mortality rates and patterns in countries of the Black Sea region (Bulgaria, Georgia, Romania, Russian Federation, Turkey and Ukraine), before and after the transition period, b) defining differences between countries; c) making comparisons with other European regions. In contrast to some other studies, focussing on mortality related to political, economic and social situation, this study is primarily based on causes connected to preventable environmental factors, with the special focus on nutrition. The obtained data could be used as criteria in prioritization of traditional foods within the BaSeFood project, but also provide useful information to understand recent patterns and to project future trends, with potential relevant implications for public health intervention. The main data source was European Mortality Database (MDB), based on World Health Organisation (WHO) statistics, containing mortality-based indicators, based on death certification, presented for the selected 67 causes or groups of causes of death, by age and sex classes. The main criteria in the selection of mortality-based indicators for further data extraction, appropriate for the implementation into Report based on FBS, HBS and WHO data describing the dietary habits and the mortality patterns of the BSAC, was inclusion of diseases with established nutritional aetiology, as causes of death, with additional sub-criteria of diseases with high case / fatality ratio. Although overall mortality is higher in all countries of Black Sea Region than in other European regions, the highest rates were caused by diseases of circulatory system in general, and ischaemic heart disease, regardless of sex. There were differences between countries, with an almost 100% higher rate in comparison to the average rates in European Union. Mortality patterns of circulatory diseases were often characterized by a sharp peak in transitional years and later, affecting all-caused mortality. This pattern is different for Western Europe, showing lower values, smaller peaks and more or less constant or declining pattern during last years. Country-specific patterns were detected. For example, mortality caused by digestive diseases has particularly high rates in Romania, and rates for malignant colon neoplasm continuously increased in recent years, reaching the high values of the European region. Rates for diabetes mellitus caused mortality are lower than European average, except in Bulgaria, where rates are particularly high, especially during the 1990s. In spite of the preliminary nature of this report, it can however reveal major differences and trends in mortality ratios. In addition to its use in BaSeFood project, this study is aimed to indicate areas in which more effort is needed to analyse mortality causes and suggest the most appropriate actions.

## A joint mission for food and plant food surveying

by Filippo D'Antuono, Bike Koçaoglu and Marjam Jorjadze

In August 2009, the coordinator had a trip to Turkey, Georgia, Armenia and Ukraine, in the frame of the part of the working program connected to direct on-site documentation of local plant food resources and related traditional foods.

The main subject of this trip were primitive wheats and related food and traditions, but this was also a wonderful occasion of seeing and tasting much more foods and plants, and starting establishing the cultural links that are one of the main final goals of BaSeFood.

In Turkey, we (Filippo and Bike) were in



Having fun, garlic stand, Kastamonu market, Turkey, August 2009.



Cornelian cherry fruits, Kastamonu market, Turkey, August 2009.



Saffron shop, Safranbolu, Turkey, August 2009.



Cooking einkorn wheat for bulgur, Ihsangazi, Turkey, August 2009.



Tasting siyez bulgur, Ihsangazi, Turkey, August 2009.



Helva processing, Kastamonu, Turkey, August 2009

the Kastamonu province, already known for being one of the areas where *Triticum dicoccum* and *T. monococcum* are still grown. We met Nesmi Aladağ, head of the Agricultural chamber in Isangazi, who is actively promoting *T. monococcum* growing and valorisation, also with new perspectives in the area of organic products. We visited areas of growing of both hulled wheats, that were often still in the field and being harvested and processed. We assisted at *T. monococcum* (siyez) processing to obtain bulgur, and tasted different sorts of home made siyez bulgur.

The mountain part of the Kastamonu province is anyway interesting for several other plant foods: from the fresh herbs, that are a constant from here to Caucasus, to the incredible variation of dried fruit, renown local garlic, used in a lot of second courses and many soups,

small plum (Mürdüm) compotes and many others.

We also visited a helva factory in Kastamonu, assisting to the whole processing cycle. Safranbolu is a nearby city, renowned for saffron growing and packing. In Georgia, Filippo together with Marjam, had the occasion to be introduced in the fantastic world of



Fresh herb selling, Khashuri market, Georgia, August 2009



Traditional bread cooking, Surami, Georgia, August 2009.



Doli wheat crop, Zveli, Georgia, August 2009.



Local products road market, Gurjaani, Georgia, August 2009.

Georgian cuisine. Reporting about this in few lines is almost impossible: hope that BaSeFood will give occasion to make this known all over Europe. Then, we went to the region of Samtskhe Javakheti, a highland area of SW **Georgia**, where the demonstration facilities of Elkana are based. Elkana is trying to reproduce and reintroduce in cultivation local landraces of several legumes and cereals, and fruit trees. We devote some time to visit fields of Dika wheat (*Triticum carthlicum*) and Doli wheat (old variety of *T. aestivum*). The idea that these wheat can give bread with better sensory quality was reported. This is in line with the opinion of local

growers and seed savers also in Italy, about some old wheat varieties.

Common opinions in local knowledge rarely are without some reason: but demonstrating this would be a real challenge!

In Samtskhe Javakheti we also assisted to the home preparation of local bread. We also went to the lowland Eastern region of Kakheti. This is a wine making, but also fruit and vegetable growing area. Also there, very interesting products from fruit, vegetables and oilseeds.

We discussed about the presence of hulled wheats in **Georgia**. Maybe something is left in the high mountain

areas of Svaneti, and this is being investigated by some organisation connected to Elkana.

The third country visited was Armenia (see the report below). At the end of the trip, the coordinator visited the colleagues of ONAFT, in Odessa, **Ukraine**, who showed some facilities in the area of cereal and bread processing. We also discussed about some options for the exploration of local food resources in Southern Ukraine, targeting the Crimea, the area of Kherson region and Dnipro mouth, and the province of Odessa, with special respect of the Danube Delta area.

## BaSeFood goes to Armenia

by Filippo D'Antuono and Nune Darbinjan

**Armenia** is not a member of BaSeFood Consortium. However, during negotiation a small budget was made available, and it was decided to devote to some investigation in areas included in the Black Sea Area ICPC countries and members of The Black Sea economic cooperation (BSEC), namely Armenia, Azerbaijan and Moldova. Thanks to Marjam Jorjadze, and with the approval of the Armenia ambassador at FAO, Zorab Malek, some contacts were established with



Dried fruit stand, Hayastan market, Erevan, Armenia, August 2009.



The "five herbs" of Armenia, Mashtots market, Erevan, Armenia, August 2009.



Processing emmer wheat for pilaf, Alapars, Armenia, August 2009.

Armenian NGO involved in the organic agriculture sector.

The coordinator was warmly welcomed by Nune Darbinjan, general manager of ECOGLOBE. Nune drew a comprehensive picture of the recent evolution of Armenian society, after independence, a necessary premise to understand the dramatic changes occurred in agriculture and food production, from which the country is now progressively recovering.

A visit to the main Hayastan (= Armenia, in Armenian language) food market in Erevan, introduced an absolutely unexpected world, for the richness of fruits, vegetables, cereals, condiment plants and herbs.

Dried fruits are as abundant and varied, and even more, than in **Turkey** and **Georgia**. Five herbs (red basil, coriander, dill, cress and tarragon) are a staple in everyday's eating. The variety of table grapes was amazing, and the season did not allow to see apricots, another key product for Armenian fruit growing and biodiversity.

The attention was drawn by some grains, so strongly resembling *Triticum dicoccum* seeds, and reported to be the "pilaf" normally consumed..... And the mystery was solved the day after.

Filippo and Nune met Hayk Mirzoyan, an experienced old-style gentleman, a cereal specialist at the National Agricultural University. He gave an enthusiastic and involving explanation about primitive wheats in **Armenia**. *Triticum dicoccum* and *T. compactum* are still extensively cultivated respectively for pilaf and bread making. We visited a *T. dicoccum* growing area around Fantan, and a pilaf processing plant. We also visited an on-farm oilseed pressing apparatus. Knowledge of the use of wild plant resources is still well developed.

Globally Armenia appears a very important country in relation to traditional food studies. Rich, diverse, with similar aspects to neighbouring countries, but also some strongly individual features.

Worth considering it !



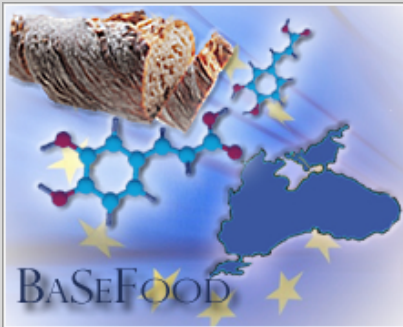
Wheat and emmer (right) pilaf, Mashtots market, Erevan, Armenia, August 2009



We're on the Web!

See us at:

<http://www.basefood-fp7.eu/>

**Editing**

Lorenzo Cerretani

**E-mail**[basefood@gmail.com](mailto:basefood@gmail.com)

## Forthcoming BaSeFood events

### Second BaSeFood general Consortium meeting

28-30 October 2009

University of Food Technology, Plovdiv, Bulgaria

Convenor: Iordanka Alexieva

### BaseFood Food Indexing Training Course,

9-11<sup>th</sup> November 2009

Hotel Palace, Belgrade

Convenors: Maria Glibetic, Paul Finglas

## Related events

### 8<sup>th</sup> International Food Data Conference (8<sup>th</sup> IFDC)

1-3 October 2009

Bangkok, Thailand

<http://www.inmu.mahidol.ac.th/8IFDC/Program.php>

### Nutritional aspects of traditional foods and their health implications

4 October 2009

Bangkok, Thailand

[http://www.icn2009.com/congress\\_information\\_pre\\_and\\_post\\_congress\\_symposia.html](http://www.icn2009.com/congress_information_pre_and_post_congress_symposia.html)

### Pre-congress ICN workshop: Nutritional Aspects of Traditional Foods and their Health Implications

In the context of the 19<sup>th</sup> International Congress of Nutrition in Bangkok, a pre-congress workshop entitled "Nutritional aspects of traditional foods and their health implications" was organized by the Hellenic Health Foundation ([www.hhf-greece.gr](http://www.hhf-greece.gr)) and FAO ([www.fao.org](http://www.fao.org)) on October 4<sup>th</sup>, 2009. The workshop, co-chaired by Antonia Trichopoulou (WP1 leader of BaSeFood) and Barbara Burlingame of FAO, aimed to contribute to the elucidation of the role of traditional foods in contemporary societies. Traditional foods are an integral part of the dietary patterns world-wide. There is a need to investigate them in order to elucidate their role in these diets, to enrich and, possibly, improve our diet and, at the same time, preserve important elements of our cultural inheritance.

Active research topics addressed are:

*Topic 1: Traditional foods and sustainable environment*

Barbara Burlingame, FAO Senior Nutrition Officer, Italy

*Topic 2: Traditional foods in Europe definition and safeguarding*

Antonia Trichopoulou, Hellenic Health Foundation; WHO Collaborating Centre, Greece

*Topic 3: Traditional foods in Asia*

Vishweshwaraiah Prakash, President, Nutrition Society of India

*Topic 4: Traditional foods in Latin America*

Hilary Creed-Kanashiro, Senior Investigator, Instituto de Investigación Nutricional, Peru

*Topic 5: Promoting traditional healthy foods in the 21st century food service*

Greg Drescher, Executive Director of Strategic Initiatives, The Culinary Institute of America (CIA)

Antonia Trichopoulou presented the studies of traditional foods in Europe with reference to the **BaSeFood** and **TrueFood** projects, as well as the **EuroFIR** and **Eurreca** networks. It is essential to point out that three of the above mentioned projects intertwine into a fruitful collaboration in the context of BaSeFood.

The summary of the pre-congress workshop on Traditional foods was reported by Antonia Trichopoulou at the 19<sup>th</sup> International Congress of Nutrition on October 5<sup>th</sup>, 2009.