



THE LEARNING NEWSLETTER



THE EDITORIAL

The current crisis

generated by the corona virus is affecting all aspects of people life and is impacting their behavior and perceptions. Top attention is obviously given to the critical health situation and the unexpected economic disruption – with all other messages taking, for the time being, very low priority.

From the dietary point of view, people have suddenly gone through a complete alteration of “normality”, with the closing of restaurants, canteens, schools, bars etc. – where they would normally consume up to 50% of the food intake. Forced to stay at home, often in small groups or alone, there has been a rush to stockpile long shelf life, convenience items; although some might take this opportunity to experiment new recipes and to learn some more cooking skills, the majority will struggle to manage food variety and a good balance of nutrients. Purchase of canned food has spiked while purchase of fresh fruit and vegetables has lagged.

This is unfortunate since looking at the deadly impact of the virus on infected individuals, there are once again strong evidences that pre-existing conditions mainly related to dietary imbalances like obesity, diabetes and high blood pressure are making the problems much, much worse.

Once we will go back to “normal” (hopefully soon), there will be an even stronger need for a correct dietary information – the main trust of The Green Fit project. Consumption of a balance diet of simple, genuine, quality food has always been, is and will be a key pillar for people health!

in the picture:

Marco de Ceglie Ceo America Filippo Berio and project coordinator

ITALIAN CUISINE HAS BEEN BASED FOR CENTURIES ON TRUSTED

simple recipes with few, high quality ingredients; using fresh seasonal products, naturality and tastes are enhanced, and the costs contained; the presence of extraordinary tastes and vivid colors and smells satiate the mind before the stomach, with no need of large/bulky, unnecessary quantities; and last but not least, the conviviality at the core of the Italian way of eating, the eating together with family and friends, conveys an additional social value to nutrition – that is not just putting a few ingredients in our body.

Breaking through with the Green Fit message is not going to be easy, but it is such a good Mission that it is worth trying hard. Let's hope that there is a strong support and adhesion to help the right information roll out.

The Green Fit
is a Learning Format
created by
GP Communications
North America Inc.
and produced by
Filippo Berio





What better time than today to take the opportunity to strengthen our immune system?

Let's begin with eating well at the table. From an article in Corriere Della Sera's Cucina Blog, "Food can help our immune system, the body's 'shield' against infections (all, not just the coronavirus one), to function at its best - explains Professor Enzo Spisni, professor of Nutrition Physiology at the University of Bologna and member of the Scientific Committee of the Master in Nutrition and Health Education of University of Bologna. The foods we choose should be nutrient-dense, providing the recommended macronutrients and micronutrients for all members of the family. This means a good range of carbohydrates, fats and protein foods that are good sources of vitamins and minerals as well.

Two main vitamins known to boost immunity as Vitamin C and Vitamin D. You might like to think of Citrus fruits, kiwis, raw vegetables in general. The lesser-known sources are also red pepper and green cabbage in their raw form, since cooking them dissolves vitamin C. A quick way to add more of this into your daily diet is as a snack on a crostino for example. Some small diced peppers on a bed of goat cheese with a simple basil garnish and a dash of olive oil makes a delicious and healthy treat, or a cabbage slaw.

For vitamin D, we become less efficient at producing it when the sun's rays hit the skin as we age. It is found mainly in fish: salmon, mackerel, swordfish, trout, blue fish or even cod liver oil. Consuming fish at least two to three times a week is a great way to increase our vitamin D intake.

Other nutrients of interest for immunity are vitamins A and E, contained in many foods of both animal and vegetable origin. It is easy to find them in many foods, in fact there are no significant deficiencies of these vitamins in general. Vitamin E is commonly found in whole-grain foods because it is present in the 'germ' of the grain, and even in vegetable oils such as olive oil or sunflower oil while vitamin A is found both in food of animal origin and in many plants in the form of carotenoids, such as beta-carotene of carrots. Riboflavin (or vitamin B2) is also thought to play a role and is found in parsley, spices, chives, coriander, chili pepper. Again, the Mediterranean Diet reigns for health, not only in preventing chronic disease but also as a balanced way to enjoy immune-boosting foods.

Let's not forget water since we are mostly (up to 70%) made of this earthly molecule. To illustrate the historical significance of this, Italians lead Europeans in per capita bottled water consumption at 155 liters per year, per the Fine Water Academy. There are about 600 brands of domestic Italian Bottled Water with each water source providing a treasure trove of trace minerals such as selenium and zinc which are among the nutrients that support the immune system in the fight against infections. A CNN video clip describes the waters at the source of Fiuggi, in the volcanic hills of Rome. This water source is well known throughout history since the Roman Empire for its wellness powers. Doctors in the Italian National Health Service still today recommend this fabled water as a medicine in its own right.

Beyond what to eat, the best way to support your own defenses are to follow age-old wisdom including adequate rest, managing stress effectively, engaging in enough physical activity (minimum of 2 hours and 30 minutes, or 30 minutes 5 days a week, of moderate-intensity aerobic activity a week according to the National Institutes of Health) and reducing alcohol consumption.

References

Dal Monte, Alessandra. (2020, March 13). Cosa mangiare (e cosa fare) per sostenere il sistema immunitario.

Il Corriere Della Sera, Cucina Blog. Retrieved from

https://cucina.corriere.it/notizie/cards/cosa-mangiare-cosa-fare-sostenere-sistema-immunitario/nostre-difese-tavola_principale.shtml?refresh_ce_cp

CNN. "Italy: Could This Be the Fountain of Youth." Online video clip. Youtube, posted 7/21/2016

<https://www.youtube.com/watch?v=zR-sbskOWtzg>

Accessed on 3/30/20.

Fine Water Academy. Bottled Water of Italy. <http://www.finewaters.com/bottled-waters-of-the-world/italy>

Accessed on 3/20/20





CHEF ANDREA ZANIN
NEW YORK

Ingredients for one portions

Octopus's legs	250 gr
Taggiasche olive.	30 gr
Cherry tomato.	100gr
Potato.	50gr
Capers.	10gr
Fresh parsley.	5gr
Extravergine Olive oil Filippo Berio	30 gr
Fenol slice.	50 gr
Orange slice.	20 gr
Salt,pepper	QB

OCTOPUS'S CAPRI



Procedure:

Boil the potato and reserve ,boil the octopus legs for 1 hours ,check the texture and cook more if needed , reserve .

Prepare the cherry tomato cut in half ,add capers ,and taggiasche olive

Prepare the fennel slice very tiny

Prepare the orange peel and slice

In a bowl Create a salad with ,fennel , extravergine olive oil ,salt ,pepper ,mix and add the orange slice .

In a hot pan with extravergine olive oil ,starting to sauté the octopus legs ,after one minute turnaround and cook for another minute ,add cherry tomato ,olive taggiasche capers ,and the potato ,continue to cook high flame for few minute if need add same veggie stock ,add salt pepper and chop parsley ,finish to cook until the sauce became stable .

Served in a casserole and add the fennel orange salad

LA PASTA DEL MAESTRO

The Taste of Tradition

The idea of la Pasta del Maestro was born combining the typical agriculture and the ancient Apulian traditions, from the desire to make one of the most appreciated product in the entire world using only Gluten Free ours, 100% Made in Italy. The meeting between Maria Teresa Sassano with Carlo Fusco, the Master of Pasta, has allowed to give life to a gluten free artisan product: La Pasta del Maestro. A bronze-drawn pasta dried at low temperature, with an inimitable flavor.

Carlo Fusco the Master of Pasta

He started his career when he was only 12 years old, working in one of the first pasta factories, using automated machines for pasta production. In 1956 he moved to France, where he started to teach the art of making traditional pasta. In 1970 he returned to Italy where he collaborated with various pasta factories until the meeting with Sassano family, with which he started a new project:

"to teach to new generations how to make traditional gluten-free pasta, bronze drawn and dried at low Temperatures".

Our Pasta

We only use certied-flours, naturally gluten-free, with the highest quality, also from organic crops with the aim of producing a artisan product with an excellent taste. We personally and carefully select and collect all the raw materials, certifying all the stages of the production of our pasta, in order to get a 100% made in Italy product.

We produce our pasta close to the sea ... and is on the sea that we welcome our customers. We carry out the whole production cycle in Manfredonia, the heart of Gargano, in Puglia. From grinding to dough, from the drawing to the drying up until the creation and realization of all our recipes, which you can taste with us by the sea in our summer home, an amazing structure overlooking the gulf.

Bronze Drawn - As usual, the wire bronze drawing gives pasta a lot of qualitative benefits. The bronze allows our pasta to acquire a larger surface porosity.

Slow Drying - Long drying times, from 24 to 36 hours, allow not to affect organileptic qualities and nutriyional properties of raw materials: mineral, vitamins, falvors and aromas.

All the fours we use are naturally gluten free, and without any additives. Our working process allows us to avoid thickeners and emulsifiers.

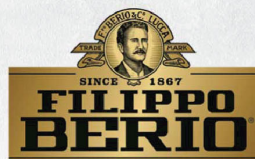
Meal after meal, day after day, our body maintains balance and health based on what we assume in our diet, its nutritional value and its genuineness. la Pasta del Maestro was born from a particular care of our eating behaviors, which allowed us to create the perfect mix, the real winning recipe: a complete, natural tasty and digestible range of products.






Display



Crafted in Italy.
Enjoyed worldwide.



THE FIRST & LAST NAME IN OLIVE OIL™

    YouTube
www.filippoberio.com

©2019 SALVO North America Corp.





BRAINSTORMING

the section dedicated to your ideas, requests and proposals.

Write to create our newsletter together.

We are waiting for your emails to
thegreenfitpr@gmail.com

CAN FOOD FROM AN INFECTED COOK GIVE YOU COVID-19?

There is little need to worry about the risk of infection with the coronavirus if eating food prepared by an infected cook, according to Paula Cannon, a professor at Keck School of Medicine at University of Southern California. Cannon noted restaurant kitchens are one of the safest places in the outbreak as they already practice strict hygiene protocols to avoid foodborne illnesses. Additionally, reheating meals can help destroy the virus as can storing them in the fridge for a day or two, reported HealthDay.

(ICE NEW YORK)

MEALS KITS HEAT UP AMID CORONAVIRUS CRISIS

Meals Kits Heat Up Amid Coronavirus Crisis Consumer demand for meal kit delivery is seeing a resurgence amid the coronavirus crisis, as homebound consumers seek fresh dinner solutions to feed their families Full story:

<https://www.specialtyfood.com/news/article/meals-kits-heat-amid-coronavirus-crisis/>

(ICE NEW YORK)

The rate of obesity in adolescents increased by 33% from 2000 to 2016 and by approximately 30% in adults.

According to a report from the Centers for Disease Control, 39.8% of adults and 20.6% of adolescents in the United States are obese!

It's difficult to be optimistic at this point, said Dr. Frank Hu, chair of the Department of Nutrition at the Harvard School of Public Health

 thegreenfitpr@gmail.com

