



**BALANCE AND RIGHT AMOUNT!**

---

**THE LEARNING NEWSLETTER**



## THE EDITORIAL

### "SATURATED" BY SATURATED FATS!

**Although fats, in the “right amount”, are a necessary component of a balanced diet, it is very important to control the “quality” of the fats that we eat. And without venturing into complex chemistry, it is quite clear and non-controversial that the lower the intake of saturated fats the better it is for our health. So, why is it that we have an unnecessary flood of saturated fats in so many products?**

It is well known that, for example, red meat and dairy products in general contain naturally a proportion of saturated fats; in these cases, or we avoid completely the products (for me, a far too drastic decision) or we control their consumption in order to stay within the recommended daily maximum intake of saturated fats. I believe that it is possible to enjoy a steak or some great cheeses – in moderation, not every day etc. – maybe alongside a good glass of red wine. However, this might become impossible if we get (most of the time without realizing it) a high intake of saturated fats from a long list of very different products that could be free or almost free from saturated fats.

I have recently started to look with attention at the nutritional panel on the back label of many products of daily consumption and I have been very surprised to see the dangerous levels of saturated fats; especially considering that different products are consumed at different occasions in a day, some at breakfast some at dinner some for snacking, making it difficult to calculate the total daily intake of saturated fats – not a good thing.

One example that, for me, was the famous straw that broke the camel's back, is related to a frozen pizza I recently bought (I make no names, it is just one of the thousands of bad examples): the pizza was quite good in taste and consistency, it prepared well in the suggested time in the oven, it even claimed that it was imported from Italy – obviously not the outstanding pizza as you can have at an authentic Neapolitan pizzeria, but an acceptable product even for an Italian like me considering also the convenience and the price.

However, the surprise was in the nutritional panel: first it claimed that the serving size was 1/3 of the pizza – now, I know that I am not in the standard of American consumption of pasta and pizza, but I have never seen anyone eating 1/3 of a pizza for dinner. But even 1/3 of the pizza was delivering 45% of the daily recommended intake of saturated fats – implying that by just eating that pizza I had put in my body more than 130% of the recommended dose of saturated fats!

The problem is not unavoidable, and it is all in the hands of the manufacturing company; I have checked another frozen pizza (to be fair, somewhat more expensive) and the level of saturated fats per serving size was negligible – probably just related to the quantity of mozzarella necessarily present, since it was made with olive oil.

And here is the key point: for many products that need fats as a functional ingredient (take baked product, for example) using olive oil instead of butter or coconut oil or palm oil solves the problem of the saturated fats content. Maybe a little bit more expensive but so much better for our health. My suggestion to us as consumer is to check more carefully the nutritional panels of the products that we eat – my suggestion to us as producers is to be more responsible and more forward looking.





## SUSTAINABLE EATING... THE ITALIAN WAY!

In January 2019, a group of experts from human health, agriculture, political science, and environmental sustainability published a report titled “Food in the Anthropocene: The EAT-Lancet Commission on Healthy Diets from Sustainable Food Systems.” This EAT-Lancet commission sought to develop a ‘planetary health diet’ that is both health-promoting and environmentally sustainable, based on the most recent scientific evidence. Their proposed dietary pattern is adaptable: primarily plant-based, but with the option of including small amounts of fish, meat, and dairy foods. Adhering to the “planetary health diet” would mean more than doubling per-person fruit, vegetable, legumes, and nuts consumption worldwide while cutting red meat and added sugars consumption in half. According to the report, “healthy diets have an optimal caloric intake and consist primarily of a variety of plant-based foods, low amounts of animal source foods, unsaturated rather than saturated fats, and limited amounts of refined grains, highly processed foods, and added sugars.” Following the EAT-Lancet recommendations could result in significant changes in eating habits, in particular cutting down the amount of red meat by 5-6 times to a deck of cards twice a week.<sup>1</sup>

However, a recent study looked at a sustainable way to eat the Italian/Mediterranean way. Italian Dietary Guidelines were compared to the EAT-Lancet “planetary health diet’. The scope was to form a sustainable diet that could be followed for long periods of time, easy to adapt and respectful of current food cultures. Italian Dietary Guidelines (IDG) were analyzed by the Council for Agricultural Research and Economics (CREA) food composition database and compared to the EAT\_Lancet Commission proposed healthy eating pattern in order to guarantee a long-term feasible diet. This Mediterranean/Italian version is based on whole grains, vegetables, nuts, natural products (as opposed to processed foods), and recommends limits on dairy, meat, and other sources of protein and fats (for example shellfish rich in cholesterol). This pattern is thought to have a lower effect on the environment while being nutritiously sound.





## SUSTAINABLE EATING... THE ITALIAN WAY!

*Italian Dietary Guidelines and the EAT-IT pattern:*

*Table 3. Comparison between the suggested portions in the Italian dietary guidelines for healthy eating (for a 2500 kcal diet) and the EAT-IT dietary plan (i.e., the ELCRD tailored to consider Italian food habits), which was developed based on the planetary healthy diet.*

Italian Guidelines			EAT-IT Dietary Pattern
Food Group	Food Subcategory	Daily or Weekly Portion	
Cereals and derivatives	Bread	4.5 portions/day of 50 g (225 g/day)	≠ Max daily amount of whole grain bread of about 375 g
	Pasta, rice, corn, spelt, and barley	1.5 portions/day of 80 g (120 g/day)	≠ Max daily amount of about 200 g
	* Bread substitutes (rusks, crackers, and breadsticks)	1 portion/week of 30 g (30 g/week)	≠ About 45 g of rusks (five slices) can be eaten at breakfast
	* Sweet bakery products (brioche, croissants, and biscuits)	2 portions/week of 50 g for croissants or cake or 30 g/week for biscuits (100 or 60 g/week)	≠ Sweet products can be eaten at breakfast and are indicated as “sugars and other sweeteners”
	* Breakfast cereals	2 portions/week of 30 g (60 g/week)	≠ About 45 g of breakfast cereals can be eaten at breakfast
Tubers	Potatoes	2 portions/week of 200 g (400 g/week)	↓ 1 portion/week of 325 g (325 g/week)
× Fruits	Fresh fruits	3 portions/day of 150 g (450 g/day)	↓ 200 g/day
	Dried fruits	3 portions/day of 30 g (90 g/day)	n.s.
× Vegetables	Fresh vegetables	3 portions/day of 200 g (600 g/day)	↓ 300 g/day
	Leaf salad	3 portions/day of 80 g (240 g/day)	n.s.
Meat	* Red meat (beef, pork, and sheep meat)	1 portion/week of 100 g (100 g/week)	Beef, lamb, or pork—100 g/week (100 g/week)
	White meat (chicken, turkey, or rabbit)	3 portions/week of 100 g (300 g/week)	↓ Chicken and other poultry—2 portions of 100 g/week (200 g/week)





## SUSTAINABLE EATING... THE ITALIAN WAY!

Italian Guidelines			EAT-IT Dietary Pattern
Food Group	Food Subcategory	Daily or Weekly Portion	
Fishery	Fish (including mollusks and crustaceans)	3 portions/week of 150 g (450 g/week)	↓ Fish—2 portions/week of 105 g (210 g/week)
	* Preserved fish (e.g., canned tuna)	1 portion/week of 50 g (50 g/week)	n.s.
Egg	Egg	4 medium eggs/week (200 g/week)	↓ 1 portion/week of 2 medium eggs (125 g/week)
× Legumes	Fresh legumes or canned	3 portions/week of 150 g (450 g/week)	↑ 8 portions/week of 65 g of dried legumes—about 200 g of fresh legumes (520 g or 1560 g/week)
	Dried legumes	3 portions/week of 50 g (150 g/week)	
× Milk and derivatives	Milk	3 portions/day of 125 mL (375 mL/day)	↓ 1 portion/day of 250 mL of milk or other isocaloric equivalences of milk derivatives (e.g., yogurt, butter, etc.) (250 mL/day)
	Yogurt and other fermented milk	3 portions/day of 125 g (375 mL/day)	
	Cheese (fat <25% and less than 300 kcal/100 g)	3 portions/week of 100 g (300 g/week)	
	Cheese (fat >25% and more than 300 kcal/100 g)	3 portions/week of 50 g (150 g/week)	
× Fats and seasoning	Vegetable oil (e.g., extra virgin olive oil and seed oil)	4 portions/day of 10 mL (40 mL/day)	↑ 50 g/day of added fats, preferably from dietary plant sources. Butter is excluded because it is already included in the milk and derivatives food category
	Butter and other animal fats	4 portions/day of 10 g (40 g/day)	
Nuts and seed	Walnuts, peanuts,	2.5 portions/week of 30 g (75 g/week)	↑ 40–50 g/day



## SUSTAINABLE EATING... THE ITALIAN WAY!

Italian Guidelines				EAT-IT Dietary Pattern
Food Group	Food Subcategory	Daily Portion	or Weekly	
	almonds, seeds, etc.			
Water	Water	At least 10 glasses of 200 mL/day (2 L/day)		n.s.

n.s.: not specified. ×: the portions reported for the food included in that category are alternatives and not additive (e.g., for “fruits,” 150 g of fresh fruit OR 30 g of dried fruit); \*: subcategory for which it is possible to have a lower frequency of consumption and increasing the consumption of other foods from the same category, according to the Italian dietary guidelines (IDG). ≠: food category with different recommendations between the IDG and EAT-IT but not clearly definable in terms of whether the amount is higher, equal, or lower. ↑↓ higher or lower recommendations, respectively, in the EAT-IT dietary pattern compared to the IDG.<sup>2</sup>

A major difference is a greater amount of legumes and nuts consumed in the Italian population compared to EAT-IT, whereas meat, eggs, dairy products, animal fat, and oils are consumed in greater quantities. The researchers also noted that about 45% of the European population were found to intake less than recommended intakes of iodine, a key micronutrient for thyroid health, cognitive function and fetal neurodevelopment. The EAT-IT dietary pattern suggests that to improve consumer adoption with appealing recipes and new products that can include such foods, as well as targeting younger consumers who are often less adherent to the Mediterranean and healthy dietary patterns such that the availability of fortified products or alternative sources may become a suitable option particularly for those customers who are less prone to adopting to new dietary patterns, meals, or stricter requirements.<sup>2</sup>

### References:

1. Tufts Health and Nutrition Health Letter. (July 9, 2019) Sustainable Eating: The Key to a Healthy Future. <https://www.nutritionletter.tufts.edu/healthy-eating/sustainable-eating-the-key-to-a-healthy-future/> Accessed 9/28/21
2. Tucci M, Martini D, Del Bo' C, Marino M, Battezzati A, Bertoli S, Porrini M, Riso P. An Italian-Mediterranean Dietary Pattern Developed Based on the EAT-Lancet Reference Diet (EAT-IT): A Nutritional Evaluation. *Foods*. 2021 Mar 8;10(3):558. doi: 10.3390/foods10030558. PMID: 33800396; PMCID: PMC8002105.





**CHEF ANDREA ZANIN**  
NEW YORK

## OPEN SANDWICH BAGUETTE WITH BURRATA PARMA PROSCIUTTO BASIL PESTO AND ROAST SUNFLOWER SEEDS

### INGREDIENTS :

- Fresh baguette bread
- Burrata 4 oz
- Parma Prosciutto. 2 oz
- Basil pesto Berio QB
- Lettuce 1oz
- Onions 2 oz
- Cherry tomato 2oz
- Sunflower seeds. 0.5oz
- Organic Evo Berio. QB
- Balsamic Modena Vinegar QB
- Salt pepper. QB

### Procedure:

cut the baguette in three quarter and cut in half , grill the half baguette with extravergin olive oil berio on the side prepare a pan to fried the parma prosciutto and the onions ,fried both one at the time and reserve at war place . take out the burrata and smashed in a small bull add same extra vergin olive oil ,sal and pepper . was and clean the cherry tomato add same salt and pepper ,and few dropps of aceto balsamic di modena plated the roasted baguette add and spread the burrata ,add same piece of parma prosciutto fried ,chop lettuce ,basil pesto ,fried onions ,sunflower seeds and finish with extra vergin olive oil berio ,and a touch of pepper





# ENJOY YOUR MEAL



[WWW.ITALIAFINEFOOD.COM](http://WWW.ITALIAFINEFOOD.COM)

[ITALIAFINEFOOD@GMAIL.COM](mailto:ITALIAFINEFOOD@GMAIL.COM)



## North American Olive Oil Association Files Standard of Identity Petition with the U.S. Food and Drug Administration

NEPTUNE, NJ – May 26, 2020 – The North American Olive Oil Association (NAOOA), whose members represent the majority of olive oil sold in the United States, today filed a standard of identity petition (“Industry Petition”) with the U.S. Food and Drug Administration (FDA). Such a standard would eliminate confusion among consumers and promote fair dealing in the industry.

“Olive oil is recognized as the healthiest cooking oil by a wide majority of Americans, but less than half of households use it,” said NAOOA Executive Director Joseph R. Profaci. “According to consumer research we recently conducted, confusion over olive oil labels and terminology are leading causes. We’ve filed our Industry Petition to help address these concerns.”

As part of its petition-development process, the NAOOA asked 1,500 U.S. consumers about their perceptions of olive oil, and the findings demonstrate significant confusion. For example, 60 percent of those surveyed were not sure of the meanings of “virgin” and “refined” cooking oil, despite there being significant differences in the two. (Virgin oil is extracted mechanically without the use of heat or solvents.) Only one-third of consumers believe the term “extra” when applied to “virgin olive oil” is anything more than marketing. (It is a specific grade of olive oil that has to meet strict parameters.) Nearly one in three people do not believe or are not sure that olive oil comes from olives. (It does!)

Additionally, despite peer-reviewed research conducted by scientists from the U.S. Food and Drug Administration (FDA) showing a low prevalence of adulterated olive oil in our country’s retail stores, many Americans are concerned that their olive oil might not be the real deal.

“Paving the way for more consumption of heart-healthy olive oil in America would be to our mutual benefit. The scientific consulting firm Exponent found that just a 20 percent increase in adherence to a Mediterranean-style diet, of which olive oil is the cornerstone, would save our country \$20 billion in healthcare costs,” said Profaci. “The way we remove longstanding barriers to people consuming this wholesome, delicious food is through a standard of identity.”

The NAOOA has been advocating for a standard of identity since the organization was founded, first filing a petition with FDA in 1990 and again in 2012. It initiated a process to develop the latest petition two years ago and sought a range of voices from regulators and scientific experts to consumers and industry players (domestic, international, large and small alike).

With the benefit of consumer research, the Industry Petition takes concrete steps to bring clarity to olive oil labels and restricts the use of potentially misleading terms like “pure” and “extra light.” It also focuses on assuring olive oil authenticity by using the latest scientifically backed standards and methodologies.

[naooa.wildapricot.org](http://naooa.wildapricot.org)

### 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](mailto:thegreenfitpr@gmail.com)

NAOOA  
Executive Committee  
Elections 2020

MARCO DE CEGLIE, Chair  
BILL MONROE, Vice Chair  
ENRIQUE ESCUDERO, Treasurer  
FRAN CUENCA  
DON GRIEGO

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



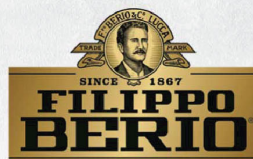
[thegreenfitpr@gmail.com](mailto:thegreenfitpr@gmail.com)







Display



Crafted in Italy.  
Enjoyed worldwide.



THE FIRST & LAST NAME IN OLIVE OIL™

    YouTube  
[www.filippoberio.com](http://www.filippoberio.com)

©2019 SALVO North America Corp.





