



INNOVATION MEETS TRADITION

THE LEARNING NEWSLETTER



THE EDITORIAL

INNOVATION MEETS TRADITION

Traditions have a fundamental value in people culture and are often the markers of social communities – and we should worry by some recent attempts to defame certain traditions in order to establish supposedly new – often elitarian/tyrannical ideas.

However, the values of traditions are not well served by a decadent nostalgia for how things were good in the old days – paradoxically, there has to be innovation within the tradition boundaries to preserve values looking forward (not looking back).

In few places this is clearer than in talking about food traditions; the values of so many food cultures are rooted in traditional ingredients and recipes developed to improve the dietary habits of the local population making the best out of what was locally available.

Take for example the Italian Cuisine as a key part of the Mediterranean Diet. Here the examples of key traditional values are endless: locally, seasonally grown ingredients, high quality natural ingredients in simple recipes, dietary balanced recipes and eating habits etc. etc.

But we cannot just contemplate all the above “statically” – to preserve the values and bring them forward there has to be “innovation”! This is not a new concept and it has always been a part in tradition handing down. And let me make just two historical examples to explain my point:

- pasta used to be dried in the open air under the sun (and insects and birds) before the founder of the De Cecco company in the late XIX century invented a way to do it indoor – think about the advantages in terms of supply chain and quality/hygienic condition of the product – limiting my consideration to the modern low temperature drying process;
- olive oil was produced by milling olives with stone wheels (often moved by animals tied closely to the mill for long hours – think about their physiological needs!) and stacked woven baskets (fiscoli mats) in open air presses (insects, rats?) before the invention of the modern, continuous, all enclosed, computer controlled milling technologies/plants which delivers higher quality/hygiene products in larger quantities and shorter time.

Today, a key focus must be on innovating our traditional foods by making them available in a (more) sustainable way! It is obvious that we cannot bring values forward if what delivers them is not sustainable.

Packaging is key in product availability and plays also a big role in sustainability. This is way at Filippo Berio we are first to introduce in the USA olive oil in bottles that use recycled plastic – 50% initially, aiming at more with the mastering of the technology.

And, by the way, here in the USA there should be much more attention to recycling – an activity that was “shipped” to China (before they rightly decided they were not our dump of all discarded materials) and that has limited capacity installed locally.

Especially now that, caused by the development of home deliveries, there is a disproportionate amount of packaging materials to dispose and that could/should be properly recycled.



FOOD - DIET AND NUTRITION

Diet and nutrition are critical components in maintaining excellent health throughout one's life. Their significance as predictors of chronic illnesses is generally acknowledged. Furthermore, the demand for food entails substantial environmental impacts that must be considered on the path to reaching the Sustainable Development Goals, The European Commission's Food 2030 research and innovation policy to transform food systems and ensure affordable, nutritious food to lead a healthy life. These guidelines, such as the Linee guida per una sana alimentazione (CREA, 2019) in Italy, the Dutch dietary guidelines (Health Council, 2015) in the Netherlands, or the Strategy for Nutrition, Physical Activity, and Obesity Prevention - NAOS strategy in Spain assist consumers in making better food choices while taking cultural preferences, eating habits, and food availability into account. Here at home in the United States, like in Europe, the Departments of Health and Human Services (HHS) and Agriculture (USDA) jointly developed the Dietary Guidelines for Americans, which have been modified every five years since their first publication.¹

Food-based dietary recommendations have been amended as an essential aspect of nutrition policy all over the world. The main question is whether they take into account environmental factors. Moving toward global dietary habits that are not only healthy but also sustainable is both cost effective and prudent, according to EAT-Lancet, 2018.² Governments may demonstrate their commitment to a green and healthy future by working to keep up with the demand for eating patterns that adhere to this integrated approach. Despite mounting evidence, only 83 of 215 nations released dietary guidelines, with the majority of them focusing on the health aspect without consideration for environmental impact. As a result, a study examining the extent to which sustainability (carbon and water footprint) are included into national food-based dietary guidelines for the first time, as well as the nutritional features.³

The study modeled and compared two major environmental indicators of carbon footprint and water footprint, as well as nutritional quality (as measured by the Nutrient Rich Diet index, a Dutch nutrient composition method of nutrient profiling based on nutrient density - the ratio of nutrient composition of a food to the nutrient requirement, NRD9.3, and a health gain score) of dietary guidelines from Northern and Southern Europe and America. This research can be viewed as a step forward in the formulation of dietary guidelines that combine health and sustainability considerations while still meeting nutritional demands.³

In terms of climate change, the Italian dietary guidelines and the Mediterranean Diet provided the best profiles (2.04 and 2.21 kgCO₂eqday, respectively). the American Dietary Guidelines had the greatest carbon footprint (2.98 kgCO₂eqday) overall. Water footprint showed significant variability, not just because of daily-recommended levels, but also because of the reference nations' diverse climatic conditions and production systems. As a result, water footprint ranged from 1760 Lpersonperday in the Italian dietary guidelines to 3181 Lpersonperday in the Spanish Strategy for Nutrition, Physical Activity, and Obesity Prevention. Finally, the nutritional value of the Mediterranean Diet, which had the greatest nutritional index score NRD9.3 (477) and health gain score (178), was shown when compared to Dutch Dietary Guidelines, which had the lowest health gain score (97) and the American Dietary Guidelines, which had the lowest nutritional index score NRD9.3 (477) and health gain score (391). Multi-criteria analysis is required to stay ahead of the Food-based dietary recommendations who rely on all aspects of sustainability. The problem is not limited to nutrition and environmental performance; economic and societal factors must also be examined. One more reason to follow the Mediterranean Diet.³

References:

1. European Commission. "Food 2030." Publication (October, 2020): website https://ec.europa.eu/info/research-and-innovation/research-area/environment/bioeconomy/food-systems/food-2030_en
2. EAT-Lancet Commission. "Food, planet, health: Healthy diets from sustainable food systems." The Lancet website. <https://www.thelancet.com/journals/lancet/article/PIIS0> (2019): 140-6736.
3. Cambeses-Franco, Cristina, et al. "Driving commitment to sustainable food policies within the framework of American and European dietary guidelines." Science of The Total Environment 807 (2022): 150894.



CHEF ANDREA ZANIN
NEW YORK

BUFFALO CAPRESE SALAD

Ingredients:

Red Tomato on the vine
Green tomato ,Buffalo
Salt Maldon
Ground pepper,
Evo Berio
Balsamic vinegar Berio glacé
Fresh Basil
Crostini's bread



Procedure:

take the buffalo mozzarella outside of the fridge at least 2 our before eat ,this will guarantee the flavor of the product.

Slice the red tomato, slice the green tomato, display both in to the plate, dressing with Evo Berio, Maldon salt pepper, put in the center the Buffalo Mozzarella and decorate with fresh leaf of basil and bread crostini.

ENJOY YOUR MEAL





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

BRAINSTORMING

the section dedicated to your ideas, requests and proposals.

Write to create our newsletter together.

We are waiting for your emails to

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To celebrate the
Italian National Day

the Consulate General of Italy
in collaboration with LILAA and with
the City of Los Angeles, 15th Council District

FEE: ADULT \$35
YOUTH \$30
(13 TO 18 YEARS OLD)

PRESENT

LA ITALY RUN 2022

by

enel  way

5K

SUNDAY
5 JUNE 2022

Check in: 7:00 AM
Race start time: 8:00 AM

CALIFORNIA
SAN PEDRO

638 Beacon St.
Corner of Harbor Blvd. & 6th Street

Followed by an Italian Festa di Piazza

RACE BIB PICKUP
Saturday, June 4th
10am-5pm

WEST LA
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9750 West Olympic Blvd., Beverly Hills

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222 W 6th Street R-, 1 San Pedro



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