



# FIRST EUROPEAN FOOD CONGRESS

Food Production • Nutrition • Healthy Consumers

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*OLGA*

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Richard Hart, First European Food Congress Secretariat, Event Logistics Ltd.,  
Lawn Cottage, Owl Street, Stocklinch, Ilminster, Somerset TA19 9JW, UK.  
Tel: +44 (0) 1460 259776 Fax: +44 (0) 1460 258783  
Email: [foodcongress@event-logistics.co.uk](mailto:foodcongress@event-logistics.co.uk)

<http://www.foodcongress.eu>

McGuire, M., M.K., McGuire, (2000). Conjugated Linoleic Acids (CLA): a ruminant fatty acid with beneficial effects of human health. Proc. Am. Soc. Anim. Sci. 1999. Available at: <http://www.asas.org/jas/symposia/proceedings/0938.pdf>.

Keywords: Conjugated linolenic acid , polyunsaturated fatty acids , Marchigiana beef meat , Malonaldehyde

[P236]

**Research on the Chemical-Nutritional Characteristics of Trout Samples after the "Red-Mouth" Disease and Suitable for Consumption**

G. Martino\*, V. Ponzielli, A. Maranella, L. Grotta, G. Zitti  
*University of Teramo, Italy*

The target of the current research being undertaken is to analyze the chemical-nutritional characteristics and evaluation of the oxidative processes in samples of iridal trout fish meat after the "red-mouth" disease caused by *Yersinia ruckeri*, through the evaluation of lipids, fatty acids, malondialdehyde and of some amines. The total number of 48 trouts of approximately the same weight have been analyzed, all coming from the same breeding and fed with the same food; of these 24 animals had got over the disease, did not have clinical marks and were therefore suitable for trade and the other 24 were picked from a wealthy group. The obtained results demonstrated a quantity of lipids in meat statistically significantly lower ( $P \leq 0,05$ ) in the group of animals that had got over the disease probably justified by a lower food consumption caused by the lesions present in the mouth's mucosa in the phases of the disease. Concerning the fatty acids some specific significant differences have been verified ( $P \leq 0,01$ ) on some unsaturated acids in particular: palmitoleic, oleic, linoleic and docosapentaenoic acid. No differences have been noticed concerning saturated fatty acids. In relation to the content of amines, the results suggest a more significant difference ( $P \leq 0,01$ ) between the two groups with higher values in the group that has got over the disease. The obtained results for the evaluation of the oxidation state of the lipids, measured by determining the malondialdehyde (with the TBARS test, don't indicate significant differences within the two groups although in the "healthy" group the average is slightly lower. The results of the current analysis have underlined significant differences concerning the contents of some qualitative and chemical-nutritional parameters in fish-meat samples belonging to animals that had got over the "red-mouth" disease and suitable for consumption according to the legislations in force.

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Keywords: Red-Mouth Disease, *Yersinia ruckeri*, trouts, fatty acids

[P237]

**In vitro test: Rapid method for the evaluation of infant formulae bifidogenic effect**

O. B. Martinov\*<sup>1</sup>, S. D. Spasic<sup>1</sup>, G. Dj. Gojgic-Cvijovic<sup>1</sup>, V. F. Matic<sup>1</sup>, M. M. Vrvic<sup>1,2</sup>

<sup>1</sup>Department of Chemistry- Institute of Chemistry, Technology and Metallurgy, Serbia, <sup>2</sup>Faculty of Chemistry, University of Belgrade, Serbia

Bifidogenic effect (growth stimulation of bifidogenic bacteria – probiotics (1) in the intestinal tract by the effect of food ingredients which are prebiotics (1) for these bacteria) is, in addition to nutritive and biological values, one of the most important indicators for quality of the baby's food. Therefore, it is necessary to have a reliable test for rapid estimation of this property which we developed for *in vitro* conditions and checked the same on commercial infant formulas.

*In vitro* test covers tracking of microbiological (microscopic observation, total bifidobacterial counts and dry biomass) and biochemical (pH, total bacterially generated organic acids – computed as lactic acid and mole ration of acetic and lactic acid) changes in substrates – prepared infant formula meals, caused by the action of bifidobacteria isolated from baby feces during 48 hours. Digestion with pancreatin proceeded bifidobacteria biomass inoculation. Mature breast milk was reference substrate.

The test was checked by testing six products in powder from the market (one domestic and five imported formulas), which have not contained prebiotics on the basis of declaration.

As a discriminatory criterium for estimation of bifidogenic effect we introduced BIFIDOGENIC INDEX (2).

In several repeated tests we proved that this rapid test can be useful for estimation of bifidogenic properties of infant formula, since the results show that with the similar declared nutritive and biological characteristics, there are also important differences between individual products which is the indicator of their quality in a whole

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Keywords: bifidogenic effect, infant formulas, bifidobacteria, bifidogenic index

[P238]

#### Seasonal Variations in Daily Dietary Macronutrient Intake of Pre-school Children in Nurseries of Zadar County

J. Grzunov<sup>1</sup>, M. Matek Sari<sup>1</sup>, J. Jurasovi<sup>2</sup>, M. Piasek<sup>2</sup>

<sup>1</sup>*Institute of Public Health Zadar, Croatia, Croatia*, <sup>2</sup>*Institute for Medical Research and Occupational Health Zagreb, Croatia, Croatia*

Today pre-school children spend most of the day time (8-10 h) in a nursery where they get about 80% or more of their daily dietary needs through four meals. Most chronic diseases in adulthood originate from nutritional habits, which are mainly formed during childhood. Balanced nutrition has an important role in children's development and helps to avoid the occurrence of a number of health disorders in adolescence and adulthood.

Diet should be assorted and balanced in protein, lipid, carbohydrate, vitamin, and essential mineral contents in order to achieve the adequacy of nutrition for growth, development and disease prevention.

We collected the duplicate portions of the meals that were served to group of healthy pre-school children aged 6 to 7 years in nurseries of Zadar County during winter and spring periods of 10 consecutive days. Concurrent 10-day food records were taken in collaboration with the nursery staff. Energy value in pre-treated duplicate portion samples were measured and direct analyses of protein (Kjeldahl method), lipid (Soxhlet method), carbohydrate (calculated), water (gravimetric method) and ash content (gravimetric method) were performed accordingly. Essential and toxic mineral elements are to be analysed. The study has been approved by responsible bioethical committees.

Seasonal differences between the results were statistically evaluated and compared with the recommended daily allowances (RDA). Since children are vulnerable population group, it is necessary to evaluate and balance an overall diet quality with special emphasis in harmonising energy intake values as well as presence of different types of food.

Keywords: nutrition, children, pre-school age, seasonal variations