



THE IMPORTANCE OF BREAD AND FLOUR PRODUCTS IN A BALANCED DIET. FUNCTIONAL BAKERY PRODUCTS

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CEREALS

ARE VERY IMPORTANT NUTRITIONAL SOURCES

They contribute to the intake of micronutrients (Fe, Mg, Ca, vitamins from the B complex, vitamin A, vitamin E) because they naturally contain vitamins and mineral elements. In addition, they have numerous beneficial effects in maintaining health because they contain an important amount of antioxidant bioactive substances.

Cereals also contribute to maintaining health through the functional effects of the soluble dietary fibers (predominant in oats and barley) and the insoluble fibers (mainly present in wheat) that they contain.



0,44 MG/GR
CALCIUM



3,8 MG/GR
PHOSPHORUS



29 PPM
ZINC



4,0 PPM
COPPER

1 BAKERY PRODUCTS WITHOUT ALERGENS

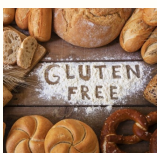
Approximately 1% of the world's population is affected by celiac disease, but unfortunately many people remain undiagnosed even though much progress has been made in this regard.

2 BAKERY PRODUCTS WITH ADD-ONS

The strengthening of bread with calcium, magnesium and vitamins A, E and B6 is regulated in some countries around the world.

3 BAKERY PRODUCTS WITH LOW CONTENT

Cereals and cereal derivatives, especially those based on whole grains, are a staple food in the diets most appreciated by the medical scientific community such as the Mediterranean diet and the Diet to Stop Hypertension (DASH).



ALLERGENIC BAKERY PRODUCTS ARE DEVELOPED FOR THE NEEDS OF CONSUMERS SENSITIVE TO GLUTEN OR WITH CELIAC DISEASE.



PRODUCTS WITH ADD-ONS ARE FUNCTIONAL PRODUCTS THAT HAVE PROVEN BENEFICIAL EFFECTS ON HEALTH ALONG WITH BASIC NUTRITIONAL EFFECTS.



DIETARY FOOD PRODUCTS WERE CREATED FOR PEOPLE SUFFERING FROM CERTAIN DISEASES.

Cereals are a good source of vitamin A (as provitamin A), B vitamins (except vitamin B12), vitamin E and small amounts of vitamin K. They do not contain vitamins C and D.

FUNCTIONAL

PRODUCTS

Through the intake of soluble dietary fibers (predominant in oats and barley) and through the intake of insoluble fibers (mainly present in wheat), cereals contribute to maintaining health both directly through the functional effects of the fibers and indirectly through the intestinal microbiota.