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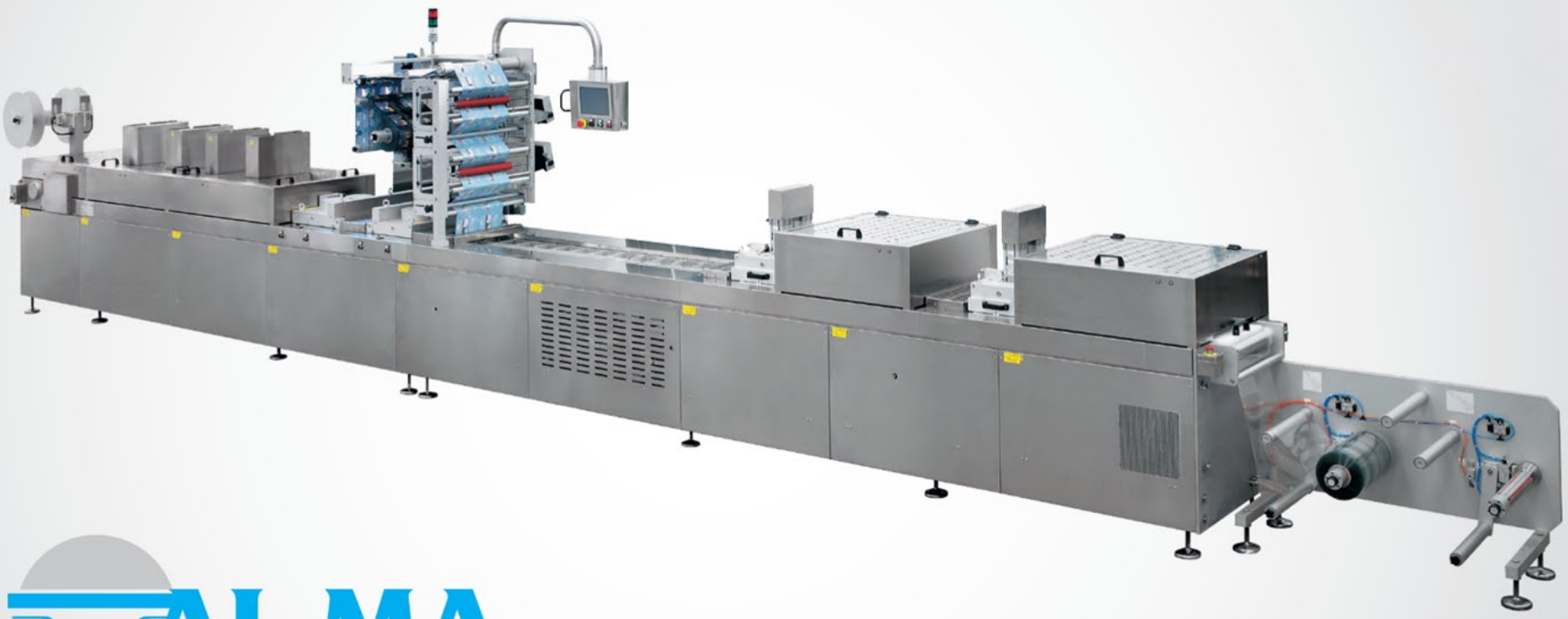

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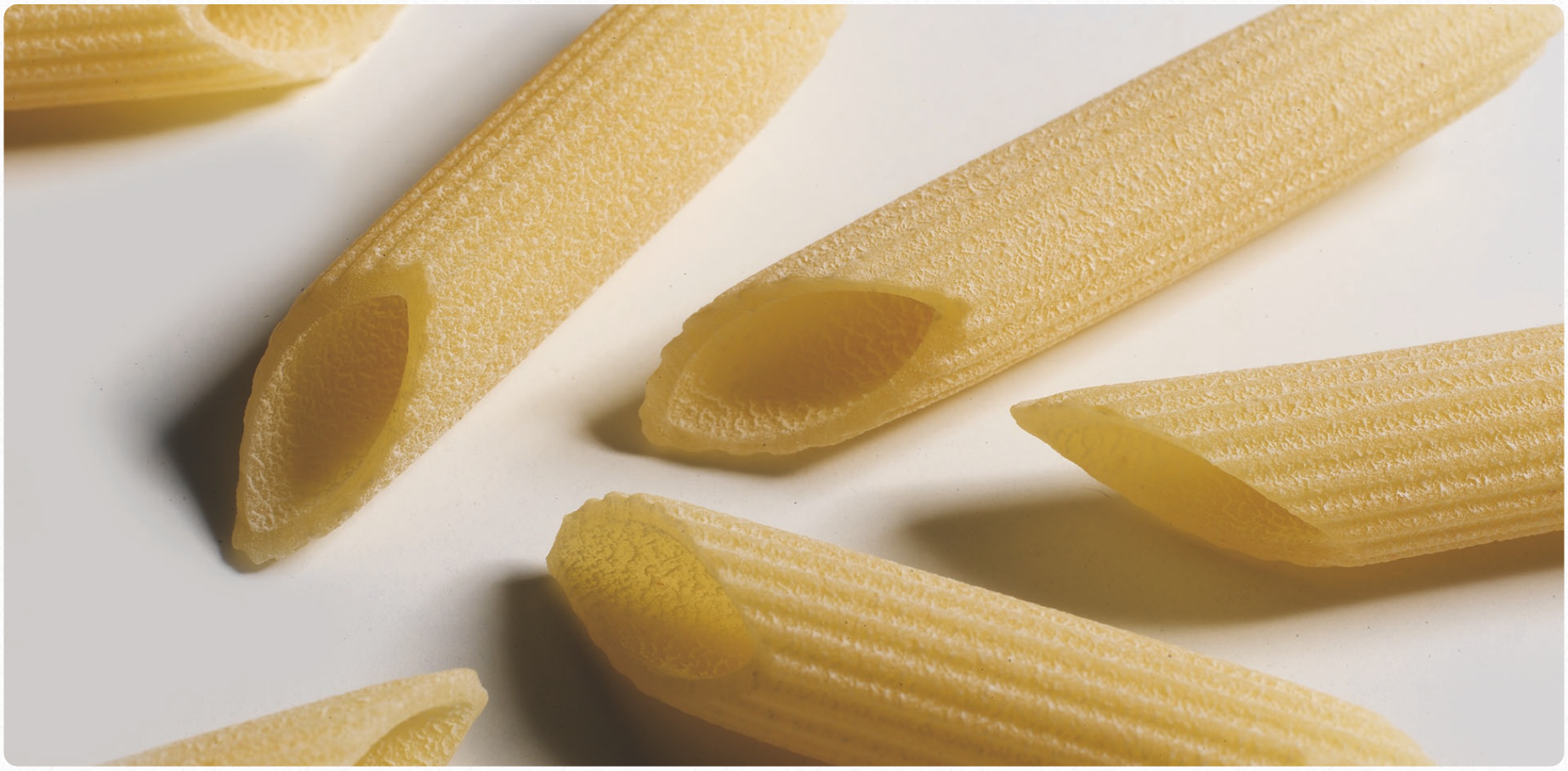

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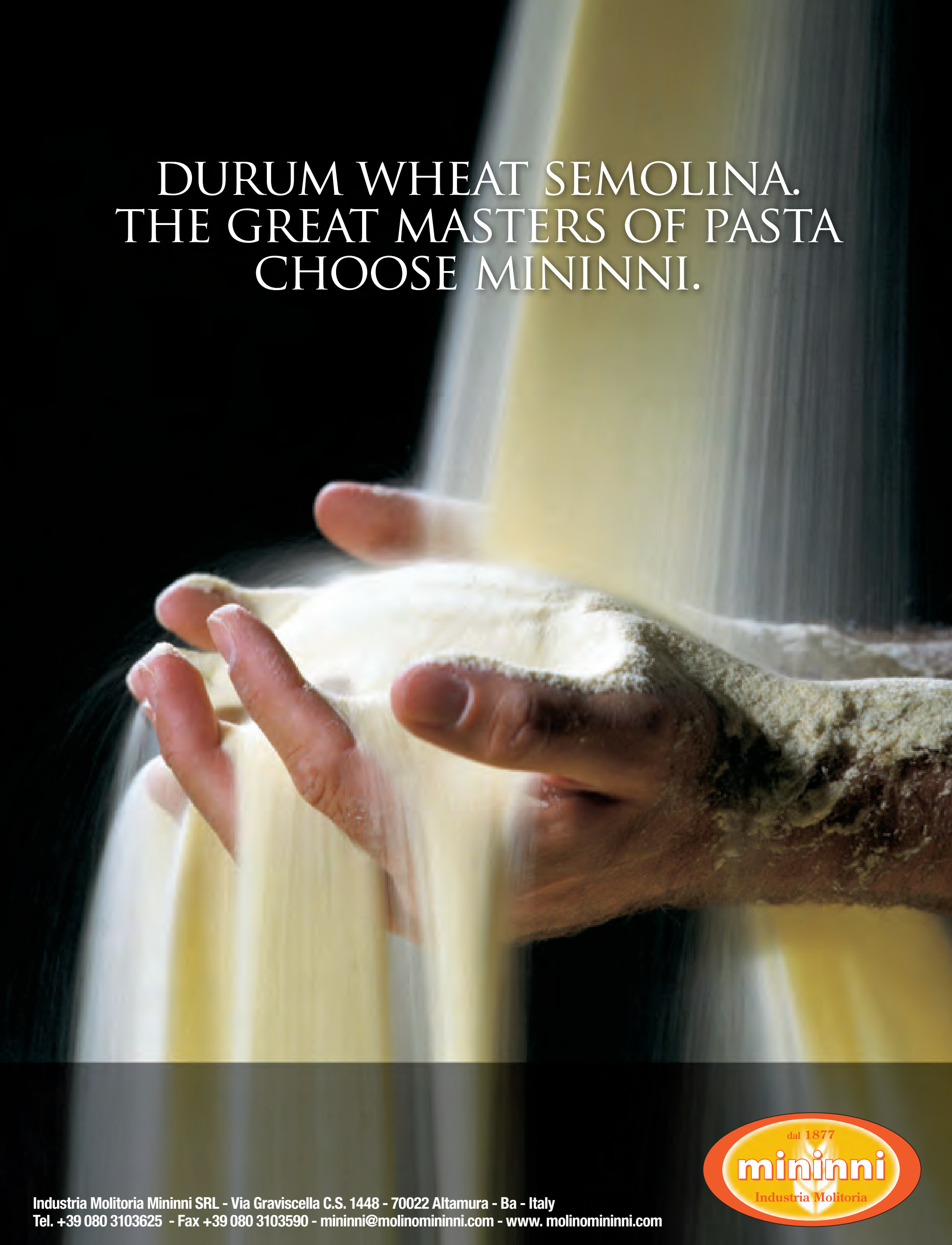

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News from ABIMAPI. ABIMAPI will bring together the main players of the food industry at the 16th International Congress

ABIMAPI



“News from Abimapi” is the regular column of the Brazilian Manufacturers Association of Biscuits, Pasta and Industrialized Breads & Cakes, to keep those in the trade informed about the association’s activity and what’s new on the Brazilian pasta and baked goods market.

Our 16th International Congress of Industries is approaching and we are taking this opportunity to reinforce the importance of the event, which we will be holding this year in partnership with ABICAB (Brazilian Cocoa, Chocolate, Peanut and Candies Manufacturers Association). We will meet in Foz do Iguaçu, at Recanto Cataratas Thermas Resort & Convention, from April 5 to 7, with partners, suppliers and friends to discuss initiatives, experiences and ideas that can promote the growth of the categories we represent .

For the program schedule of the seminars, we have already confirmed speakers of the highest level, such as the agronomist and economist Alexandre Mendonça de Barros, who will approach the perspectives for the Brazilian and world economy; the president of Apex-Brasil (Brazilian Trade and Investment Promotion Agency) and ambassador Roberto Jaguaribe, with a panorama on foreign trade; Daniel Souza, leader and spokesperson for the Beverage Industry of the consultancy Nielsen, and Tathiane Frezarin, business manager of Kantar Worldpanel, who will discuss the behavior of the market; Sandra Guerra, director of Better Governance, and professor and philosopher Clovis de Barros Filho, to talk about corporate governance and ethics, respectively and the professor of FGV-EAESP and partner of Lúmina Marketing Mauricio Morgado, with the trends of retail and consumption.

In addition to the lectures, we will have the traditional Exhibition Fair, this year with 36 stands – 11 more than in the last edition – that will present the main innovations in equipment and supplies. We have created an app, available for Android and iOS smatphones, which will help us with all the programming and, mainly, will provide integration between the visitors and the exhibiting companies. As previously announced, we will receive at least 15 buyers from different countries, who will participate in the International Business Round, with approximately 25 Brazilian companies that are part of the Brazilian Biscuits, Pasta and Industrialized Breads & Cakes (ABIMAPI) and Brazil Sweets & Snacks sector projects (ABICAB), both carried out in partnership with Apex-Brasil.

Everybody is invite! More information at www.abimapi.com.br.

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Proceedings of the Pastaria Festival. Traditional, wholemeal and gluten-free pasta: nutritional and functional aspects

Maria Cristina Casiraghi
Department of Food, Environmental and Nutritional Sciences (DeFENS), University of Milan



The study was presented during the conference entitled *Dry pasta: what's cooking?* organised as part of the 2017 edition of Pastaria Festival.

Pasta is a food product consisting of simple ingredients that consumers like both because of its organoleptic properties and its nutritional value. The backbone of the Mediterranean diet, this food offers a unique combination of a product that is low-cost, easy to prepare, nutritional and with a long shelf-life that has made it popular throughout the world. Daily consumption levels of pasta vary greatly. According to the EFSA database, European consumption is between 10 g and 40 g a day on average, while for Italy, the most recent INRAN-SCAI (2006) data monitoring food consumption indicated daily pasta consumption at just over 50 g/day. These daily amounts account for about 9% of daily calorie consumption, 25% of starch consumption and about 8% of protein needs. In addition, pasta consumption provides about 9% of the RDAs for fibre and a fairly good supply (6-9%) of micro-nutrients such as B-vitamins and minerals including magnesium, iron and zinc. In addition to macro- and micro-nutrients, the most interesting nutritional parameter would probably be its low glycemic index (GI).

The GI was developed in the 1980s to classify foods in relation to how much they raise post-prandial glucose levels and, therefore, on the basis of a physiological response. Specifically, foods containing rapidly-digestible and -absorbable carbohydrates induce very accentuated glucose and insulin responses, while those with carbohydrates that are assimilated slowly promote glucose responses that are lower and more prolonged over time. GI is assessed using *in vivo* studies on healthy volunteers by comparing the glucose responses of the product with those of a reference food, generally glucose dissolved in water. Foods are classified as having low GI for values < 55 (e.g., legumes, barley or oats) and high GI for values > 70 (white bread) (Figure 1). In the GI scale, pasta occupies a medium-low position, with values between 40-60, depending on its composition (Scazzina et al., 2015). In June 2013, an international summit highlighted the benefits of consuming low-GI foods and the first consensus document was drawn up that provides shared responses to what had previously been a controversial issue. The experts were agreed in stressing that the quality of the carbohydrates (evaluated using the GI) is important, and that the carbohydrates present in foods have a varied effect on post-prandial glucose levels and related insulinemia, with major repercussions on health. In fact, convincing evidence has been found regarding the correlation between low-GI diets and a reduction in the risk of both Type-2 diabetes and heart disease, as well as better glucose control in individuals

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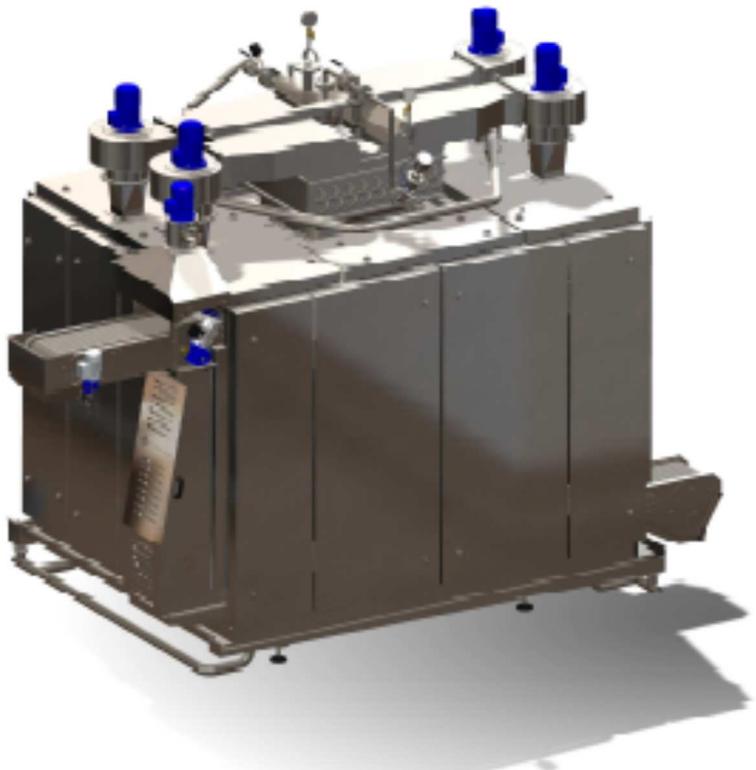

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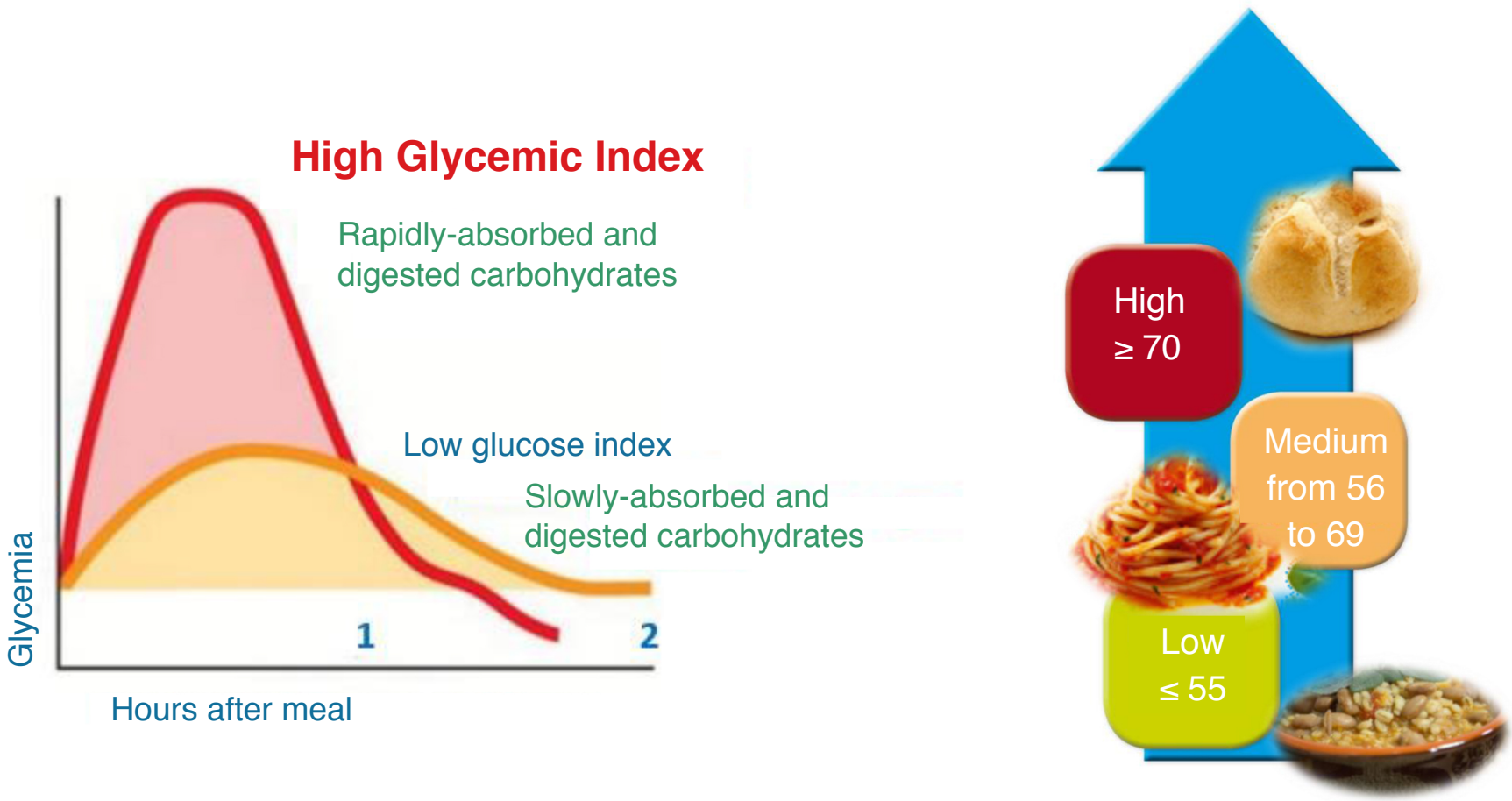
Figure 1 **GLYCEMIC INDEX**



who are already diabetic, and a probable positive effect on weight control and risk of some types of tumours. As a result, the Committee recommends that the GI be included in national dietary guidelines as well as in nutritional tables of foods (Augustin, 2015).

The reasons for the reduced effect on glucose levels are most likely connected with the micro-structure of pasta itself which is a compact matrix in which the starch particles become “trapped” in a protein network. This specific structure is able to resist the swelling of the starch particles during cooking and this, therefore, is considered to be the primary factor in the slow digestibility of the starch in the product, which is what gives pasta its low GI value. If we compare the glucose responses of bread and pasta (normal or wholemeal), made from raw materials that are quite similar but utilizing different technological processes, we note that the pasta curves are lower, with glucose areas about half those of bread, a discrepancy probably due to the different structure of the two products (Figure 2). In fact, bread has a very porous structure with large cavities, very different from the compact structure of pasta which makes it, therefore, much less accessible to digestive enzymes than bread.

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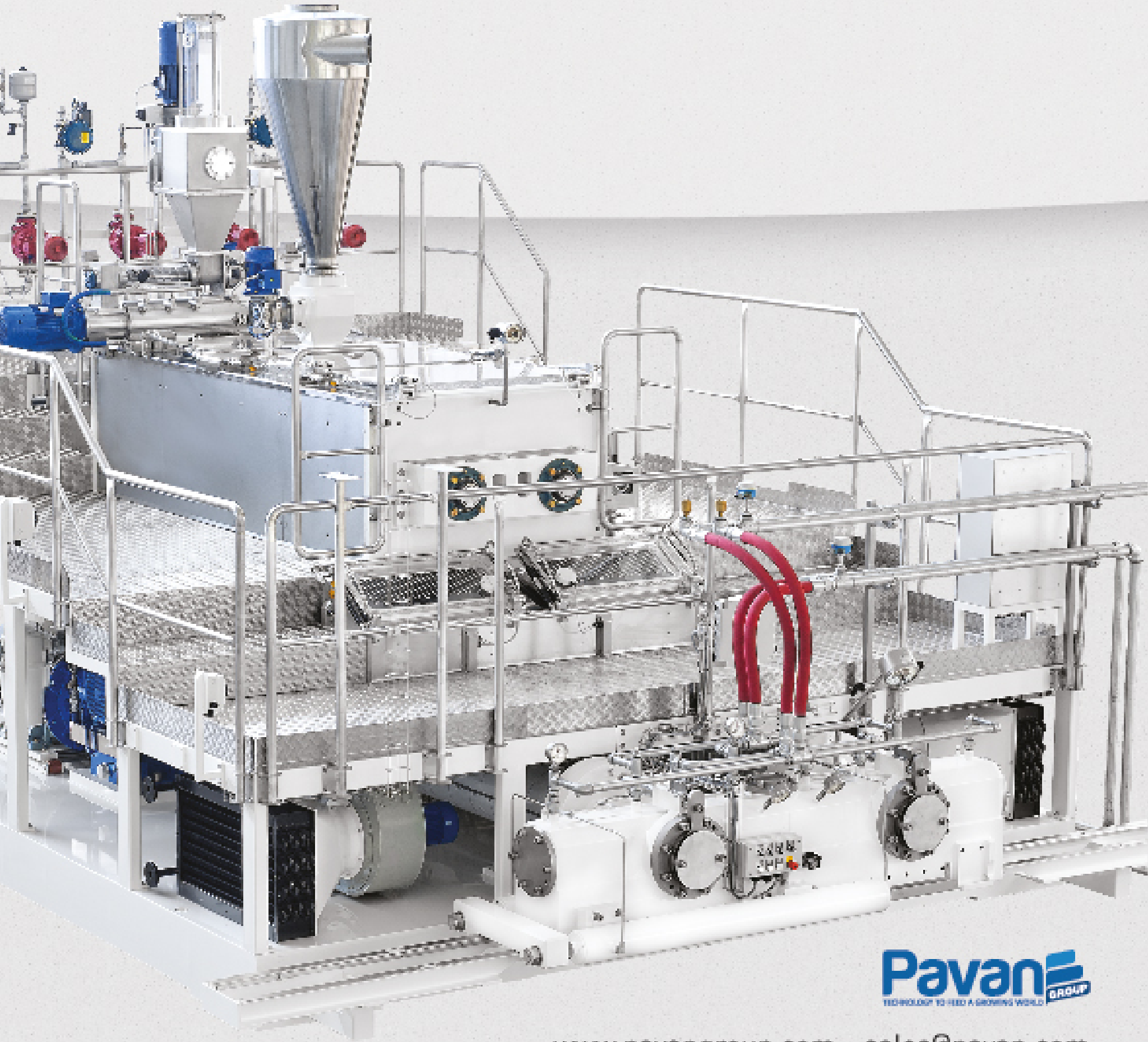

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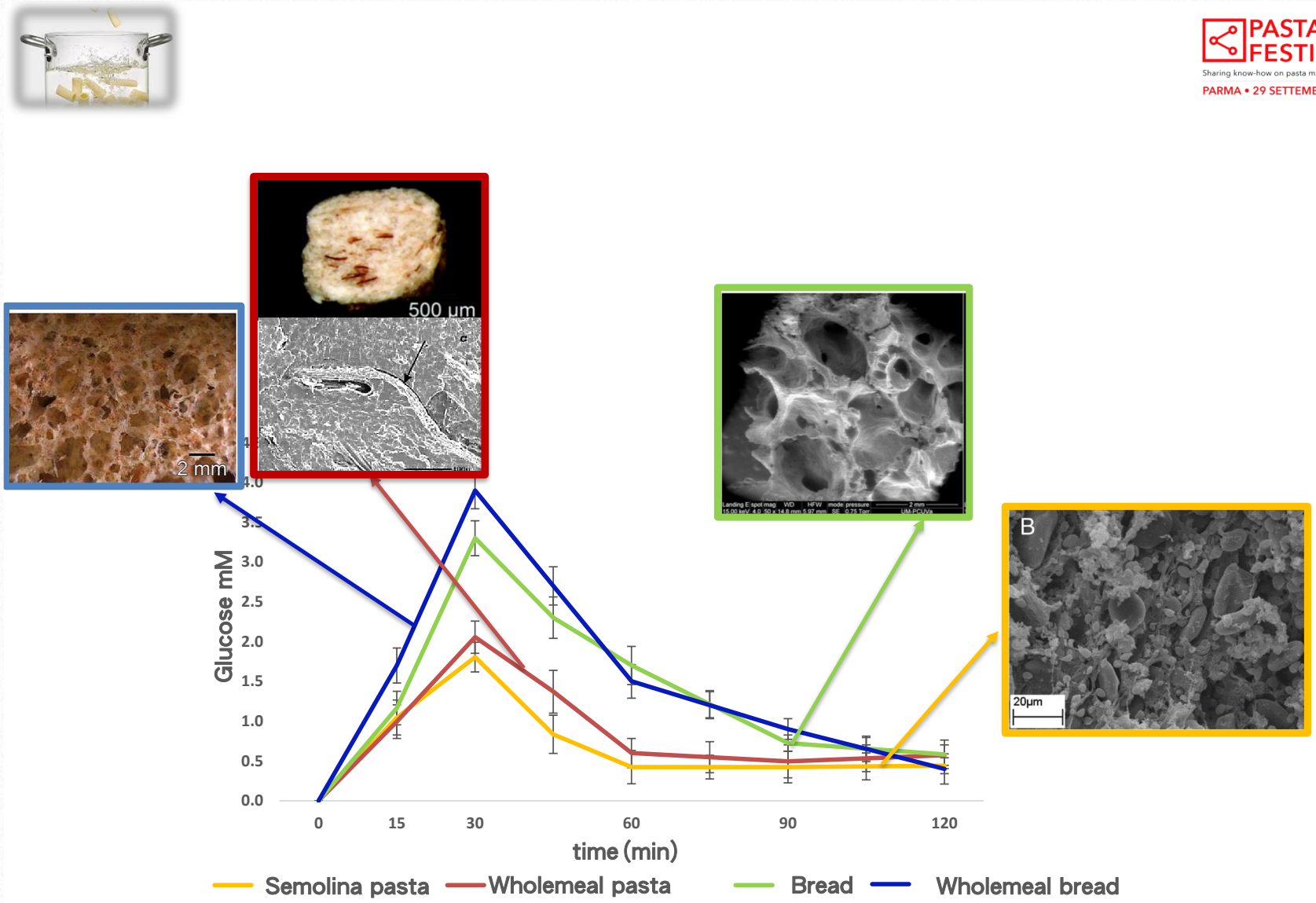
Figure 2 GLUCOSE RESPONSE CURVES FOLLOWING CONSUMPTION OF BOTH NORMAL AND WHOLEMEAL BREAD AND PASTA



The same structural differences are also seen in wholemeal products. In addition, in these products, the portions of insoluble fibre do not influence, or even slightly aid, starch digestion of the products. This is because, interfering with the structure of the gluten protein structure, the fibre tends to promote a less-compact “network” which renders the starch particles more susceptible to enzyme breakdown and, as a result, slightly higher glucose response levels for wholemeal products. However, it should be noted that the consumption of wholemeal products is highly recommended nonetheless because it promotes the ingestion of food fibre, so beneficial to health. The presence of fibre, especially the soluble portion found in grains such as barley, oats and rye, induces viscosity in the intestinal lumen which slows digestion and absorption, thus reducing the GI. Insoluble fibres, found primarily in wheat bran, also tend to absorb water and positively regulate intestinal functioning. In fact, by promoting an increase in intraluminal mass, passage is enhanced. The ability to retain

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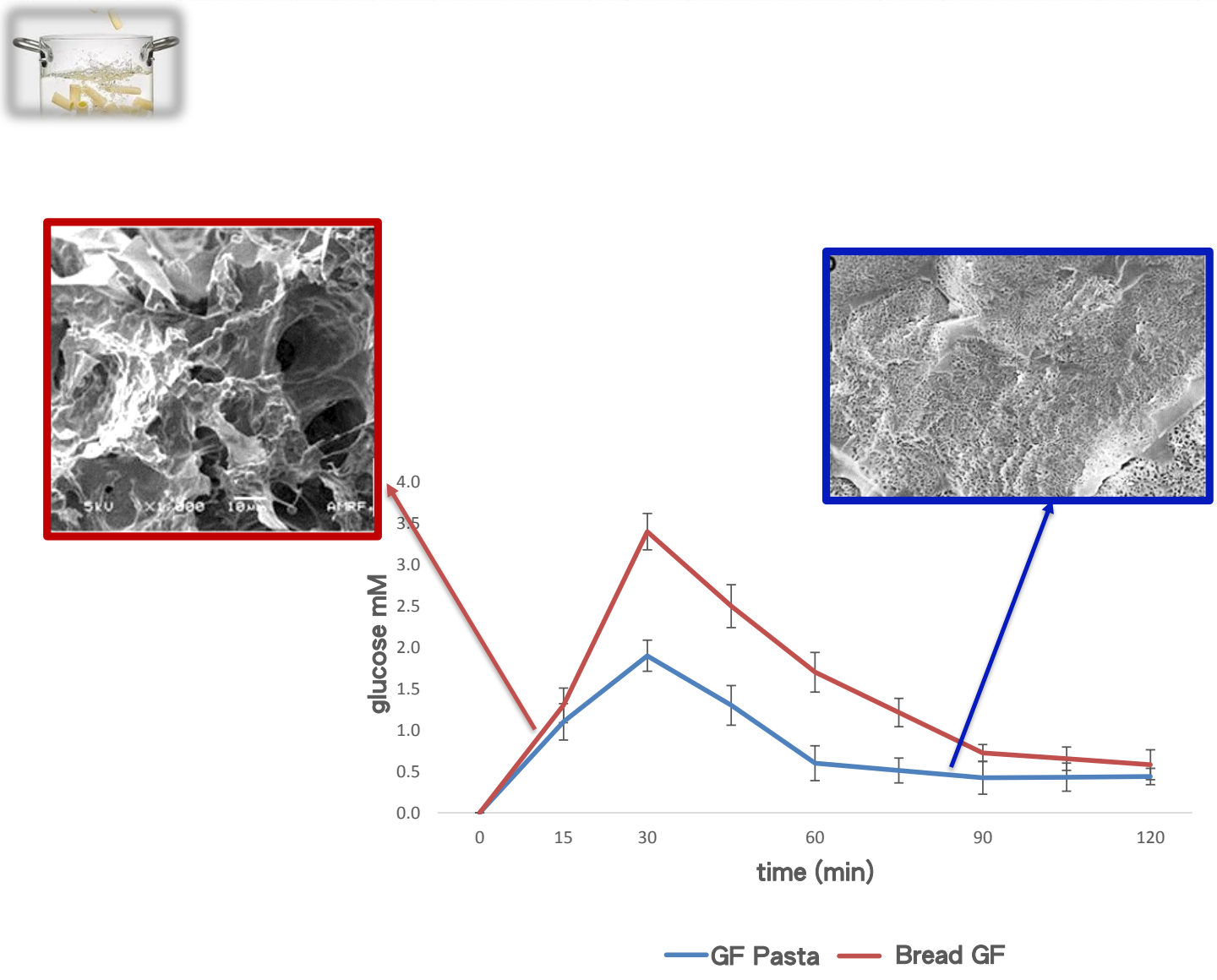
Figure 3 MICRO-STRUCTURE OF THE VARIOUS PRODUCTS



water is also reflected in the relaxation of the stomach walls, resulting in a greater sense of being full.

In gluten-free bread and pasta, the same differences in terms of glucose response are found as in products containing gluten. In fact, in these products, bread structure is very porous and pasta structure very compact as a result of the production process (Figure 3).

The pasta-making process involves a series of steps performed using a range of operational parameters that can have a varied influence on the technological and sensory quality of the finished product.

Our studies, carried out using an *in vitro* approach, explored if and how the variations in the operational parameters of the pasta-making process can impact on the digestibility of the starch in the pasta. The *in vitro* approach proposed by Englyst (2000), validated *in vivo* and recognized on an international level, was applied to two different raw materials (durum wheat semolina and soft wheat flour) and to a series of pasta samples made from them (in the same pi-

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lot installation), produced in different shapes (spaghetti and penne), with different extrusion materials (bronze and Teflon) and LT and HT drying. All samples were analysed following cooking (ready to be consumed). The results obtained did not manifest significant differences between the types of pasta produced under different operating conditions. However, for all the samples of pasta analysed, there were significant differences in the levels of starch digested slowly in relation to the corresponding raw material, an indication that the entire pasta-making process can be considered to be the main determinant in the speed with which starch in the finished product is digested.

The results obtained overall suggest that, if considered individually, the various operational parameters in pasta production technology – fundamental determinants in the technological and sensory quality of the product – are probably unable to have a significant influence on the nutritional quality of pasta, i.e., on the quantity of slowly-digestible starch and, therefore, on its glycemic impact. The entire pasta-making process, therefore, must be considered an excellent opportunity to convert a raw material characterized by limited levels of slowly-digestible starch into a finished product in which there is a significant increase in this portion and, as a result, a medium-low GI.

Finally, in terms of the effects of pasta consumption on health, two important studies were recently published by Italian researchers. The first, the Moli-sani study, brought together more than 14,000 individuals of both genders, over 35 years of age and resident in Molise. The INHES study (Italian Nutrition & HEalth Survey), followed nearly 9,000 Italians residing throughout the country. Both studies focused on the relationship between pasta consumption and a number of anthropometric parameters (weight, waist circumference and the waist/hip ratio) correlated to cardiovascular risk (Pounis, 2016).

On average, pasta consumption was 57-59 g/day for women and 75-78 g/day for men in the Moli-sani study, while in the INHES study, consumption levels were lower, 49-56 g/day and 62-65 g/day of pasta for women and men, respectively. Analysis of the correlations between pasta consumption and the anthropometric parameters obtained showed that pasta consumption is inversely associated with abdominal obesity indicators (waist) and overall obesity (waist/hip ratio) in both studies. It was found, therefore, that contrary to what is often thought, moderate, regular consumption of pasta, using traditional Mediterranean sauces, is connected with improved body weight.

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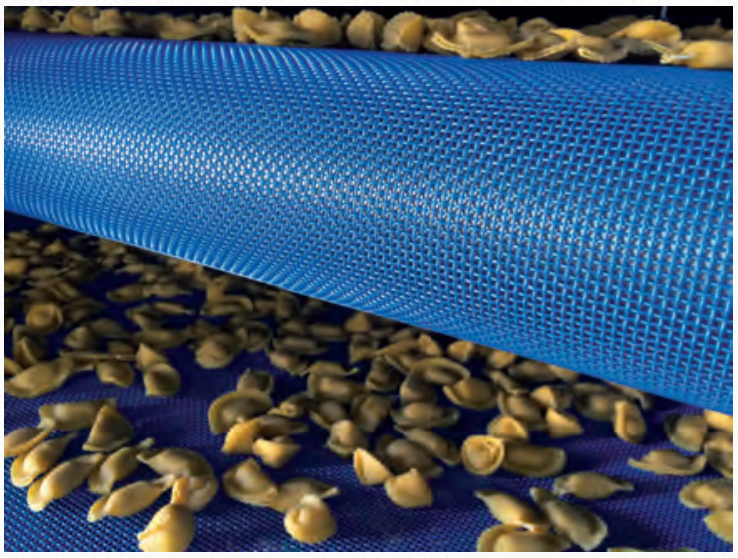

The need of the pasta factories to produce in small spaces has become over the years a necessity.
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To conclude, on the basis of what has been outlined above, we agree fully with the consensus document signed by leading researchers during the working sessions of the World Pasta Day held during EXPO 2015, in which various positive aspects of pasta consumption on health were highlighted:

“Pasta is a key component in many traditional dietary models, such as the Mediterranean diet, whose validity has been scientifically proven [...].

Many clinical studies confirm that it is excess calories, and not carbohydrates, that cause obesity.

In an era in which diabetes and obesity are widespread throughout the world, pasta and other foods with a low glycemic index can contribute to glucose and weight control, in particular in overweight individuals [...].

Thanks to its production process, pasta offers a reduced glycemic response [...].

“Pasta makes it possible to introduce more vegetables and legumes, allowing it to be the base of a nutritionally-balanced dish [...].

Doctors, nutritionists and other health professionals should educate consumers to prefer pasta-based dishes that are varied and balanced for healthy living.”

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3

Proceedings of the Pastaria Festival. Durum wheat semolina and fresh pasta: ingredients intended for the catering sector. School meal catering, a special case

Fabrizio Quaglia
Studio Qtre



Fabrizio Quaglia's report to the meeting entitled *Raw materials and end product: complexity of assessment based on intended use*, organised in collaboration with the Association of Food Technologists of the Piedmont and Aosta Valley regions, as part of Pastaria Festival 2017.

In contrast to what was reported in a recent study by Coldiretti (ISMEA/Nielsen data for 2016) which, in the face of a drop in the consumption of pasta (-1.3%) and bread (-3%, an all-time Italian low), indicates an increase in the purchase and consumption of rice (+3%) by Italian consumers, pasta, and especially dried pasta, continue to be, throughout the country, the product most preferred by children who take part in school lunch programmes (ages 4 to 14) and, for this reason, they have been in the past and continue to be among the products most often included in the weekly menus offered.
Pasta in general and, specifically, also here, dried pasta, are widely used in school lunch catering for a number of reasons:

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Hygiene, low risk factor

Since they are industrially produced from semolina and water and properly extruded, they do not normally entail microbiological problems. Extrusion and subsequent drying at temperatures near pasteurization levels, guarantee safe microbiological levels.
This is especially clear in group catering planning where the assessment of the “risk supply chain” and, as a result, the application of “exclusion” and “prevention” criteria, is of fundamental importance in order to avoid, prevent or reduce the damage that could likely occur in a very short period of time and simultaneously for hundreds or thousands of people following consumption of a certain ingredient or prepared food.
Being able to offer foods that are “safe” and enjoyed by those using the service are certainly pluses.

Cost control

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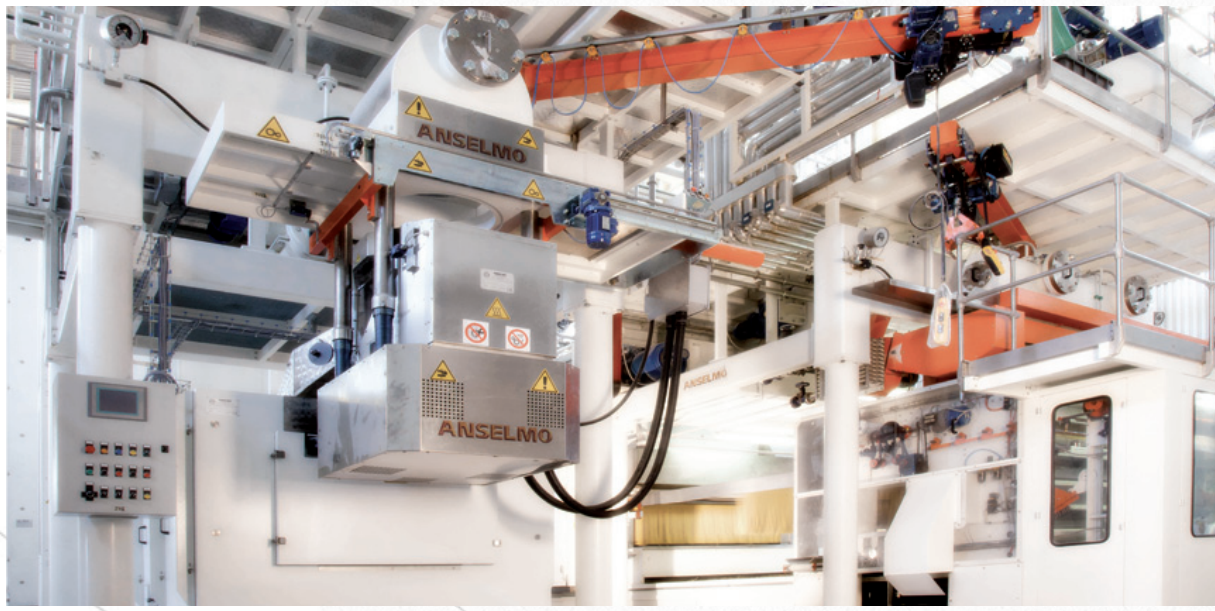

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school lunch catering must be awarded on the basis of the “most economically advantageous bid” (art. 93, sec. 3), identified according to the best quality/price ratio (not less than a ratio of 70:30), the total costs of the service and, as a result, also of the individual raw materials and pre-processed products utilized, continue to be extremely important. Generally, for a quality service, the cost of the food can be set at a rate of 1/3 the total cost of the bid submitted by participating specialist companies. Therefore, considering also the current social and economic situation, it is very important to be able to keep the costs of a “school lunch” low by making widespread use, again in this case, of raw materials that are popular with those using the service, are microbiologically safe and are reasonably priced, despite the fact that the cost of pasta in recent years has continued to rise.

Product performance and flexibility

Independent of the “pairing” selected for meal production (primarily fresh-hot, but also cold, as in “cook & chill”), quality pasta is well-suited to the time gap between when it is cooked and when it is consumed. This feature is very important because, for example, it makes it possible to distribute the product from a single centre where it is cooked, to outlying lunch rooms, while guaranteeing acceptable appeal and taste of the finished product, even an hour later.

Selection of shapes and varieties of the finished product

The virtually infinite variety of dried pasta shapes available on the market—some of which are local and traditional in nature, together with availability of “specialty pasta” characterized by ingredients other than wheat flours that guarantee an enhanced uniqueness of the finished product—make it possible to easily create menus for special holidays and occasions (for example, coloured pasta using spinach and tomato paste for Mardi Gras) and for theme days that can be integrated into food education programmes in order to explore local, regional, national and international traditions.

Adherence to MECs for “low environmental impact catering services”.

The Minimum Environmental Criteria (MEC) provided for in the Action Plan for Environmental Sustainability in Public Administration Consumption (PAN GPP) contained in

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art. 34 of the Code (Leg. Decree 50/2016), was modified by the amendment (Leg. Decree 56/2017) which made mandatory the inclusion within the bid tender project documentation of specifications and contract clauses as contained in the MECs adopted in the Decree of the Italian Ministry of the Environment and Protection of Land and Sea (DM Ambiente 25 July 2011).

In terms of group catering and in reference to food supplies, among the “basic specifications” introduced by the DM Ambiente to be included in public sector supply contracts is pasta which must be provided on the basis of set weights that are percentages of the total contract, from organic products and/or those in which IGP, DOP, STG products are integrated.

Nutritional tables and consumption frequency of foods in a healthy diet

In terms of developing nutritional tables and consumption frequency of foods for school lunch programmes, the most recent studies should be consulted and specifically the “National Guidelines for School



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Catering" (April 2010), LARN 2012, 4th edition (October 2014), the numerous regional guidelines and, in recent years, also the guidelines prepared by local healthcare agencies (ATS).

A "grains" component, generally comprised of pasta and rice, is included every day, sometimes also combined with pulses (1-2 times a week) to provide a "complete dish". In addition, some ATSs are increasingly insisting that grains and cereals that are alternative to pasta and rice, such as barley, spelt, oats, bulgur wheat, kamut®, amaranth, buckwheat and couscous also be supplied and inserted into menus at least once a week, but what is primarily offered and quite well liked by those using the service is "durum wheat wholemeal semolina pasta", including organically-grown. Presumably due to a purchase price that is excessively high for this sector, other types of pasta – such as spelt, kamut, barley and buckwheat – are essentially unutilized.

In terms of the inclusion of egg pasta and fresh pasta in weekly school lunch room menus and, as a result, in consumption frequency, a net (lower) difference is seen between what is foreseen for this type of product and, on the other hand, for durum wheat semolina and wholemeal semolina. While egg pasta (which must be produced exclusively using semolina and at least four whole hen eggs weighing, without the shell, no less than 200 g total of egg for each kg of semolina) is primarily utilized in pasta sheets, including frozen, to produce lasagna and cannelloni (serving frequency 1-2 times a month), fresh pasta (moisture level not less than 24%; water activity (A_w) not less than 0.92 or over 0.97; subject to heat treatment at least equivalent to pasteurization; stored, from production to use, at a temperature no higher than +4 °C), in recent years, has been included fairly frequently in weekly planning (even once a week). In fact, all those types of fresh pasta which, because of the quality of their formulation which does not use preservatives or additives and which often utilizes preservation technologies such as MAP, are approved by sector experts and ATSs to be included in official product lists.

In addition, some fresh pasta shapes (such as trofie) are well-suited to being transported and subsequently cooked, and, as opposed to fresh filled pasta, do not suffer from stickiness or compacting, thus enhancing the possibility of serving a product that has remained whole and without lumps.

In terms of fresh filled pasta (generally included in menus not more than once a week and, in any case, alternated with other types of fresh pasta) the fillings preferred and often most-used, are "lighter"

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ones based on cheese, dairy products and vegetables, with no or limited use of additives and preservatives. These products, unlike those containing meat, mean fewer alternative daily menus are required, with a significant reduction in the number of special-diet menus to be produced (meat-free, all meat and pork-free) and, as a result, lower production costs.

The cons

Having identified and examined the strong points of pasta, in particular dried pasta, for school lunch programmes, we must also consider the limits, the cons, of this product and the most common defects that are found in production methods which use the connections indicated above and often result in a significant delay between when the product has finished cooking and when it is served.

Considering that some problems are easily detected by simply visually checking the finished dried product (e.g., veining, breakage, cracking, white or black specks in the pasta, etc.), one of the main defects that has a major impact on the end-user's perception of product quality is that of "breakage" which can be subdivided into two types:

1. those that depend primarily on the quality of the raw materials used and/or imperfections in the production technologies applied in pasta-making plants (improve product specifications).
2. Those that occur during cooking and distribution (the most common), or mere contact with the utensils used by catering personnel and in particular those who serve (while adding sauce or stirring the finished product), which noticeably worsen product appearance (for example, ruining the spiral shape of *fusilli* or breakage of the ends of other short pasta shapes). In this case the product, in terms of its specific intended use, manifests insufficient elasticity and texture, even when optimally cooked (this problem is often seen when wholemeal pasta is used).

A further defect, in addition to the problems, caused by the need of personnel who serve, to handle the product over an extended period of time, often using metal utensils, is that of the compacting of the product caused by the clumping and stickiness of the cooked product. Even in this circumstance – noting, however, that the product must be transported unsauced in Gastronorm containers that are not overly deep (10 cm is optimal) – this defect can be traced back to the quality of the raw materials used and inadequate production technologies in the pasta-making plant.









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Other defects encountered during serving are due to uneven and lack of firmness during cooking of pasta, both due, once again, to the use of lower quality raw materials. These defects are especially evident when the pasta inside a single container and therefore transported under the same temperature conditions or for the same period of time, becomes discoloured (establish or improve product specifications for suppliers, for example, passing a cooking test).

A limited number of cases, although not rare, have been seen of the product still in its original packaging, being infested with parasites, especially after extended periods in the central kitchens, and in particular at the start of the new school year (September/October). In this case, while recognizing the responsibility of those who produce, package, store, use and serve the product, it should be noted that the use of clear plastic packaging has greatly aided the inspection processes, even before the packages are opened, thus reducing the accidental use of products that do not conform to existing standards.

Conclusions

As discussed, it is clear that there are many different factors that put pasta at the top of the list of the foods preferred by those who eat in school lunch programmes, and this success is only partially influenced by the continuously-changing guidelines or laws that promote its use through specifying particular quality characteristics, such as the use of organic ingredients or wholemeal semolina.

This success is also confirmed by findings involving the amount of food distributed and not fully consumed, activities that are increasingly undertaken at the end of meal services. In school lunch rooms, pasta, of all types, served with or without sauce and despite the margin for improvement outlined above, continues to be the product that is best-known, -enjoyed and consumed by children.



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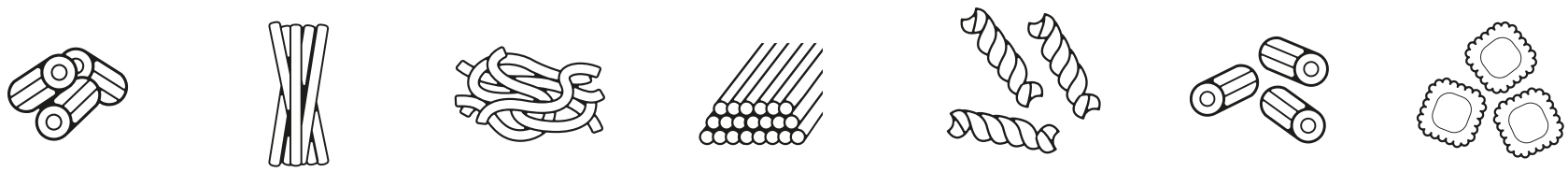

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5

Proceedings of the Pastaria Festival. Out of home pasta consumption

Matteo Figura
The NPD Group



We publish an update of the data presented by Matteo Figura of The NPD Group at the meeting entitled *With and without gluten: global tendencies and perspectives in the "away from home" and retail pasta consumption channels*, held as part of Pastaria Festival 2017.

The out of home market registers a slow recovery which began in the second half of 2017. Albeit timid, this recovery is undoubtedly encouraging news that bodes well for operators and the industry. According to NPD's CREST®, which daily tracks consumer use of commercial and non-commercial restaurants and foodservice outlets, total restaurant spend in Italy recorded a growth of +1.7% in 2017. A more detailed analysis of the different elements of the recovery in Italy reveals that growth in recent months has been driven above all by price increase. Even if consumers are showing more intention to spend, overall traffic is growing at a much slower rate. Last year spending in out of home approached € 61 billion, and there were 15.2 billion visits, with a growth of +1.2%, half a percentage point below growth in spend. 92.6% of Italians has something to eat or to drink out of home in 2017. On average, an Italian visited a restaurant 296 times. Frequency and penetration remain basically stable from one year to the other, meaning that the market is not acquiring new consumers and those who attend are not changing their habits.

Given this stable background, the opportunities for different product categories out of home are in consumer behaviour and trends. Pasta is one of the main products eaten out of home. In 2017, in fact, there were 1.9 billion servings of pasta. With around 50 million less servings, the pasta category in restaurants in Italy fell by -1.6%. Servings are an indicator of overall volumes and this context indicates that the slight recovery in consumption is, at this moment, not benefiting the category.

The slowdown in pasta's performance in Italy is linked to structural aspects, but also to specific consumption dynamics. Above all it is important not to forget that 63% of pasta servings are consumed in workplace canteens. This means that 1.2 billion pasta dishes are served up in the segment that NPD defines as "collective". Collecting, weighting 17% of total visits, is the only segment that is currently suffering, with negative growth trends. The reasons for this decline are certainly structural, linked above all to an overall disinvestment by companies in their workplace canteens, incentivising, in contrast, flexible working solutions. In other words, even if employment begins to grow again slightly, new types of contracts and em-

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ployment will lead workers to carrying out their own duties at different times and in different places. The importance of pasta in workplace canteens is unquestionable. Pasta is consumed in 45% of visits, compared to the market's average of 12%. Nonetheless, other negative effect on pasta trends also come from consumer behaviour.

A snapshot of today's out of home market is characterised by two elements. On the one hand there are the users, that is to say those who visit eat out establishments today, whilst on the other there is the enjoyment, i.e. how the experience of eating or drinking out occurs. The details of these two aspects undoubtedly have an impact on pasta consumption.

For a number of years now we have been witnessing a gradual change in restaurant usage. These changes concern behaviour but also demographic profiles and characteristics. Naturally, some changes, social in nature, are slow to materialise and become visible, but nevertheless, they are now already beginning to have an impact on the market.

Moreover, the consumer age of those eating out is changing. If, on the one hand, we are witnessing a gradual ageing of the population, the real challenge for catering are the new generations. It is likely, there-

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fore, that the adult generations will retain, over time, behaviours that have become engrained through the years, whereas codifying the behaviour of the target of the generational change is always more arduous.
The so-called ‘millennials’ are now aged between 18 and 35 and will be the greatest challenge in the near future. 2017 saw a trend reversal and the millennials target group began growing once again. The success factor is undoubtedly tied to the renewal of the sector and to the gradual digitalisation that attracts this target group.
Out of one hundred visits of millennials to eating out establishments, pasta only appears in 10% of these, 2% below the market average. Evidently, even though this target group is recovering, it is less inclined than others to consume pasta. Equally worrying is pasta consumption among younger people. In the 0 to 17 target group, the frequency of pasta drops to below 9%. Together, these two target groups account for roughly half the market’s visits.
Any discussion about the future of pasta cannot fail to take into account the new generations and their consumption behaviours.
Another aspect that needs to be borne in mind is families. The growth of families has always been a positive indicator of the market’s state of health. The positive trend of families therefore indicates that the recovery is real. The propensity of families to consume pasta appears to be on the decline.
Families and young people are the target groups on which to focus for the recovery of the pasta sector.
There are undoubtedly margins for growth in maximising consumption by these profiles, but also opportunities linked to positive growth rates.
In this moment of change of direction we can say that recovery will come from new, more concrete, consumer behaviour. Unfortunately, there are many behaviours that have a negative impact on the market. The growth of on-line sales certainly penalises a part of the catering purchases associated with the shopping trip. The propensity to purchase on line and the use of technology are drivers from the world of deliveries that will continue to grow. Nevertheless, these are behaviours that do not add acts of consumption but, in part, replace those that already exist.
The keystone for future expectations is to be found in the reasons. We are witnessing a revival of the functional reasons that provide the motivation for eating out. This revival is evidence of the return of the once well-established habits that the lengthy crisis had changed.

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6

Proceedings of the Pastaria Festival. Innovative ingredients: their evaluation and technological criticalities

Nicoletta Guerrieri
CNR-ISE
Istituto per lo Studio degli Ecosistemi



Nicoletta Guerrieri's report presented at the meeting entitled *Raw materials and end product: complexity of assessment based on intended use*, held as part of the first edition of Pastaria Festival.

When one talks of innovative ingredients one must first and foremost clarify what is meant by the word ‘innovative’. The word innovative, in the pasta sector, is an ingredient that is traditionally not used in the production of pasta, or ingredients that are not used for the specific application (such as pulses, rice), or that are absent from local traditions (micro-algae, insects), but used in other countries, ingredients deriving from processing sub-products (fibres, tomato skins), products aimed at consumers with specific nutritional requirements (food intolerances, hypercholesterolemics, the elderly, menopausal women, new born infants, sports enthusiasts, the health conscious), ingredients with a high biological value (such as proteins, PUFAs) or containing bioactive compounds (prickly pear, protein hydrolysates, micro-algae).

Innovative ingredients or novel food are defined by the European Union as new foods that had not been used for that purpose prior to May 1997 (Regulation (EU) 2015/2283, 25 November 2015) What are the requirements for a novel food to be authorised within the European Union? The regulation says that they will only be authorised if they do not pose any risk to public health, do not result in any nutritional deficiencies when they replace other ingredients and they do not confuse consumers. They must undergo checks and scientific studies concerning their safety. If all the investigations concur on their possible use as a food, then the product or the ingredient can be defined a novel food. The European Union constantly updates the list of authorised products and this can be consulted on their website EU Novel Food.

Consequently, an innovative ingredient must first and foremost comply with food safety criteria, that is at the heart of every decision, and with existing regulations and must be of benefit to consumers and contribute to reducing the impact on the environment.

Analysing the scientific literature from recent years, numerous authors have conducted studies on the substitutes for traditional pasta produced with new ingredients (Figure 1), analysing their main technological and organoleptic qualities, carrying out investigations to improve the quality and nutritional value of the product and consumer satisfaction, whilst adhering strictly to safety criteria. The following is a selection of some of the scientific articles grouped by ingredient type. The basic ingredient is often, but not always, durum wheat, which can also be replaced with rice, corn or whole grains to which different quantities of other ingredients are added, with the exception of leguminous flours.

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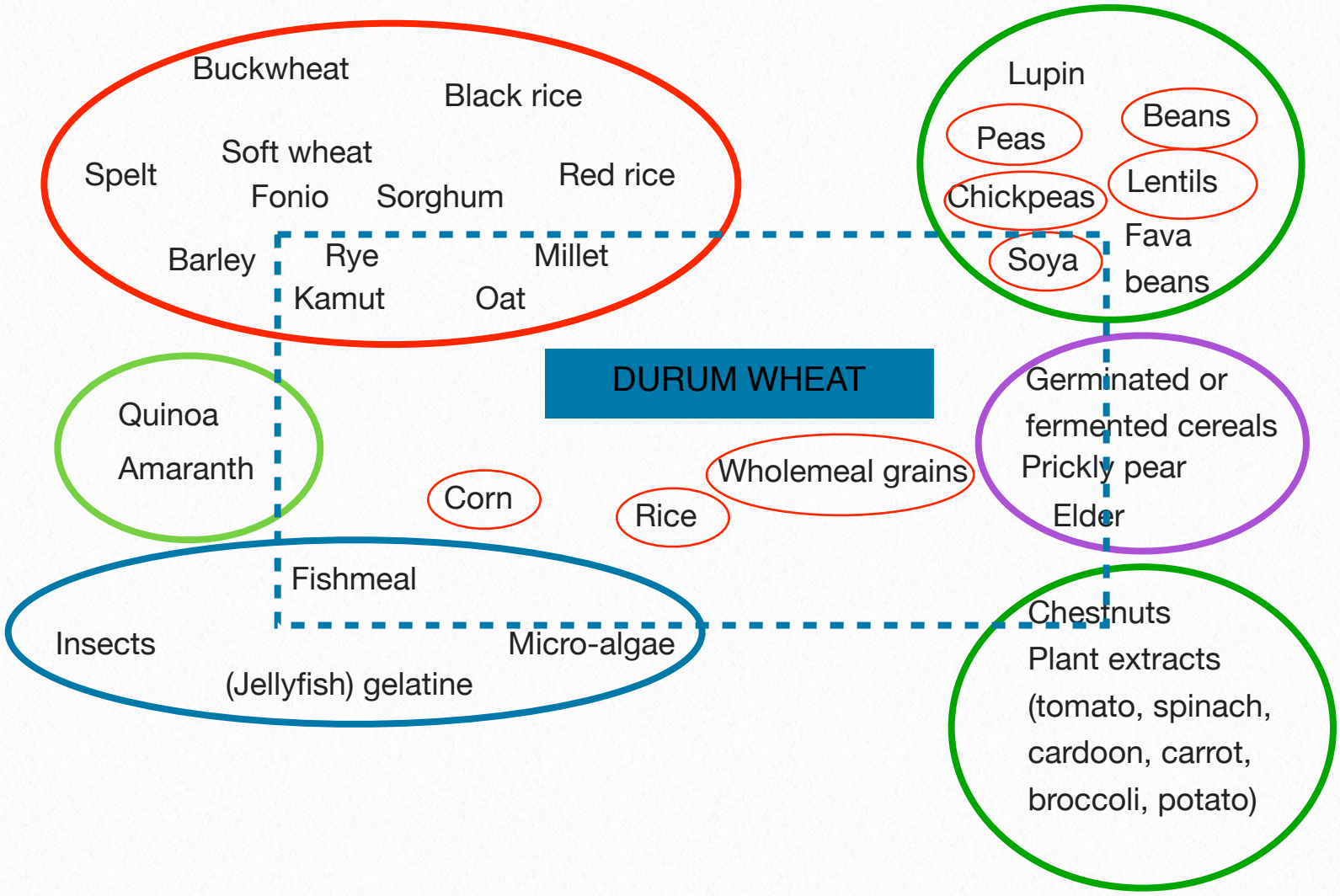
Figure 1 **TRADITIONAL PASTA PRODUCED WITH NEW INGREDIENTS**



The leguminous flours, in particular pea flour, in a study by Paladino et al. (2014) are added to the durum wheat semolina in different quantities for the production of spaghetti - 15% pea flour and 2% guar gum (to improve the pasta's structure, its firmness in cooking and its rheology) presented the best sensory properties and a higher protein and fibre content.

The nutritional and sensory quality of spaghetti produced with rice flour and an addition of 20 - 40% of bean flour was evaluated by Giuberti et al. (2015). Bean flours with a low phytic acid content were used. Spaghetti had a high protein and fibre content and good sensory properties, and the glycemic index for these products was low. Among the factors to be developed are the improvement of the product's rheology and the optimisation of the colour in the finished product.

Laleg et al. (2016) analysed pasta substitutes produced only with leguminous flour (100% fava beans, lentils and black beans), products than can be defined gluten-free and with a high protein content. Chemical, physical and rheological analyses were conducted, and the stability of the colour after cooking was analysed, structural studies were conducted on the protein network and digestibility in vitro, and the anti-nutritional factors were measured. These studies showed that, even though they had different positive characteristics (high protein content, high in fibre, high resistant starch content and low glyce-

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mic index, reduced loss in cooking), they presented rheological problems such as poor elasticity. The possible addiction of hydrocolloids could improve its structure. Furthermore the colour and stability during cooking depended on the molecules present in the leguminous flours which could be improved with a program of genetic selection.

Leguminous flours could undergo fermentation before being added to the durum wheat semolina, fava bean flours fermented by *Lactobacillus plantarum* (fermented at 30 °C for 24 hours) with 10%, 30%, 50% being added to durum wheat semolina to strengthen the pasta (Rizzello et al., 2017). The aim of these processes was to reduce anti-nutritional factors and improve the bioavailability of amino acids. The rheological quality and the chemical and physical properties and the bioavailability of nutrients were analysed. The structure was also studied through use of scanning electron microscope (SEM) images. An addition of 30% showed the best nutritional and rheological quality. Further studies are nevertheless necessary to improve the product, in particular for the development of the colours and aromas associated with the fermenting process.

Drago et al. (2016) used 5% and 10% of bean protein extracts *(Phaseolus lunatus* and *Vigna unguiculata*) subjected to hydrolysis with pepsin and pancreatine, enzymes that are naturally present in the gastrointestinal tract, for the purpose of reducing proteins in peptides of smaller dimensions, facilitating both the assimilation and formation of bioactive peptides, rendering the pasta a functional health food.

Leguminous flours had antinutritional factors, even after heat treatments, that could be reduced by fermentation or with a program of genetic improvement with a reduced phytic acid content variety. The high amylose content and amylose ratio: amylopectin (polysaccharides present in the leguminous flours) facilitated the retrogradation and formation of resistant starch, lowering the glycemic index of these products. The losses of material in the cooking water were high, but lower than some gluten-free pastas; some authors have suggested a further reduction, promoting the formation of the protein network by means of covalent bonds. These investigations often contained very few organoleptic studies for assessing the quality and acceptability of the end product used by the consumer.

Another type of ingredient was microalgae, that have always been used in other countries, in the East in particular, but also Northern Europe and France (they were not however used for pasta production). The addition of 2% and 5% of spirulina (*Ar-*



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throspira platensis) o durum wheat (Muresan et al., 2016) increased the protein, vitamin and mineral content and its antioxidant power, with subtle sensory qualities. Ozyurt et al. (2015) analysed the problem of losses when cooking, changes in the colour of pastas with an addition of 5%, 10% and 15% and increase in volume. Bruna da Silva Vaz et al. (2016) analysed the micro-algae as possible ingredients for bioactive compounds from *Chlorella*, *Arthrospira platensis* (Spirulina), *Dunaliella*, *Haematococcus*. The increased digestibility of their proteins that were rich in essential amino acids, the contribution of polysaccharides, antioxidants, carotenoids, phycobilins, vitamins and minerals used both as biomasses or extracts. What were essential in these ingredients were the technological stabilisation treatments of the raw materials and those for producing pasta for maintaining all of their properties.
Some studies have highlighted the beneficial effects to human health, such as a reduction in cardiovascular risk, thanks to the presence of bioactive peptides in the micro-algae (Ejike et al., 2017).
Among the ingredients traditionally used for other products (bread, gnocchi) was chestnut flour, (Kossovic et al., 2016). Mixtures of durum wheat and 10%-15%-20% of chestnut flour were studied to optimise the dough and rheological properties, in particular the absorption of water; the sensory analysis suggested that with additions of up to 15% the dark colour tended to fade with cooking. There were no chemical and bioavailability measurements. It is a product that is traditionally present in the mountainous areas that could be enhanced, it has a low glycemic index, a high fibre content and proteins of excellent quality. In the past, pasta's dark colour was not viewed as positive by consumers, but today, following the marketing of wholewheat pastas and pasta substitutes, it is no longer a negative issue.
Porto dalla Costa et al. (2016) analysed pasta made from soft wheat, with eggs, to which 10% - 20% of vegetable waste products (carrot flour) were added. From the viewpoint of an economy of waste recovery and the reuse of high added value products (carotenes with high bioavailability) these products revealed a high fibre and protein content, and were rich in antioxidants with a colour that was pleasing to the consumer.
Continuing to exploit vegetable waste products, Padalino et al. (2015) analysed pasta produced with durum wheat and 10%-15%-20%-25% of tomato skins with different particle sizes. The best quality was obtained with finer particles and it had a better digestibility of starch and lower loss in cooking. Sensory analysis showed a prod-



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uct that was acceptable with an addition of up to 15%, with a good protein and carotenoid content. The colour changed during cooking and only appeared acceptable with an addition of up to 10%.
The prickly pear, *Opuntia*, is known as a healthy food and recommended for maintaining a good state of health (reduces cholesterol, triglyceride and glucose levels in the blood).
A study from Micale et al. (2017) analysed the functional properties of durum wheat semolina pasta enriched with 2.7% and 3.3% of Opuntia. Two different shapes were studied, both short and long pasta, produced in a pilot system with a process for optimising the product. The rheological, organoleptic, chemical, physical parameters and colour stability were analysed. The product appeared particularly rich in polyphenols and vitamins and fell within the category of healthy products for preventing cardiovascular and gastrointestinal disorders.
Among the other types of innovative ingredients were flours originating from the sea, such as jellyfish gelatine (*Lobonema smithii*) Rodsuwan et al. (2016). In this study, dried and desalted jellyfish were used to produce a type A gelatine. The product had a more pronounced colour, the amino acid composition was different from the animal gelatine: the content in amino sulphides and cysteine was greater, the content in lysine (essential amino acids) was equal and the content in proline, glycine and phenylalanine was lower. It can be used as a substitute for animal gelatins and an innovative ingredient, even in pasta.
Monteiro et al. (2016) studied pastas produced with soft wheat, eggs and enriched with tilapia (*Oreochromis niloticus*) flour, a fish widely used around the world. Tilapia flour has a high protein, lipid and mineral content. Among the different additions, 6% presented the best organoleptic properties. Stability over time (oxidation of lipids and proteins) and the organoleptic properties, the shelf life and the safety of this product must be examined still further.
A last type of ingredient is made up of insects. The use of insects as a consumable food is widespread all over the world and is traditionally included in numerous non-European countries. In 2013 the FAO (Food and Agriculture Organisation of the United Nations) published a report on edible insects, future prospects and safety. In 2015 the EFSA expressed a negative view, but at the same moment a European project, PROteINSECT, that ended in 2016, was funded to investigate further the topic. The quantity of research and studies has grown, increasingly complex and lengthy regulations in different member states

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have been harmonised and the new European regulation on Novel Food, simplifying the regulative process, will apply from 1 January 2018.

The Novel Food regulation foresees stringent checks for all new ingredients and not just insects. The protein contribution of insects is very high and is comparable with other foods originating from animals, they could be used as protein supplements and are rich in fibre and micronutrients. Their farming has a low environmental impact, but it is precisely on this point, the farming and the use of vegetable waste products, that increased checks are required for food safety and checking protocols. From the research conducted by the University of Gastronomic Sciences in Pollenzo, that carried out taste tests with volunteers, it emerged that Italian consumers have a low acceptability level to the product, in particular the whole insect, but they might be more inclined to accept pasta made with insect flours. Insects have not been a part of our food traditions and it would take a sufficient period of time for them to be accepted. Some recent studies, Testa et al. (2017) have examined the problems of safety and human health in greater depth. Mancuso et al. (2016) also delved deeper into the problems of safety associated with the use of insects in aquaculture and livestock feed. A note from the Ministry of Health dated 5/5/2017 clarified and modified the requirements for Processed Animal Proteins (PAPs) for use in livestock feed, excluding the human food chain. Further scientific and methodological clarifications are necessary on the insect supply chain, on animal and human metabolism and the active ingredients in insect flours.

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7

Lasagna, timballos and cannelloni: the comeback of baked pasta sunday's traditional dish is the millennials' favourite (and it even comes low-cal)

AIDEPI
Press release



According to a Doxa-AIDEPI survey, the under 35s in Italy go for baked pasta recipes over carbonara or spaghetti with tomato sauce. AIDEPI is celebrating the tastiest pasta, the epitome of Sunday lunch, with a guide for rediscovering all its variations from the North to the South of the Italian peninsula. Low-cal and gourmet versions of this dish nobody wants to go without are springing up all over the internet. And lasagne is now at home even in space...

Sunday lunch, a dinner with friends: the queen of festivities and conviviality has to be baked pasta. An ancient dish, at home in almost all regional traditions, which thanks to its versatility is once more back in favour. According to a Doxa-AIDEPI survey, baked pasta is in fact the favourite pasta dish among Millennials (people under 35), over the ‘sacred giants’ such as Carbonara, spaghetti with clams and pasta with tomato sauce. It’s particularly popular with women and people in the South of Italy, but enjoyment of this multi-faceted speciality is unanimous. Which is why, AIDEPI has dedicated to Lasagne and Co. a guide for finding your way around this variegated world.

“Say baked pasta and you immediately think of Sunday lunch – says Riccardo Felicetti, President of AIDEPI pasta-makers. “But today Sunday’s traditional dish, the one which best expresses the versatility of pasta and its convivial, tasty and welcoming nature, becomes the celebrity in this guide where we give you the history, geography and the tricks of the trade for lasagne, cannelloni and timballos. Each bell tower rings its own tune, each family has its own recipe In an oven dish of baked pasta lie those reassuring flavours of our childhood and maybe this is why young people like it so much. But this tradition manages to keep up with the times: it has always been an anti-waste recipe and today it is being revisited in low-cal and gourmet versions.”

Baked pasta, the queen of leftovers. Here’s how to reduce food waste

Timballos and pasta bakes were all originally designed for using up leftovers. And baked pasta is the perfect solution for reducing the 145 kg of food waste produced by every Italian every year. Pasta is the basis for an “empty-the-fridge” oven bake, flavoured, for example, with scraps, leftovers and food nearing the use-by date, such as cheeses, dairy products, cured meats and cooked vegetables. And even yesterday’s leftover pasta can be turned into a tasty pasta bake. This is obviously well-known to the Italians, given that pasta currently represents only 3.5% of the value of total household waste. What’s more, the environmental footprint of an 80-g portion of pasta is minimal (1 m^2 overall) and,

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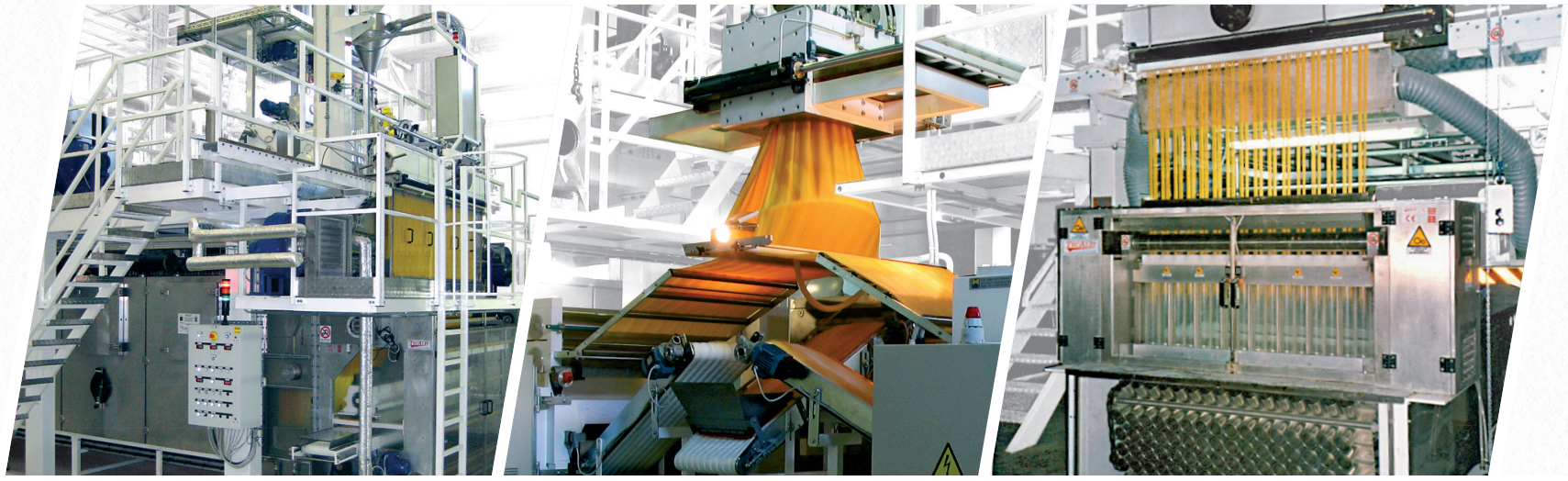

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From Orazio to lasagna makers: everything began with lagane

Lasagne is the oldest and most popular version of a vast range of pasta bakes including cannelloni, *vincisgrassi*, timpanos and timballos, and it was also the basis of ravioli and other filled pasta types which have the thin pasta sheet used for lasagne as their starting point. Lasagne's ancestors were known as "lagane" which were eaten in Ancient Rome: strips or diamond shapes of hand-rolled pasta made with soft wheat flour (in the north) or durum wheat semolina (in the south) and which weren't boiled but were fried or baked. In *De Re Coquinaria* Apicio talks of how Orazio loved lagane with leeks and chickpeas. Over the centuries lasagne became popular, so much so that in trade-guild Florence the "*Arte dei cuochi e dei lasagnari*" (the Chefs and Lasagna Makers Guild) was established, while in the Republic of Genoa a certain "*Gualtiero lasagnarus*" used to work. Back then lasagna was boiled in meat broth or water, arranged in layers and seasoned with plenty of cheese, while in the noblemen's courts the sweet and fondant taste of sugar and cinnamon was popular, which we still find today in pasta timballos, first created in the nineteenth-century, like the Ferrara macaroni pudding, or the '*Sartù de'golosi napoletano*' (a Neapolitan timballo) or the Sicilian macaroni

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timballo immortalised in the literary work “The Leopard”.

North v. South: lasagna and the eternal contest between Bologna and Naples

Lasagne as we know it today was born from the union of various culinary traditions. Bologna in the North of Italy and Naples in the South have always claimed to be the real place of origin, making the authentic version of the layered pasta bake. At both ends of the scale are two different interpretations of the recipe, calling for the use of béchamel sauce and ricotta, respectively: the Bolognese version involves the use of egg pasta (also green, with a little spinach added to the dough) and of Bolognese meat sauce, Parmigiano Reggiano cheese, béchamel sauce and butter; the Neapolitan lasagne, on the other hand, has white sheeted pasta, usually not egg pasta, with tomato sauce, meatballs, cow’s milk ricotta, provola, pecorino cheese or other dairy products. Whereas the Carnival version has a whole world inside it. Rich, transgressive, over the top, in Naples it is a popular ritual that has been challenging poverty and social hierarchies for centuries, at least for one day a year.

Fresh in the North, dry in the South: all the variations of a tasty and “clever” dish

As well as lasagne and cannelloni, there are many types of dry pasta which can be baked in the oven, from macaroni to pasta hoops with ziti, penne and paccheri somewhere in between. And when it comes to condiments, these ranges from cheeses, béchamel and meat sauces in the North to hard-boiled eggs, meatballs, cured meats, tomato, caciocavallo and mozzarella in the South. From region to region, oven to oven this dish, which was as enjoyable yesterday as it is today, envisages the use of a whole array of different ingredients, depending on the season, and anything in the pantry or fridge which can be used or reused.

Lasagna for all: gluten-free, wholemeal, vegeterian and… out of this world

Special occasion lunches are for everyone and lasagne is no different. If for some time Italian manufactures have given the go-ahead for the production of wholemeal or gluten-free pasta sheets, which make baked pasta a dish for everyone, on the condiment side there is no lack of low-cal versions that lighten up traditional recipes

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in terms of both ingredients and cooking times. Olive oil instead of butter, white meat, fish or vegetables sauces, short cooking times and vegetarian bèchamel. And while so many chefs have confronted each other with the gourmet variations of baked pasta (from Alfonso Iaccarino's macaroni Vesuvius to Massimo Bottura's post-modern lasagne, to which even the New York Times dedicated a report), someone has already thought about sending it into space. The Italian astronaut Luca Parmitano, tested Space-Lasagne in orbit: a recipe made by Davide Scabin, dehydrated and thermostabilized, lighter than the traditional version and perfect for giving that touch of home even at zero gravity.

AIDEPI's guide to cooking it better

AIDEPI's guide wouldn't be complete without tips on how to make the most of baked pasta and the mistakes to be avoided. For example, to reduce the risk of the pasta drying out, cover it for 3/4 of the baking time with aluminium foil and chose glass or ceramic oven dishes over iron and aluminium; make sure condiments are not too liquid and carefully grease the bottom and sides of the oven dish. Dried pasta makes more (and absorbs less sauce) than fresh pasta. Keep an eye on it both during cooking and during the final gratin stage. Furthermore, lasagne needs to be baked at a lower temperature than cannelloni; oven baking gelatinizes the starches, thus "blocking" the cooking of the pasta so that it's still al dente even the next day.
Finally, to give proof of the versatility and modernity of baked pasta, Sonia Peronaci, cook, writer and blogger, has created three exclusive recipes for AIDEPI which are great all year round: a Carnival Lasagne, Vegetarian Baked Pasta Shells and Ziti with Fish: "We associate pasta with the highest form of Italianness, be it cannelloni, lasagne, timballos or the like, and nothing could be truer, says Sonia Peronaci – who didn't grow up with the smell of Bolognese sauce and melted cheese on Sundays or for special family occasions? I love this universe of tradition and memories, but at the same time I love the modernity used in tackling these dishes. Fresh pasta can be enriched with saffron and turmeric, the meat sauce can now also be made with seitan and lasagne can be a seafood version. I believe this "modern" approach is truly amazing, as it requires the courage to experiment, open-mindedness and curiosity, while still respecting the historical tradition of recipes".

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Commodity price observatory 1/2018

Centro studi economici
Pastaria



Pastaria’s four-monthly feature on the prices of the main raw materials used by pasta manufacturers.

A more vigorous world demand, but above all forecasts indicating the first reduction in world production in five years, have driven up international wheat prices, sending February prices up to the highest levels in seven months. A dynamic which also reflects concerns over the impact weather conditions might have on crops in the US, where a lack of rainfall over recent months has been affecting several areas of the country.

Naturally, this will mean evaluating how the inversion of the price curve, which has occurred after a prolonged bearish phase, can be ascribed to a reorganization, even only prospective, of fundamental influences or to movements anticipating a new cycle dictated by hedge fund purchases, also considering the accentuated volatility of world stock exchanges.

The feeling is that markets have entered a phase of moderate (and lasting) price increments, a trend that could continue in the coming months. However, the weather aspect remains the one element that, more than any other, considering the high levels of world wheat stocks, could influence the trend in international prices, also affecting Italian price lists.

On the other hand, analysis of the long-term dynamics shows a clear tendency to reduce the surface areas given over to crops, but at the same time a significant increase in average yields per unit. This latter variable is closely related to weather trends and, as already stated, it is the only one (net of possible market shocks) which may change, even suddenly, the direction of prices.

In Italy, looking at the February averages, wheat prices for both soft and durum wheat are, year after year, topping almost 5 percentage points, while still remaining at historically low levels. Prices will presumably remain at these levels for a few months yet, in a context of relative price stability also expected on the semolina and flour circuit. Such a forecast incorporates the prospect of marked global competition and a greater competitive boost especially from the wheat grown in the Black Sea area.

The earliest indications concerning the new crops in Europe indicate that last season’s production levels are likely to hold for soft wheat, despite ongoing disinvestments, with a slight improvement expected for durum wheat. These assessments are based on the estimate of an improvement

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PRICES AND TRENDS OF CERTAIN FOOD RAW MATERIALS (FEBBRAIO 2018)				
National fine common wheat	Price (€/ton)	Monthly variation	Annual variation	Forecast
	192	0%	4.7%	▲
Fine durum wheat from central Italy	Price (€/ton)	Monthly variation	Annual variation	Forecast
	223.5	-1.3%	4.6%	=
00 type common wheat flour	Price (€/ton)	Monthly variation	Annual variation	Forecast
	500	0%	-1%	=
Semolina above min. leg. req.	Price (€/ton)	Monthly variation	Annual variation	Forecast
	427.5	0%	-2.8%	▼
Eggs M	Price (€/100 pcs)	Monthly variation	Annual variation	Forecast
	14.5	-2.7%	52.6%	▲
Pork hams for Prosciutto 12 kg and over	Price (€/kg)	Monthly variation	Annual variation	Forecast
	3.94	-0.3%	-7.3%	▲
Beef – veal meat half-carcass, prime quality	Price (€/kg)	Monthly variation	Annual variation	Forecast
	5.03	-1.4%	2%	=
Raw milk	Price (€/1000 kg)	Monthly variation	Annual variation	Forecast
	31.19	-14.3%	-20.7%	▲
Churned butter	Price (€/kg)	Monthly variation	Annual variation	Forecast
	4.13	7.8%	7%	▲
Grana Padano aged for 9 months or more	Price (€/kg)	Monthly variation	Annual variation	Forecast
	7.18	-2.3%	-11.8%	▲
Extra virgin olive oil	Price (€/kg)	Monthly variation	Annual variation	Forecast
	4.21	-0.2%	-21.6%	▼

Source: Centro Studi Economici Pastaria elaboration based on various data sources. Grain, flours and semolina: Granaria, Bologna; Eggs: CCIAA, Forlì; Pork and beef: Commodity Exchange, Mantua; Milk: CCIAA, Lodi; Butter and Grana Padano: Commodity Market, Milan; Olive oil: CCIAA, Bari.

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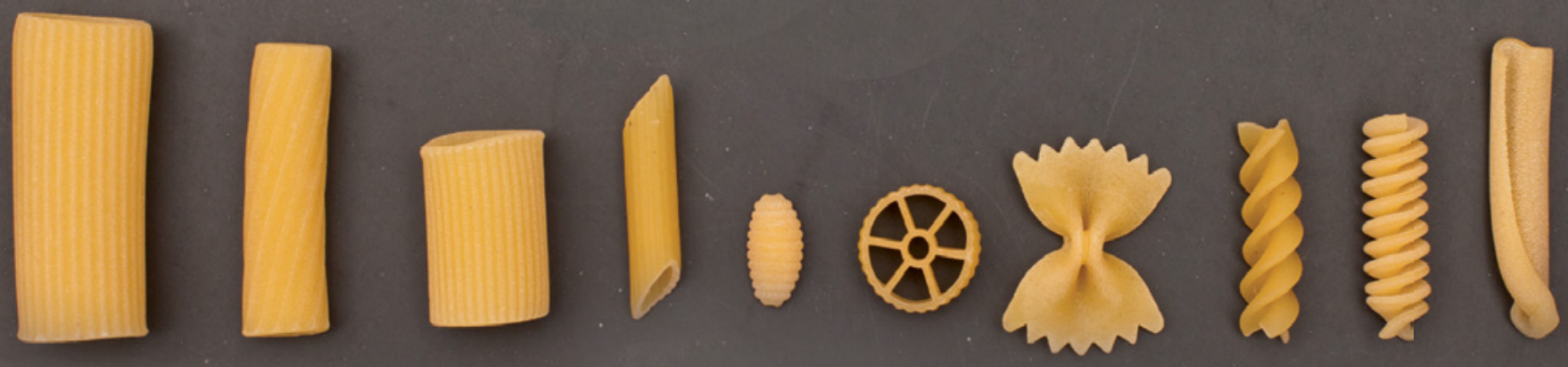

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PRICE MONITORING				
IMF Commodity Food Price Index	Price (2005=100)	Monthly variation	Annual variation	Forecast
	91.41	2.6%	-2%	▲
Hard Red Winter FOB Gulf of Mexico	Price (USD/ton)	Monthly variation	Annual variation	Forecast
	192.17	4.4%	25.4%	▲
Mais, U.S. No. 2 Yellow FOB Gulf of Mexico	Price (USD/ton)	Monthly variation	Annual variation	Forecast
	155.84	4.6%	-2.6%	▲

IMF Index, Hard Red Winter, Mais: January 2018

in yield that only the occurrence of adverse weather events during the crop development stages could (at least partially) compromise.

As for other productions in the food sector, evidence for this start to the year confirms the difficulties in keeping dairy products stable, with negative reverberations also on Grana Padano prices (only butter, after four months of price drops managed to raise its head in February, however, remaining several spans away from last September's peak).

This disinflationary effect, associated with a considerable increase in production as in the case of dairy sector, is clearly visible also on the price lists of olive oils, that in one year dropped by more than 20%, remaining, however, at high average values.

In the case of meat, there are no significant deviations in the bovine sector, while pork cuts could suffer some further losses, especially if European exports to third countries (China in particular), the only component able to lighten the internal offer, should subside further.

Finally, it should be noted that in the international crude oil markets, the tensions registered over the last few months have gradually diminished, with the Brent (European benchmark) currently standing at $ 65/barrel.

The Baltic dry index, the synthetic indicator of the cost of sea freight, is faithful to the trend of the barrel. On the inflationary front, this evidence also contributes to configuring scenarios of relative moderation, though of less intensity than in the past year, also in consideration of a continuation of the expansive macroeconomic phase.

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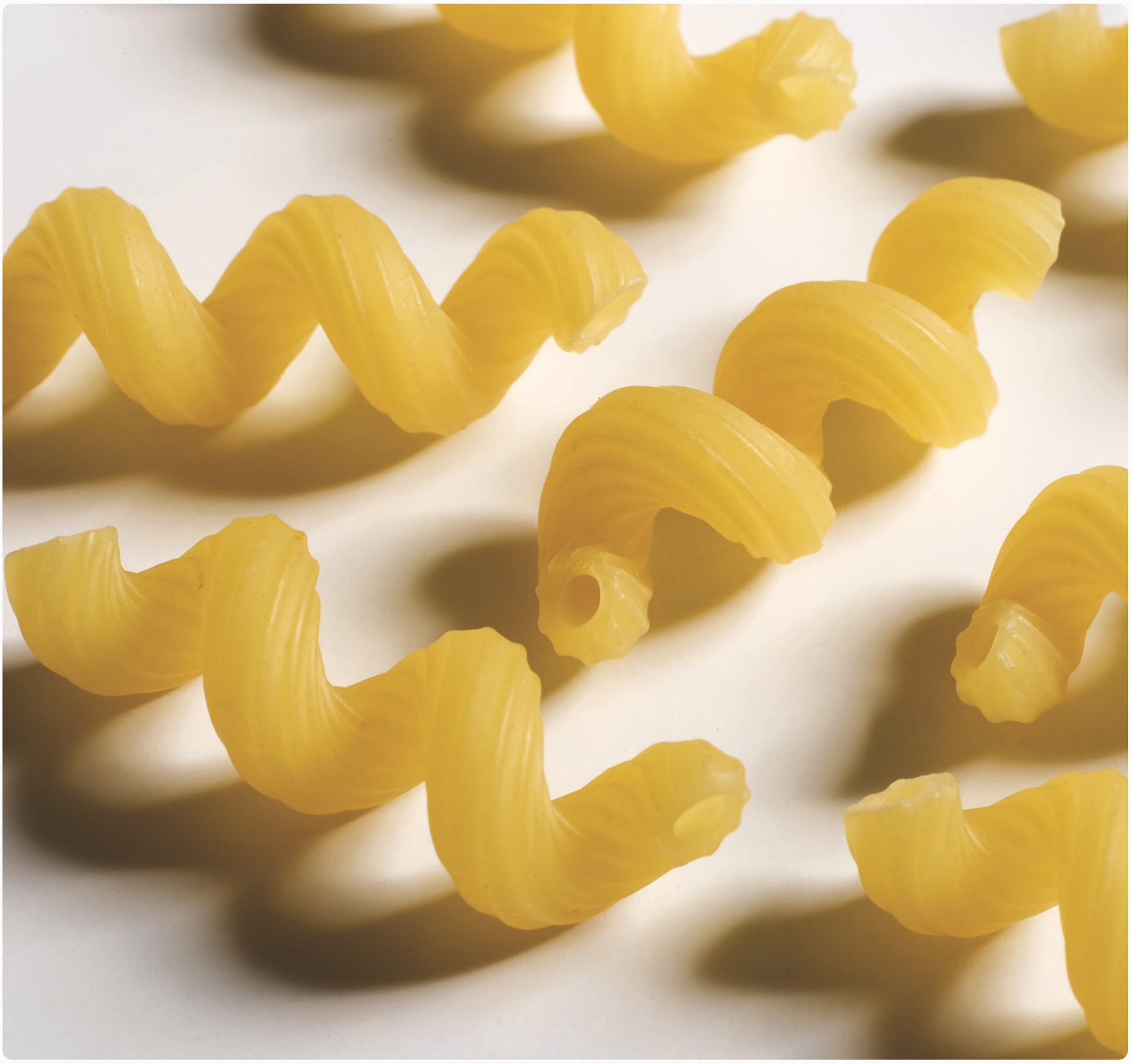
Short news

Editorial staff



Di Martino, €5 million from Sace and Deutsche Bank

A loan of € 5 million aimed at increasing the export share of sales. This is the sum issued by Sace (of the Cassa depositi e prestiti Group) and Deutsche Bank to Pastificio Di Martino. With this loan the company intends to increase its export share of sales while at the same time boosting production and expanding to new market segments. According to Giuseppe Di Martino, CEO of the pasta factory, this operation will take the company up to a turnover of € 250 million in three years.

Di Martino currently has seven production facilities in three regions: Lombardy, Emilia Romagna and Campania. More specifically, dried pasta is produced in Gragnano, Pastorano and Salerno in the Campania region, whereas in Correggio and San Martino in Rio (Reggio Emilia, Italy) in Emilia Romagna traditional gnocchi, filled and frozen pasta and *chicche* (small gnocchi) are made. In Lombardy, in Sesto ed Uniti in the province of Cremona, manufacturing is carried out with lines dedicated to fresh filled pasta and frozen pasta.

Last year the Di Martino company underwrote an increase in share capital of € 7 million, acquiring a 66.67% stake in Grandi Pastai Italiani. Thanks to a turnover of € 150 million, the company has become one of the leading Italian players in the production of pasta.

Rana buys Nestlè factory

A factory covering a surface area of 25 thousand square meters at the foot of the Piedmont Alps. This is the latest purchase by Pastificio Rana, which took the property over from Nestlè in the Municipality of Moretta, in the province of Cuneo (Italy). The acquisition concerns all the plant assets, where fresh filled pasta and sauces under the Buitoni brand are made and will guarantee continuity of employment for the 190 workers currently employed there. Rana and Nestlè have also signed an agreement that will see Rana distributing and marketing Buitoni brand fresh pasta and sauces throughout the EMEA area (Europe, Middle East & Africa), except in Spain and Italy where they will continue to be distributed and marketed by Nestlè. The Buitoni brand will remain the property of Nestlè.

Ebro Foods buys Bertagni 1882

After Garofalo it is now Bertagni 1882's turn. The Spanish company Ebro Foods is hungry for pasta and after acquiring 52% of Pastificio Lucio Garofalo it has now got its hands on 70% of Bertagni 1882, a com-

pany specialized in fresh pasta and known as the holder of the oldest filled pasta brand in Italy. A transaction worth over € 90 million, seeing as the Veneto company with production facilities in Vicenza and Avio and 275 employees, has been valued at € 130 million. The turnover in 2017 exceeded € 70 million, more than 90% of which was thanks to sales abroad.
In addition to pasta, Ebro Foods operates in the rice and sauces sectors, owning around 50 brands. In the first nine months of 2017, its turnover amounted to approximately € 1.8 billion with an EBITDA of € 261 million. The multinational has called the operation “a great opportunity to accelerate growth in the promising fresh pasta segment and become the second largest fresh pasta producer in the world, in line with our strategy to consolidate growth in all fresh food segments”.

Granoro, € 2.9 million from the Apulia Region

€ 2.9 million from the Apulia region for a major investment aimed at innovation. This is the regional contribution awarded to Pastificio Granoro for a project whose total value amounts to € 12 million. The investment envisages the purchase of new systems and machinery, expansion of the office area, a new industrial building, a new production line for long, tubular and ribbon pasta, technological upgrading of the short pasta production lines and the construction of lightning protection structures. The project was considered environmentally sustainable as it envisages the recovery and reuse of rainwater for non-potable uses, reductions in water consumption, the construction of green areas and a natural gas co-generation plant. Puglia Sviluppo S.p.A., an agency 100% owned by the Apulia Region, was responsible for the preliminary investigation for granting the loan.
The company’s goals are to increase the quantity of products and redevelop the range of its offer. The turnover of the company based in Corato (in the province of Bari) was € 71 million in 2015. There are 104 employees.

Antichi sapori, sales up 37%

A small company with nine employees, 24 years of history and ever-increasing sales. This is the story of Pastificio Antichi Sapori in Pordenone, which over the last year has seen its sales grow by 37%.Three years ago, to celebrate 20 years of business, Ervin Brisotto and his wife Isabella Dal Grande received a plaque from Ascom-Confcommercio. On that occasion, Brisotto said that the company’s success

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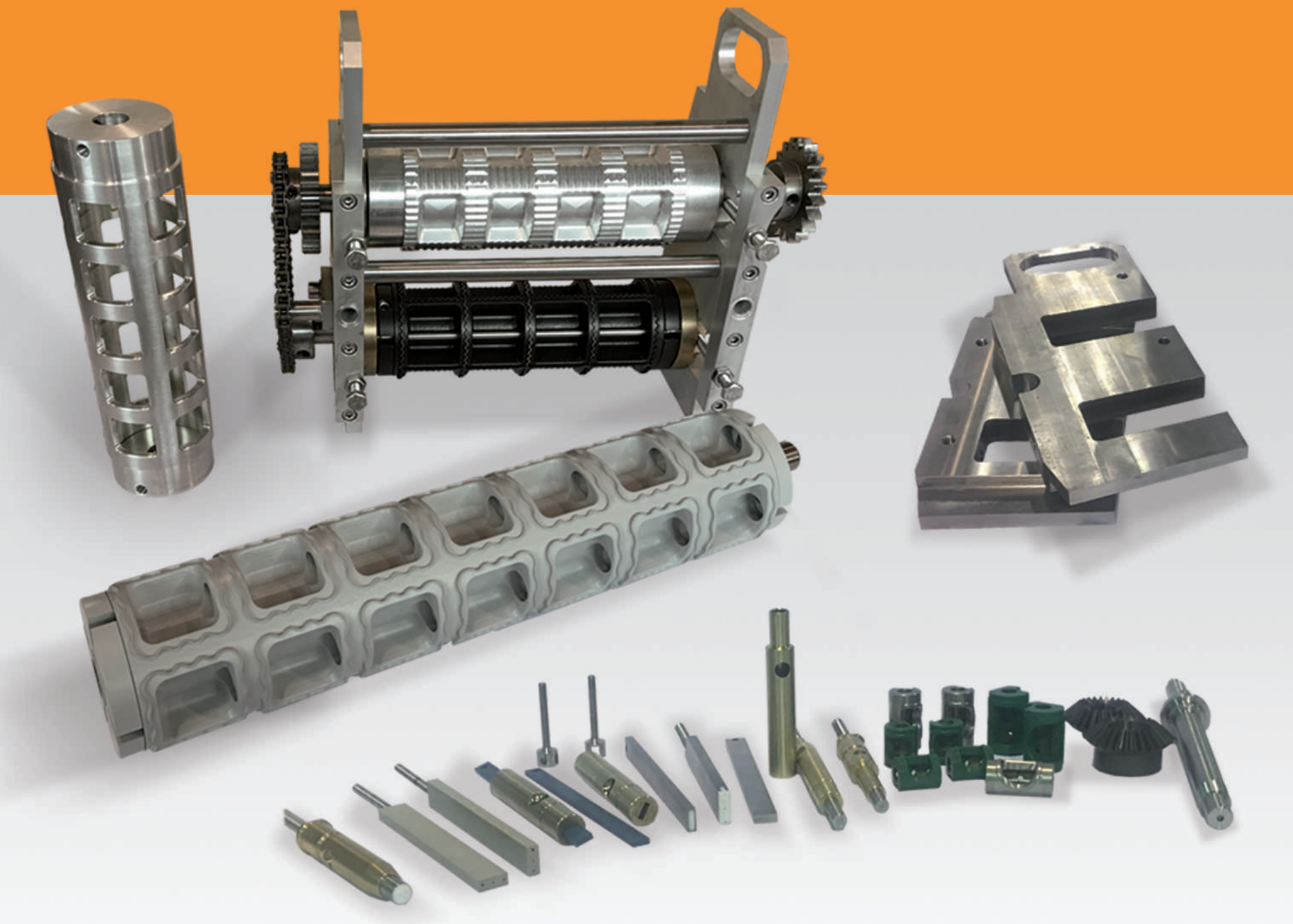

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was based on “the freshness of the product and the quality of the ingredients”. Sales are above all regional, in Friuli but also in Veneto and in neighbouring Austria.

Rimini, the former Pastificio Ghigi up for public sale

A facility covering 26 thousand square meters designated to manufacturing activities. This used to be the Pastificio Ghigi, now completely abandoned, which was put up for sale by the Court of Rimini last October. The notice of public sale without auction was set for 29 March with a starting price of € 8,518,482.
The plant closed down in 2005 when it belonged to Colussi; since then, several redevelopment proposals have been put forward but none have ever been implemented. At the end of the 1950s this factory was the third leading Italian pasta manufacturer after Barilla and Buitoni.

Alibert, the year of revival

2017 was a lucky year for Pastificio Alibert of Preganziol (in the province of Treviso, Italy): the company celebrated the 50th anniversary of its brand and, above all, was the protagonist of a new significant revival. Its turnover, thanks to agreements signed with major Italian players and foreign companies such as Carrefour, Kraft-Heinz and Metro, has grown by 70% with a production output of 3,500 tonnes of filled pasta. In addition, the product range has been significantly expanded, with doughs and recipes all based on 100% Italian raw materials with PDO, PGI and TSG certification. New recipes have also been created in collaboration with Executive Chef Alessandro Circiello. The pasta factory had undergone a period of severe financial difficulties and in 2016 the company was taken over by a consortium made up of Valentino Fabbian, his brother Angelbruno and Pierluca Mezzetti.

At 24, he is conquering the world with pasta

He is 24 years old, from Calabria and with his pasta factory he is conquering the world. His name is Michele Stingi and he has recently been awarded the title of best young entrepreneur by APIL, a national body based in Lombardy that every year awards young entrepreneurs who have distinguished themselves in Italy.
Stingi founded his pasta factory, the Stingi Group, at the age of 20 in the mountains of Serra San Bruno in the province of Vibo Valentia and now his factory produces 104 tons of pasta every month under the Pasta Stingi brand, and can boast the most advanced machines capable of making up to

148 types of dry pasta. His products have entered Italian supermarkets and have convinced the European markets, also making their way to China, America and the United Arab Emirates. In 2017 Stingi launched two new challenges, focusing on food preserves and snacks.

Amatrice, new jobs in Pastificio Strampelli

After the earthquake, first recruitments at last. Pastificio Strampelli, founded following a promise made by the Rieti entrepreneur, Marzio Leoncini, has opened its application process to recruit qualified staff to work in its plant in Torrita, a small village in the Municipality of Amatrice. Jobs will preferably be awarded to the inhabitants of Amatrice and the neighbouring Municipalities in order to support the local economy after the dramatic events of 2016. The pasta factory will produce the first artisanal dry pasta of Amatrice. We are looking for both men and women to work in production, packaging, warehousing and logistics, an electrician, a mechanical technician, a cleaner, an administrative manager, a secretariat manager, a pasta maker and production supervisor and a quality control manager.

Enea and Barilla saving pasta from climate change

Enea and Barilla to save pasta from climate change. “Med-Gold” (Mediterranean Gold) is the name of the European research project aimed at protecting durum wheat, vines and olive trees from the invasion of harmful species and the risk of extreme weather events. Funded by the European Union, Med-Gold envisages the creation of climate services for each kind of crop with indications for optimizing farming techniques and timing. Barilla has been selected as the partner for the protection of pasta, with the Spanish company, Dcoop taking care of olive oil and the Portuguese firm, Sogrape Vinhos looking after the wine. This service makes it possible to provide tailored information and to act over a long period of time, even decades.

Grano Armando, the pasta supply chain expands

833 farms producing durum wheat, 9 regions and 12 thousand hectares of cultivated land. These are the figures of the “Grano Armando” pasta supply chain which has been promoted by Pastificio De Matteis for 8 years. The project, born as an experiment with about a hundred farmers, has grown very well over the years and today more than 1% of Italian farmland dedi-

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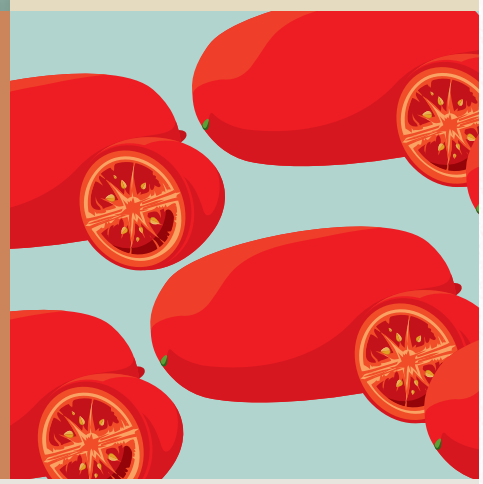

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cated to the production of durum wheat works for the De Matteis company, which has a direct relationship and signs a personalized contract with each supplier. The contract establishes the quantities of wheat to be conferred and the quality of production (protein content, gluten, colour), as well as the price, usually higher than the market price; the company also provides technical advice to agronomists. The farms involved are mainly concentrated in Apulia and Campania and each farmer on average makes 15 hectares of land available. Today, 70% of the wheat used by De Matteis comes from the supply chain. The company, which at the end of December issued minibonds for a total of €6 million to complete its purchase of the Pastificio Bianconi in Giano dell'Umbria and strengthen its sales network, can boast a turnover of € 100 million a year and around 700 employees.

Pastificio Martino: the "Monvisotto" is born

An *agnolotto* with a special filling. This is the "Monvisotto", created by the Pastificio Martino in Villafranca, Piedmont and dedicated to the Cuneo area. The Monvisotto has a heart of sweet Revello asparagus and Monviso toma cheese. The pasta factory, which started as a delicatessen shop, began to expand in 2000 and sales went from retail to wholesale for both fresh pasta and frozen products. One of its leading products has always been the Piedmontese agnolotto filled with meat and vegetables and the Plin agnolotto filled with cabbage, pumpkin, borage and nettle, depending on the season. The ingredients are chosen personally by the owner, Corrado Martino, who runs the company with his wife, Nadia. Soon the workshop will move to Riofreddo, in the Po Valley.

Pastificio Di Lullo in the limelight on Rai Uno

Pastificio Di Lullo, based in the Abruzzo region was the topic of the RAI UNO television broadcast, "Buono a Sapersi" ('Good to Know') conducted by Elisa Isoardi. The episode was dedicated to fresh pasta and included the participation of food historians, nutritionists, doctors and pasta makers and a direct TV link to the company. The pasta factory in Spoltore, near Pescara, has been producing high quality speciality pasta since 1964 and manufactures a total of 36 different types in its egg pasta, filled egg pasta, durum wheat pasta, organic saragolla wheat pasta and potato gnocchi ranges. Raw materials come from regional crops and are non-GMO.

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10

Legù

Editorial staff



Artisanship, Italian identity, and flavours are the characteristics of a speciality that seems to be pasta but isn’t.

Its name is Legù. It's a second course but you think it's pasta. It looks like pasta, but it's made of pulses, not grains. The result: a tasty, filling and attractive dish that is richer in protein and lower in carbohydrates, making it ideal for sports enthusiasts, vegans and diabetes and coeliac sufferers, or those who just want to stay in shape.

It would be just another one of those products that burst onto supermarket shelves if it were not for the additional added value it boasts: 100% artisan and Italian identity.

The first is guaranteed by Monica Neri, the company's creator and founder, who has a hands-on role in production. It was she, several years ago, who rented a small pasta factory in which to experiment, with the goal of finding the perfect formula for a bronze-extruded product consisting of a mix of pulses allowed to dry very slowly. The challenge was to render delicious foods that are healthy but not very attractive, while at the same time giving new life to a classic of peasant diet whose days seemed to be numbered.

Unfortunately – or perhaps fortunately? – at the time of these experiments and despite significant academic expertise in food production, Monica did not possess any actual pasta-making experience. This fact meant that, paradoxically, she was not subject to the constraints experienced by those who usually work with and combine grains. In fact, she experimented with an optimal blend that was tasty and easy to work with, that held up in cooking and which, when served, looked just like the normal image of pasta.

Now, two years after its opening, we can say that her goal has definitely been achieved. Today, the company has an extensive product line that responds to all tastes and also includes flours and snacks based on a mix of pulses.

There are numerous shapes, about fifteen of them, including pennette, intrecci, gigli and lasagne, just to name a few. They



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include options that are highly-suitable to finger foods and pasta salads, as well as hot pasta dishes. Preparation time is quick because the pulses of which the pasta from ITineri nuovi percorsi alimentari (this is the name of the company) is made is always a mix of chickpeas, white beans, lentils and dehulled yellow peas, that are precooked. In less than five minutes you will have an excellent dish to sauce or season as you wish, preferably with simple ingredients.

The raw materials used are 100% Italian and come primarily from The Marches, Tuscany, Apulia and Sicily.

It's not difficult to find Legù products because now they are distributed throughout Italy and abroad, especially in stores specializing in gluten-free products, delicatessens, fruit and vegetable stores, butcher shops, pharmacies (where they can be prescribed under the national health system for coeliac sufferers) and in a number of major retail outlets in northern Italy.

The 250 g and 500 g packages – with an attractive rusticity that reflects nature and their artisan origins – are available in a variety of combinations, including on the company website where they can be purchased online, but which also offers a list of retail outlets throughout Italy. E-

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commerce options also include a number of attractive combinations, including bio shapes, those for children and gift packages.
But this “non-pasta” has also quickly crossed the Alps and can now be purchased in European countries including Great Britain, Luxembourg and Belgium, and cities around the world such as Miami, New York, Dubai and a number of locations in Australia.
Current production levels are around 600 kilograms a week, but this is scheduled to increase since the maximum capacity of the equipment is currently 300 kilos a day.

The product price, which might seem significantly higher than pasta, must be seen in light of the fact that it is much more filling due to the high protein and fibre content. Therefore, for the same cost, the portions are smaller. A 500 gram package is sufficient for about 12 people.
Legù is not only delicious at lunchtime, but also for supper because it is a dish with higher protein than carbohydrate levels and, therefore, is especially easy to digest. Not only can it be boiled in water in the traditional way, but also cooked right in its sauce, adding water as necessary, for a dish that is ready in just a few minutes. This allows for better amalgamation with

the sauce. Stir-fried vegetables, a range of pesto sauces and fish are excellent combinations.

To make it easier for cooks, ITineri has prepared two recipe booklets with many suggestions not only for the pasta, but also the flours that are excellent for preparing pizza, cakes and focaccia. In short, it offers the benefits of both grain and pulse pasta in one product. Your taste buds will be happy, and your pocket book will have nothing to complain about.


Monica Neri

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11

The Truth about Pasta.
Pasta is Good for You

International Pasta Organisation



The column written by the International Pasta Organization to combat false beliefs about pasta and reaffirm the importance of carbohydrates in a healthy and balanced diet.

Is pasta a superfood?

The truth is that pasta is healthy, sustainable, convenient, delicious, affordable, doesn't make you fat, and much, much more. And there are many believers of the power of pasta.

Olympic athletes rely on the most nutritious foods to maximize performance and keep their bodies in tip-top shape. But if you think they just rely on grilled chicken, hardboiled eggs, and kale salads, you might be surprised.

"Pasta is my superfood," said US Olympic alpine ski racer Mikaela Shiffrin. "I've always loved pasta and think it's a good addition to any meal and a great base for pretty much any vegetable. It's also great when I have a nervous stomach before race day,".

Shiffrin is hardly the first athlete to appreciate the transformative power of a healthy pasta meal. Pasta is also a favorite among Jamaican sprinter Usain Bolt, Michael Phelps and many other athletes around the world. A whopping 2.7 tons of pasta (enough to prepare 1,000 plates of spaghetti and fusilli per day) were served in Rio at the 2016 Olympic Games, and pasta is also a staple in the Olympic village at PyeongChang.

However, it's pasta's documented difference on blood sugar that intrigues nutrition experts and athletes the most. Because pasta is a complex carbohydrate with a more compact starch structure than other grain foods, it keeps you fuller for longer, and doesn't spike your blood sugar.

What experts say

Nevin Sanlier , of Biruni University in Instanbul, explained at World Pasta Day 2017 in San Paulo that "carbohydrates are the principle energy source in our diet, especially complex carbohydrates." Nutrition experts around the world recognize the importance of carbohydrates, because our muscles and brain rely on them for energy. Complex carbohydrates, which are broken down more slowly, are preferred because they offer a steadier source of energy, without spiking blood sugar.

Pasta's benefit for athletes is so clear that at the 2015 World Pasta Congress, scientists from around the world added a point about pasta and









I.P.O.

International Pasta Organisation

INTERNATIONAL PASTA ORGANISATION (IPO)
Founded in Barcelona on World Pasta Day 2005
Formally constituted in Rome on World Pasta Day 2006









MISSION

The IPO is a nonprofit association dedicated to:

- Educating consumers, health professionals, journalists, government officials and others about the merits and benefits of pasta, its great taste, its healthfulness and its simple convenience.
- Increasing consumption of pasta around the world.

ACTIVITIES

- Organizes research, promotional and educational programs and events about pasta, such as World Pasta Day and World Pasta Congress.

WORLD PASTA DAY
25 October

- Collects, organises and distributes nutritional, statistical and other information about pasta.
- With the support of a Scientific Advisory Committee, currently formed by a panel of 25 experts from 17 different countries, educates consumers and others through the media, conferences, research, publications, workshops, and other related activities.

MEMBERSHIP

The International Pasta Organisation now has 25 members (including two European Federations, UNAFPA and SEMOULIERS) representing 18 countries (Argentina, Belgium, Brazil, Canada, Chile, Colombia, Costa Rica, France, Guatemala, Iran, Italy, Mexico, Portugal, Spain, Turkey, United States, Uruguay and Venezuela).

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sports to the Scientific Consensus Statement on Healthy Pasta Meals According to these experts, “Pasta consumption is suitable for people who do physical exercise and particularly in sports. Pasta, as with other cereal foods, provides carbohydrates and is also a source of protein. Pasta may be used alone or lightly seasoned before training or combined with other foods after training, in order to improve physical performance. High protein and low carbohydrate diets are discouraged in active people.”

“Pasta is a great source of complex carbohydrates and is highly recommended for athletes,” said Michelangelo Giampietro, MD, Sapienza University (Rome, Italy) and formerly associated with the Sports Science Institute of the Italian National Olympic Committee (CONI). “With the Mediterranean Diet, athletes have no need for supplements. I am of the opinion that pasta has probably contributed positively to the success and medals of many athletes, for sure the Italian ones.”

Did you know?

A healthy serving of pasta is about 1/2 to 2/3 cup cooked, or about 80g uncooked. If you’re enjoying pasta at a restaurant but



the portions are too large, take some home and enjoy it for lunch the next day!
Of course, if you're an Olympic athlete, your plate might look a little different. U.S. Olympic Medalist Michael Phelps epor-tedly ate 1 kilogram of pasta per day when training for the Olympics. Alternatively, be-fore races, Jesse Owens, the hero of Berlin 1936, ate only pasta, provided by a friend from Little Italy.
Learn more about why pasta is good for you in our video TED-Ed.

The Truth About Pasta

Starting with the May 2015 issue of Pastaria, the International Pasta Organisation (IPO), a nonprofit association dedicated to promoting pasta consumption and awareness around the world by educating about the merits and benefits of pasta, introduced this new column called, "The Truth About Pasta".
It is part of IPO's communication programme, designed to combat the rise of unhealthy fad diets and change people's perceptions of pasta by informing, educating and encouraging eating pasta as part of a healthy lifestyle.
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