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Integration of Menu Reformulation for Catering Addressing Pre-School Children

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The novel catering IT concept is based on the integration of nutrition analysis with menu's reformulation promoting a healthy diet. Innovative technologies in catering implement the personalized nutrition principle (nutrigenomics, nutrigenetics) in the design of daily menu addressed to the pre-school children. The smart food design, along with pre-school children nutrition education to develop healthy eating habits that promote health and well-being is a desiderate for catering companies. Food could impact health and well-being, brain development and growth, preventing specific health issues (anaemia, obesity, teeth caries). A healthy nutrition is rich in fruits and vegetables, whole grains (wheat, oat and brown rice) and healthy fat (olive oil, rapeseed oil, nuts oil and fish oil) besides correct hydrating habits (water drinking) that replace sugar beverages.

Methods: We reformulated 179 dishes (main course, soup, garnish, dessert) and perform a comparative analysis of the menu (comparative tests) nutrition analysis before and after reformulation and taste optimization based on the pre-school preference by standardized sensory tests.

Results: As results we piloted the reformulated menu and recipes (menu technology sheets, prepared technological schemes), created database workbench (Access) - Nutritional analysis of reformulated menus and identification of potential allergens, developed a smart phone application PERSONAL MENU (food choice and pre-school health priorities). Simultaneously, we set-up the traffic light system of the menu for the children to learn by colours about what is a healthy food.

Conclusion: The major important future trends of the catering service for pre-school kids will be open to the desire of individualism and free-smart choice, based on personalised catering services. Added value of this approach is based on bringing services to the research community that facilitate networking and community building and provide access to standardised, inter-operable and innovative data and tools.

Biography:

Angela Cozma, MD, PhD has more than 10 years' experience in the field of internal medicine, cardiology and metabolic diseases. She had completed PhD in the field of metabolic syndrome and atherosclerosis at the "Iuliu Hatieganu" University of Medicine and Pharmacy Cluj-Napoca, Romania. Angela Cozma is following a research stage at the University of Paris, France in the field of arterial stiffness. She had published more than 30 papers in national and international journals of scientific flow.