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NUTRITIONAL QUALITY CRITERIA IN CATERING SERVICES: THE NUTRIENT ANALYSIS CRITICAL CONTROL POINTS PROCESS

Multidimensional Survey of catering in elderly care homes in Friuli Venezia Giulia Region, Italy (2016) coordinated by Local Health Agency (LHA) of Trieste has shown some critical aspects in the quantity–quality profile of food administered in the segment of welfare catering. The formulation of meals can be characterized by the excessive use of processed raw materials and incorrect preparation practices which, although meeting the caloric and macronutrient needs, do not always guarantee a sufficient protection from oxidative stress. At some nursing homes, losses of up to 70% of antiradical power of several vegetable dishes have been observed such as demonstrated by University of Trieste. This is a serious problem for institutionalized elders as, according to literature, the prevalence of denutrition and the risk of malnutrition exceeds 20% and 50% respectively of the guests. In view of these findings, the LHA has adopted Nutrient Analysis Critical Control Points (NACCP) process as a working tool for the integration of hygiene best practices and measures to prevent the damage of some nutrient fractions during the various steps of all production processes (food supply, storage, preparation and cooking methods). To maximize the intake of bioactive compounds by consuming protective meals new criteria have been introduced into public procurement contracts. Criteria establish more raw materials, such as fresh fish, lower exposure of food to degradation agents by redefining the timing of the production flows, workloads, technological systems used. Accurate declination of the process under examination has allowed to serve meals that can guarantee a sufficient protection from oxidative stress to elderly. Integrating the NACCP process and good nutritional practice with the criteria of green public procurement and sustainable development goals falls within the broad framework of actions aimed at implementing principles of Health in All Policies ratified by the WHO.

Biography

Giulio Barocco has a Master of Science in Prevention and Complex Actions, a Graduate Degree in Health Professions of Prevention Sciences and a Bachelor's Degree as Food Merceology and Prevention Technician. Since 2007 he has held an Expert position for the integration and joint management of food safety and nutrition quality at the Public Health Agency of Trieste (ASUITS). He acts as an Advisor for the development of food and nutrition projects and policies in the framework of the "Gaining Health" program (Regional Health System of the Region Friuli Venezia Giulia). He has developed several integrated programs on nutrition, food security and food safety for public institutions at local and regional level.

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