EATING WELL

Discover the nutrition facts of our food and use the *Healthy Eating Meter* to nourish your wellbeing.

Edited by
ADI ONLUS
Associazione Italiana di Dietetica e Nutrizione Clinica
FONDAZIONE ADI

chiccotosto

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COOPERATIVA ITALIANA DI RISTORAZIONE

CIR food is a food service company located throughout Italy that has been both **promoting a healthy food culture** and **safeguarding its consumers for over 30 years.** It produces 80 million meals a year thanks to the passion and professionalism of its 11.000 employees (**#cirfoodlovers**). CIR food is proud to have been chosen as the official concessionary for Expo 2015. For this occasion, the company has worked with the Italian Association of Dietetics and Clinical Nutrition (ADI) to provide detailed nutritional information regarding all the products and meals that will be prepared by its chefs and food technicians during the entire six-month event.

Thank you *for taking a copy of this Eating Well guidebook published by CIR food. Your interest will be rewarded by the extensive nutrition information within, which will help you to make proper food choices and lead a healthy lifestyle.*

We encourage you to read this guide and keep it, as it will also be a wonderful souvenir of your Expo 2015 experience.

Why did we feel there was a need for this guide?

Nowadays, there is a lot of talk about food and nutrition on many levels, which is creating both a growing sense of uncertainty in people and increasing doubt about which information source we should believe. Mistrust of everything is on the rise: the food industry, which appears to use some unhealthy ingredients; the restaurant sector, which appears to sacrifice the quality of its ingredients in favour of making profit; so-called nutritionists, who come from such varied professional backgrounds that they cannot give objective advice; globalisation, which cannot guarantee suitable hygiene standards for imported foods; and finally, institutions, which have difficulty defining priorities for nutrition and preventive action. Scientific societies rarely intervene in these issues and, even then, only to develop their own research projects.

However, the slogan of Expo 2015, **"Feeding the Planet, Energy for Life"**, clearly expresses the need for all people, without exception, to openly agree on a few fundamental concepts:

1. **the primary purpose of food is to nourish people in the healthiest way possible;**

2. **the planet's population is growing and we must provide for its sustenance with traditional food resources that are becoming ever more limited;**

3. **we must ensure that future generations have at least the same level of wellbeing as we have now (sustainability).**

ADI ONLUS
Associazione Italiana di Dietetica e Nutrizione Clinica
FONDAZIONE ADI
tel. 0763 393 621
fax 0763 344 880
www.adiitalia.net
segreteria@adiitalia.net

The near future will be less worrying only if the objectives we aim to achieve are clearly stated and shared. For this reason, our scientific society–the ADI (Italian Association of Dietetics and Clinical Nutrition)–believes that the time has come to take action and provide people with information and education by working with companies that demonstrate awareness of and respect for consumers.

CIR food is a large food service company that has shown strong interest in strengthening its relationship of trust with potential customers, adopting strategies of maximum transparency, innovation and development.

Therefore, consumers that choose to read this guidebook, which has been approved by a trusted scientific association, have shown awareness of and taken responsibility for their own nutrition, health and wellbeing.

So, now it is up to you, dear reader, to do what is best for you.

Enjoy your meal and your visit to Expo.

ADI President
Professor Antonio Caretto

ADI Past President
Professor Lucio Lucchin

Have you ever asked yourself one of these three questions?

1. How do I know if I am eating properly?

2. I really like this food, how much of it can I eat?

3. What foods should I avoid?

Keep in mind that the advice in this guide is intended for people in apparent good health with no medical conditions. People with specific health problems should follow the advice of their own doctor or a dietician.

1. How do I know if I am eating properly?

If you consider that an average person will consume **about 40 tons of food**–which is enough to cover ten football fields–in their lifetime, you can see how easy it is to make errors regarding the quantity and quality of the food we eat, which can have negative effects on our health.

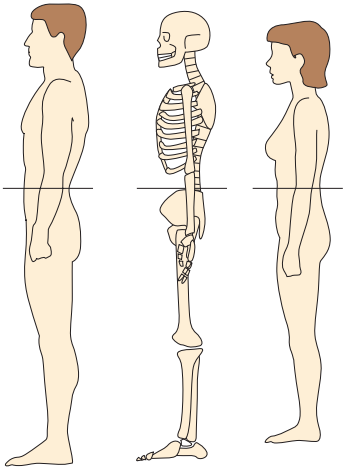
The quantity of food eaten

You can use two parameters to check if you are eating the right amount of food, one is **body weight** and the other is the **prevalent localisation of body fat**. Without weighing yourself, you will know that your weight is constant if the size of your clothes or the position of your belt holes does not vary over a certain period. To know if your weight could cause you health problems, you can use the **body mass index** (BMI), which is calculated by dividing your weight in kilograms by the square of your height in metres. For example, if a man is 1.7 metres tall and weighs 70 kilograms ($70 \div 1.7^2 = 24.2$), his BMI is 24.2 kg/m^2. Use the following scale to interpret your results:

- **underweight:** BMI below 18.5 kg/m^2 (see a doctor, or even better a dietician)
- **normal weight:** BMI from 18.5 to 24.9 kg/m^2
- **overweight:** BMI from 25 to 29.9 kg/m^2 (you are eating more than you should)
- **obesity:** BMI equal to or more than 30 kg/m2 (see a doctor, or even better a dietician).

Calculate your body mass index:

Kgs	45,5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
cm	underweight					normal weight						overweight					obesity				severe obesity			
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
152.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
157.4	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	37	28	29	30	31	31
177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
180.3	14	14	15	15	16	17	18	18	19	20	21	21	22	23	23	24	25	26	26	27	28	28	29	30
182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	37	27	28	29
185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26



Another parameter, which is actually more important than body mass index in terms of threats to your health, is an increase in abdominal fat. This situation can be checked by measuring your **waistline** with a tailor's measuring tape at the navel or just above the iliac crest, which is the upper margin of the pelvis.

Values **above 80 cm for females** and **above 94 cm for males** indicate the need for professional help. You should see a doctor, or even better a dietician, even if your **body mass index is within the normal range.**

IN CONCLUSION

If these two parameters fall below or above normal ranges, this indicates that you are not eating the correct amount of food.

The quality of food eaten

Knowing if your body is getting all the nutrients it needs (carbohydrates, fats, proteins, vitamins, minerals and bioactive molecules) requires a complicated analysis. However, you can have a rough indication–which is sufficient in most cases–if you consider two aspects: the variety of foods you eat in a week and the frequency of your weekly intake, the latter is understood as the number of servings consumed. With regard to the **variety of your food intake**, a regular consumption of items from the seven food groups is recommended.

It is possible to avoid eating some groups—such as meat and fish for vegetarians or meat, fish, dairy products and eggs for vegans—but keep in mind the possible risks of malnutrition if the appropriate substitutes are not included in your diet.

• GROUP I: grains and tubers (e.g. potatoes)

This group contains amaranth, barley, buckwheat, corn, kamut, millet, oat, quinoa, rice, rye, spelt and wheat. It is advisable to vary the types of grains eaten and give preference to whole grains (look for "whole grain" on food labels). These foods contain carbohydrates, fibre, niacin, magnesium, some low biological value protein and gluten (except for amaranth, buckwheat, corn, millet, quinoa and rice, which are gluten–free).

• GROUP II: fruits and vegetables containing vitamin A

This group contains green, yellow and orange fruits and vegetables such as apricots, melons, persimmons, broccoli, carrots, chard, chicory, endive, lettuce, peppers, spinach and squash. They are also rich in anti–oxidants, fibre, potassium, water and many types of bioactive molecules.

• GROUP III: fruits and vegetables containing vitamin C

This group contains acidic fruits and cruciferous vegetables such as grapefruits, kiwis, lemons, oranges, pineapples, strawberries, tomatoes, broccoli, cabbage and cauliflower.

• GROUP IV: legumes

This group contains pulses such as chickpeas, fava beans, grass peas, green beans, green peas, lentils, lupin beans, peanuts and soya beans. They supply B vitamins, fibre and many minerals. They contain protein of medium biological value that can be enhanced by the addition of grains, such as eating pasta or rice with beans. Therefore, they can be used as substitutes for meats and cheeses.

• GROUP V: meat, fish and eggs

This group supplies B vitamins, iron, high biological value protein and saturated fats, particularly when the fat is visible. Keep in mind that cholesterol is present only in products of animal origin.

• GROUP VI: milk and dairy products

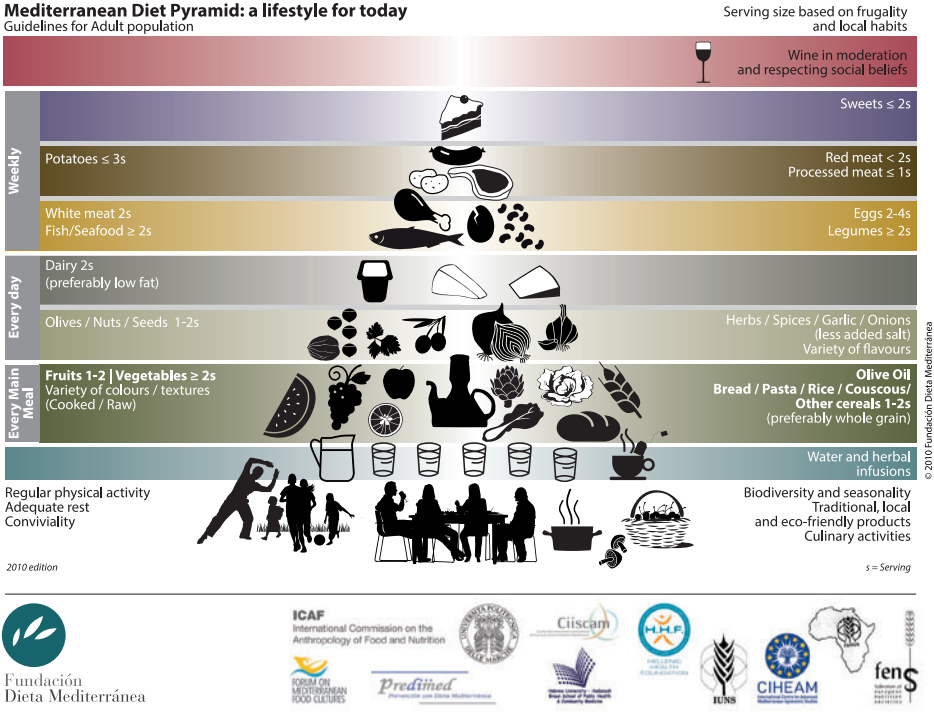
This group supplies high biological value protein, cholesterol and fats. These foods are a good source of calcium and phosphorus.

• GROUP VII: fats and oils

The healthiest type of fat is vegetable oil, especially single source oils (olive, corn, sunflower, etc.). These are a good source of vitamins A, D, E and K.

Since product availability, food culture and portion sizes can vary from one nation to another, we suggest that you **consult guidelines** published by government agencies, medical authorities, health professionals or nutrition organisations in your home country to learn about and correctly use **serving sizes** to monitor your weekly intake.

Once you have become familiar with serving sizes, you need to understand how many servings you require in your diet and how to distribute them. You can use a **food group pyramid** to visualise this and make it clear. We suggest using a pyramid based on the Mediterranean Diet, as our wellbeing does not just come from what we eat, but also from our cultural and social life, as well as our physical activity, as can be clearly seen in the image at the base of the pyramid.



Fundación Dieta Mediterránea

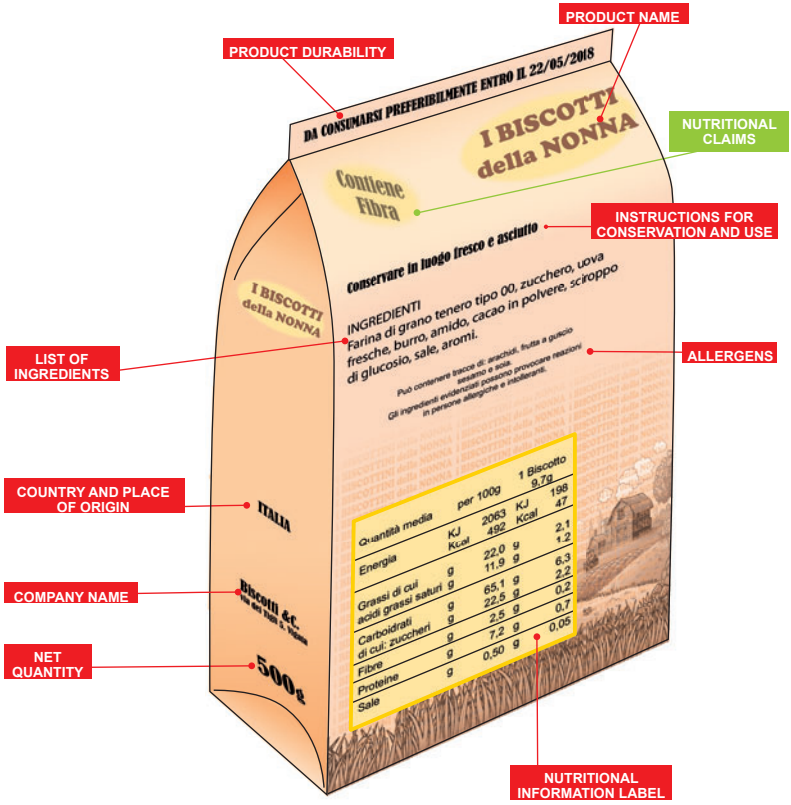
ICAF International Commission on the Anthropology of Food and Nutrition

IN CONCLUSION

If you eat an appropriate variety of foods, from all food groups and from within the same food group, throughout the week and your weight is within the normal range, then your diet is most likely correct.

2. I really like this food, how much of it can I eat?

Your attraction to particular foods (due to their appearance, colour, smell, etc.) is the main determinant of your choices. Once the food is in your mouth, a sensory evaluation confirms whether your initial impression was right. If you do not like it, the problem is solved because you will no longer eat it. If you enjoy it, you will eventually want to know how much of it you can eat. The answer will come from knowing the composition of the food. Therefore, it is essential **to know how to read labels**. Many producers do not list all their ingredients thoroughly–especially the nutrition information–and too few of them invest in a scientific analysis of their products. As well, many labels are hard to read. All this can cause some difficulty in interpreting labels and knowing what quantities are being advised. It would be worthwhile consulting an expert in the field.



Legibility of Information

All indications must be printed clearly and legibly in characters that are 1.2 mm or larger. For smaller packages, the characters must be 0.9 mm or larger.

Here are some basic tips for reading and understanding food packaging and labelling:

• Be wary of images printed on packages

They very often do not correspond to the list of ingredients.

• Remember that ingredients are listed in descending order of quantity

Look out for such tricks as listing some ingredients–for example margarine or lard–separately to make you think that the product does not contain a lot of fat. If you need to watch your intake of simple sugars, be very attentive because they are present in many foods, even the most unexpected ones. As well, some types of sugars may not be well known or recognisable as such, for example dextrose, lactose, maltodextrin, maltose, mannitol and sorbitol.

• Look for the nutrition information label

Nutrition information labels will become mandatory in the European Union as of 31 December 2016. When they are present, it means that the producer is concerned about consumer welfare. The label should list the calorie count, proteins, carbohydrates, fats, fibre, sodium, vitamins and minerals, when they are present in significant amounts.

• Check for any allergens printed in red

The European Union has a mandatory labelling directive regarding food allergens. The list includes: eggs, milk, fish, crustaceans, molluscs, peanuts, tree nuts, sesame seeds, gluten, soya, celery, mustard, lupin, sulphur dioxide and sulphites.

• Check if any food additives are present

The European Union has a list of authorised food additives. They are indicated by the letter E (for Europe) followed by a number identifying the additive type. Remember that if the word "flavouring" is not preceded by the adjective "natural", it is definitely artificial.

3. What foods should I avoid?

Given the wide variety of foods available and the constant launching of new products, it is reasonable to ask if there are any foods that should be avoided. The answer is simple with regards to natural foods, as none of them are entirely good or entirely bad. There is also no one food that can meet all the nutritional needs of an individual. It is the quantity and frequency of intake that determine if a food is healthy or unhealthy. This is also true for specific dishes and entire meals that, if not eaten in excess, are not contraindicated for people in good health. As for processed foods, several contain harmful ingredients that should not be eaten in large quantities. This explains the importance of both providing clear nutrition information labels and being able to read and understand them.

FUN FACT

The word **DIET**–now commonly understood as a "regime aimed at achieving a therapeutic purpose" –is derived from the Greek word "**δίαίτα**", which indicates a lifestyle based on a healthy diet along with a correct and adequate amount of physical activity, both of which contribute to the creation, development and maintenance of physical and mental wellbeing. The growing use of machines in human activities has gradually decreased our opportunities for exercise and **increased our sedentariness**, which can lead to loss of both muscle tone (**sarcopenia**) and bone mineral content (**osteoporosis**).

The human body is designed to move

It has been amply demonstrated that a sedentary lifestyle is an independent risk factor for people's health, leading to such conditions as obesity, high blood pressure, osteoporosis, coronary artery disease, type 2 diabetes and some forms of cancer.

Not even the best diet is effective enough on its own to control body weight and combat excess fat storage without the addition of a suitable exercise programme.

A low- calorie diet on its own always causes a significant loss of lean body mass (water, muscle, etc.). The less we eat, the less muscle mass we build or keep.

The spontaneous physical activities that we perform daily (e.g. walking or cycling to and from work or school, doing housework, climbing stairs, playing games, going dancing, etc.) along with our regular fitness and sport activities are the cornerstone of a healthy lifestyle, which can have positive effects on our physical and mental health, **regardless of gender or age**.

Our state of health and degree of physical efficiency are closely related to the quantity and quality of exercise we do.

What are the best activities?

All of them. Or rather those that you enjoy and are compatible with your lifestyle, physical fitness and personal commitment. You should give preference to pleasant activities that are easy to practice. ANY OPPORTUNITY TO MOVE YOUR BODY IS A GOOD ONE!

The benefits of regular exercise depend primarily on the amount of energy you expend on a weekly basis rather than the intensity of the effort you make. **Therefore, the frequency and duration of your physical activity is more important than its intensity**.

What is the meter used for?

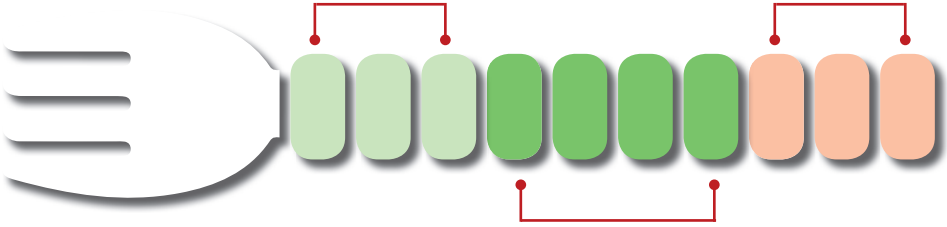
The objective of creating this tool–designed for CIR food by ADI, which holds the copyright–is to provide a nutritional assessment of the wide variety of food that CIR offers visitors to Expo 2015.

How is the meter used?

Firstly, a tool like the **Healthy Eating Meter** is not an indicator of harmful foods or foods to be avoided, as there are no dietary restrictions for healthy people. The quantity and frequency of food intake is what could have negative effects on your health. The **Healthy Eating Meter** is divided into ten sections within three areas of different colours:

light green
indicates that a serving can be eaten several times that same day without having to consider its nutritional values.

orange
indicates that serious attention must be paid to the nutritional values of whatever else you have eaten/will eat that same day.



dark green
indicates that some awareness of the serving's nutritional values is needed in relation to whatever else you have eaten/will eat that same day.

To position the "X" appropriately, we calculated the theoretical value of an average serving of food considering:

- the average daily diet of an average Italian male or female with low to medium physical activity;
- the amount of carbohydrates, proteins, fats and fibre in the serving expressed as percents;
- the total amount of carbohydrates eaten with respect to proteins and fats;
- the distribution of carbohydrates, proteins and fats across meals of the day;
- the specific weight of first and second courses at lunch and dinner;
- the presence of fibre, which is a protective element.

On the following pages, we list the nutrition facts of the food available at our restaurant, which was developed by the Italian Association of Dietetics and Clinical Nutrition. We have also included some indications that will facilitate the reading and understanding of our fact sheets.

This brochure contains the nutritional assessment of all the meals available at our restaurant, which offers a daily selection of dishes from the full menu.

Some dishes may not be listed because they are new proposals created by our chefs to enhance our offer. Please ask our staff to provide you with these nutrition facts.

Each recipe shows the allergens present. However, as it is impossible to have separate kitchens on this site for the preparation of special diets, **it is likely that traces of other allergens are also present in the food due to proximity during the production process.**

Certified gluten–free products are available on request.

All dishes listed in this brochure have been prepared by our staff. Any readymade products that have not undergone further processing bear their original labels.

Our staff will be pleased to give you any further information regarding any products.

At the cash, you can find a complete list of all ingredients used in our food along with their detailed specifications.

All our products are handmade and not factory produced, so both weight indications and the resulting nutritional values are to be considered as average.

HOW TO READ OUR NUTRITION FACTS TABLES

In each nutrition facts table you can see pertinent information regarding the management of your daily intake. See example below:

RECIPE NAME and type of dish

INGREDIENTS weight in grams

ALLERGENS icons

INGREDIENTS PRESENT frozen - organic - PDO - PGI - IPM

Recipe name	Ingredients	Allergens	Frozen	ORG	PDO	PGI	IPM
SANDWICHES							
Finalborgo	Multigrain bread (67 g), Organic tomatoes (30 g), PDO buffalo mozzarella cheese (40 g), Basil pesto (10 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds, lactose	❄	ORG	PDO	PGI	

BACKGROUND
LIGHT GREEN vegetarian - **DARK GREEN** vegan - **WHITE** omnivore

NUTRITIONAL ASSESSMENT

Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates	% RDI	Proteins	% RDI	Fats	% RDI	Sodium	% RDI	Fibre	% RDI	Cholesterol	% RDI
	357.7	1497.3	31.8	9.9	15.7	19	18.6	25.4	56.6	3.8	0.3	1	22.4	7.5

REFERENCE VALUES
average for adult male/female

Nutrient	Daily intake
Kcal	2.200
Proteins 15%	82.5 g
Fats 30%	73.3 g
Sugars 55%	322.7 g
Fibre 1.2g/100kcal	>26 g
Cholesterol	<300 mg
Sodium (Na)	1500 mg

WHAT DO THE RDI PERCENTAGES INDICATE?

They tell you the amount of calories, carbohydrates, proteins, fats, sodium, fibre and cholesterol (in that order) that are present in a product/recipe in relation to the **recommended daily intake** for an adult.

You can use RDI Percentages to add up the amounts of nutrients present in the foods you eat during a day and assess whether you have consumed too much or too little of them.

The RDI Percentages in our nutrition facts tables indicate the quantity of those nutrients present in a serving of that recipe.

Allergens: these substances are innocuous for most people. However, for people with allergies, they can set off allergic reactions with various degrees of severity and types of symptoms.

Carbohydrates (or glucides or sugars): these nutrients are either simple or complex depending on the length of their molecular chains. They provide the body with glucose, which is converted into energy that supports bodily functions and physical activity.

Cholesterol: this fat is needed to create steroid (e.g. sex and stress) hormones and to give strength and fluidity to cell membranes.

Fats (or lipids): these nutrients are needed to regulate metabolism and body temperature, produce energy and define aesthetic characteristics. They also act as a vehicle for fat–soluble vitamins (e.g. vitamins A, D, E and K).

Fibre: these nutrients are long chains of complex sugars or indigestible carbohydrates. They help regulate body metabolism and intestinal motility.

Integrated Pest Management (IPM): this cultivation method employs pest and plant control techniques that protect the environment and guarantee safe food by monitoring the entire production process and minimising the use of inorganic products.

Kcal (kilocalorie): this is the unit of measure for energy (1 kcal = 1,000 calories). One calorie is the energy needed to raise the temperature of 1 gram of distilled water (1 litre if we are referring to kilocalories) from 14.5 ° C to 15.5 ° C at sea level (pressure at 1 atm).

KJ (kilojoule): this is the unit of measure for energy in the International System (1 kJ = 4,184 kcal). The conversion factor from calories to joules is 4.184.

Organic agriculture: this method of cultivating crops and breeding animals uses only organic substances available in nature and forbids the use of anything inorganic or synthetic.

Protected Designation Of Origin (PDO): this European Union designation protects agricultural products and foodstuffs that have unique qualities and characteristics due to their place of origin and geographical environment, including natural and human factors. These properties are almost exclusively determined by the production, processing and preparation that take place within a very specific area.

Protected Geographical Indication (PGI): this European Union designation protects agricultural products and foodstuffs that have specific qualities, characteristics or goodwill attributable to their geographical origin. As well, their production, processing or preparation takes place within a determined geographical area.

Protein (or protides): these nutrients are made up of sequences of amino acids (humans have 20 amino acids, eight of which cannot be synthesised by our bodies and must be absorbed

from food). Their role in the body is both structural (building muscles) and functional (creating hormones, enzymes and receptors).

RDI: is the amount of calories, carbohydrates, proteins, fats, sodium, fibre and cholesterol (in that order) that are present in a product/recipe in relation to the recommended daily intake for an adult.

Sodium: this mineral salt is the major positive ion (the cation Na+) in fluid outside of human cells. The presence of this electrolyte in our blood helps maintain a proper acid-base balance in our bodies and control our blood pressure and volume. However, an excess of sodium can lead to high blood pressure, a condition known as hypertension.

Vegan: this type of food contains absolutely no products of animal origin, including none of their by-products or derivates.

Vegetarian: this type of food contains no meat of animal origin and may include eggs (ovo-vegetarian) or dairy products (lacto-vegetarian) or both (ovo-lacto vegetarian).

Allergens

Icons

Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SALADS							
Lady Adelaide	Organic tomatoes (30 g), Soft cheese (60 g), Shelled walnuts (20 g), Lettuce (60 g), Rocket (10 g), Black olives (10 g)	milk, tree nuts, peanuts		ORG			
Lady Ginevra	Mixed greens (70 g), Croutons (20 g), Organic tomatoes (40 g), Cow milk ricotta cheese (50 g), Dried tomatoes (30 g), Pickles (10 g), Taggiasca olives (20 g)	gluten, milk, fish, sulphur dioxide, sesame seeds		ORG			
Lady Griselda	Lettuce (60 g), Organic tomatoes (10 g), Fresh-cut carrots (20 g), Tuna in oil (50 g), Hard-boiled eggs (55 g), Capers (10 g)	fish, eggs		ORG			
Lady Isadora	Cooked spelt (80 g), Organic tomatoes (60 g), Cow milk ricotta cheese (60 g), Pine nuts (5 g), Grilled aubergines (100 g), Aromatised oil (5 g)	gluten, milk, eggs, soya, celery, fish, crustacean, molluscs, peanuts, tree nuts	❄	ORG			
Lady Matilde	Lettuce (80 g), Organic tomatoes (40 g), Fresh-cut carrots (25 g), Organic sweet peppers (30 g), Lemon (5 g), Bresaola beef (30 g), Salty ricotta cheese (30 g)	milk		ORG			
Lady Tessa	Couscous (80 g), Tuna in oil (60 g), Fresh-cut carrots (40 g), Dried tomatoes (30 g), Grilled aubergines (80 g)	gluten, milk, eggs, sulphur dioxide, soya, celery, crustacean, molluscs, tree nuts, fish	❄				
Lady Whiteflower	Valerianella (80 g), Onions (5 g), Celery (30 g), Oranges (40 g), Fresh-cut carrots (30 g), Croutons (20 g), Robiola cheese (50 g), Sesame seeds (2 g)	gluten, celery, milk, sesame seeds					

***Along with the allergens indicated, there may be others present in trace amounts.**

1. Vegetarian dish. **2.** Vegan dish. **3.** Each recipe shows the allergens present. However, as it is impossible to have separate kitchens on this site for the preparation of special diets, it is likely that traces of other allergens are also present in the food due to proximity during the production process. **4.** Certified gluten-free products are available on request. **5.** All dishes listed in this brochure have been prepared by our staff. Any readymade products that have not undergone further processing bear thei original labels. **6.** Our staff will be pleased to give you

How to read our nutrition facts tables page 15 | Glossary of main terms, legend of allergens and icons pages 16-17

Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates	% RDI	Proteins	% RDI	Fats	% RDI	Sodium	% RDI	Fibre	% RDI	Cholesterol	% RDI
	403.3	1688.3	3.9	1.2	21.9	26.6	33.3	45.4	1149.7	76.6	0.1	10.8	62.4	20.8
	265.4	1111	35.5	11	14.2	17.2	7.4	10.1	229.6	35	5.2	20	16.2	5.4
	177.6	743.6	9.7	3	21.4	25.9	5.9	8.1	198.2	13.2	1.8	6.8	13.5	4.5
	464.1	1942.8	61	18.9	22.6	27.4	14.4	19.7	89.7	6	3.2	12.4	19.2	6.4
	186.2	779.6	8.8	2.7	16.9	20.5	9.3	12.7	915.8	61.1	2.9	11	32.1	10.7
	483.8	2025	74.3	23	29.9	36.2	7.4	10.1	133.2	8.9	7	27	73	24.3
	251.6	1053	18.7	5.8	14	17	13.4	18.3	738	49.2	3.8	14.5	45.2	15.1

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How to read our nutrition facts tables page 15 | Glossary of main terms, legend of allergens and icons pages 16-17

Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SALADS							
White Lady	Lettuce (40 g), Red radicchio (20 g), PGI Speck (30 g), Valerianella (40 g), Papaya (40 g), Goat milk blue cheese (20 g), Organic tomatoes (40 g)	milk		ORG		PGI	
SANDWICHES							
Altomonte	Olive breadsticks (120 g), Extra-virgin olive oil (5 g), Grilled sweet peppers (30 g), Grilled courgettes (30 g), Grilled aubergines (30 g), PDO Taleggio cheese (30 g)	gluten, milk, eggs, tree nuts, soya, celery, lactose, sesame seeds, fish, crustacean, molluscs	❄		PDO		
Borghetto	White bread (110 g), Extra-virgin olive oil (5 g), Robiola cheese (30 g), PGI Bresaola beef (40 g), Rocket (2 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds, lactose	❄			PGI	
Brisighella	White bread (110 g), PGI Bologna Mortadella (40 g), Dried tomatoes (20 g), Pistachio bits (2 g), Goat milk blue cheese (30 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds, sulphur dioxide	❄			PGI	
Buonconvento	Focaccia bread (75 g), Extra-virgin olive oil (5 g), Grilled sweet peppers (30 g), Grilled courgettes (30 g), Dried tomatoes (20 g), Grilled aubergines (30 g)	gluten, milk, eggs, tree nuts, soya, celery, sulphur dioxide, sesame seeds, fish, crustacean, molluscs	❄				

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How to read our nutrition facts tables page 15 | Glossary of main terms, legend of allergens and icons pages 16-17

Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates	% RDI	Proteins	% RDI	Fats	% RDI	Sodium	% RDI	Fibre	% RDI	Cholesterol	% RDI
	197.5	826.5	6.5	2	15.3	18.5	12.3	16.7	834.2	55.6	2.7	10.5	27	9
	513.3	2148.5	66.3	20.6	18.9	18.9	20.6	28.1	363	24.2	1.4	5.5	27	9
	543.8	2276.3	73.6	22.8	28.8	34.9	14.9	20.4	1426.4	95.1	0	0.1	53	17.7
	632.5	2647.7	83.4	25.8	25.7	31.2	21.8	29.7	422	28.1	2.7	10.3	28	9.3
	424.4	1776.5	78.5	24.3	13.3	16.1	6.4	8.7	17.5	1.2	3.9	15	/	/

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SANDWICHES							
Chianale	Salty croissant (55 g), PDO Parma Prosciutto (30 g), Valerianella (2 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds	❄		PDO		
Finalborgo	Multigrain bread (67 g), Organic tomatoes (30 g), PDO buffalo mozzarella cheese (40 g), Basil pesto (10 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds, lactose	❄	ORG	PDO		
Furore	White bread (80 g), PDO Parma Prosciutto (40 g), PDO buffalo mozzarella cheese (30 g), Fresh basil (2 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds, lactose	❄		PDO		
Locorotondo	Olive breadsticks (120 g), Rocket (5 g), Sweet provola cheese (30 g), PGI Speck (40 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds, lactose	❄			PGI	
Mondolfo	Kamut bread (100 g), Ham (40 g), Mozzarella cheese (40 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds, lactose	❄				
Offagna	White bread (80 g), PGI Bologna Mortadella (60 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds	❄			PGI	

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Healthy Eating Meter	Kcal per serving	KJ	Carbohydrates	% RDI	Proteins	% RDI	Fats	% RDI	Sodium	% RDI	Fibre	% RDI	Cholesterol	% RDI
	319.8	1338.8	28.8	8.9	13.8	16.7	16.6	22.7	820	54.7	0	0.1	19.8	6.6
	357.7	1497.3	31.8	9.9	15.7	19	18.6	25.4	56.6	3.8	0.3	1	22.4	7.5
	392.9	1644.6	51.9	16.1	22.7	27.5	10.5	14.3	1134.5	75.6	0.1	0.4	43.2	14.4
	585.4	2450.3	64.1	19.9	27.4	33.2	24.4	33.3	1311.9	87.5	0.1	0.3	66.3	22.1
	582.1	2436.6	89.4	27.7	26.6	32.2	13.1	17.9	748.4	49.9	/	/	44.8	14.9
	423.3	1772.1	51.7	16	15.3	18.5	17.3	23.5	632.4	42.2	/	/	42	14

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Recipe name	Ingredients	Allergens*	Frozen	ORG	PDO	PGI	IPM
SANDWICHES							
Pitigliano	Focaccia bread (75 g), PGI Felino salami (50 g), Brie cheese (30 g), Rocket (5 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds, lactose	❄			PGI	
Valvasone	White bread (110 g), Ham (60 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds	❄				
Vernazza	Salty croissant (55 g), PGI Felino salami (30 g), Valerianella (2 g)	gluten, milk, eggs, tree nuts, soya, sesame seeds	❄			PGI	
FRUIT AND DESSERTS							
Apricot Smoothie	Apricots (40 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g)	milk, soya		ORG			
Fruit salad	Fresh-cut mixed fruit (200 g)						
Kiwi and Apple Smoothie	Kiwis (30 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g), Organic apples (10 g)	milk, soya		ORG			
Melon Smoothie	Melon (40 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g)	milk, soya		ORG			
Mixed Fruit Smoothie	Fresh-cut mixed fruit (40 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g)	milk, soya		ORG			
Pinapple Smoothie	Fresh-cut pineapple (40 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g)	milk, soya		ORG			
Strawberry and Apple Smoothie	Fresh strawberries (30 g), Fresh Organic whole milk (180 g), Smoothie base (55 g), Water (90 g), Organic apples (10 g)	milk, soya		ORG			

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	477.2	1997.7	41.9	13	27	32.8	22.4	30.5	1461.5	97.4	0.1	0.3	77.5	25.8
	465.2	1947.4	74.1	23	21.3	25.9	9.3	12.6	1040.4	69.4	/	/	37.2	12.4
	367	1536.2	28.9	9	14.3	17.4	21.5	29.4	750.7	50	0	0.1	28.5	9.5
	311.1	1302.1	61.6	19.1	8.6	10.4	3.4	4.6	83.3	5.6	1.2	4.7	12.6	4.2
	95	397.7	22	6.8	0.4	0.5	0.6	0.8	4	0.3	4	15.4	/	/
	317.6	1329.3	62.7	19.4	8.8	10.7	3.5	4.8	84.6	5.6	1.6	6	12.6	4.5
	313	1310.3	61.9	19.2	8.7	10.6	3.4	4.6	86.1	5.7	1	3.5	12.6	4.2
	318.2	1331.9	63.3	19.6	8.5	10.3	3.4	4.7	83.7	5.6	1.4	5.4	12.6	4.2
	316	1322.7	62.9	19.5	8.6	10.4	3.3	4.5	83.7	5.6	1	3.9	12.6	4.2
	316	1325.9	62.6	19.4	8.8	10.6	3.4	4.7	83.9	5.6	1.4	5.5	12.6	4.2

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With regards to purchasing, CIR food–which is a food service company–takes into account the principles of lifecycle management and chooses suppliers according to **Green Public Procurement (GPP)** guidelines.

Sustainability

We use products and ingredients that have been produced with **sustainable agriculture** techniques, such as biodynamic, organic or integrated farming.

Biodiversity

We select our products paying close attention to **biodiversity**. For example, by using only seasonal produce and traditional or local varieties, this ensures the survival of the biological and genetic diversity of agricultural commodities.

Fair Trade

We use **fair trade products**, which have been produced with full respect for the lands that they come from and the people who live there.

Local Products

We buy certified **local products** or products that highlight local cultures and traditions. The European Union has three promotion and protection designations to certify quality agricultural products and foodstuffs, they are: PDO (Protected Denomination of Origin), PGI (Protected Geographical Indication) and TSG (Traditional Specialities Guaranteed).

0-Km Products

Whenever possible, we use **local suppliers** to shorten our supply chain, reduce environmental impact and encourage development of local communities.

Short Chain

We use a centralised, 6,000-m^2 platform–called "Quanta Stock and Go"–which was designed to optimise the management of food products and ensure a **certified and automated supply chain**. The platform lists 1.500 foodstuffs and a hundred suppliers selected in accordance with strict safety, quality and traceability standards.

Liberated Lands

We use food products grown on land confiscated from the mafia and realise initiatives in support of the "Cooperative di Libera Terra", which are Italian cooperatives that oversee the use of these areas.

Social Cooperatives

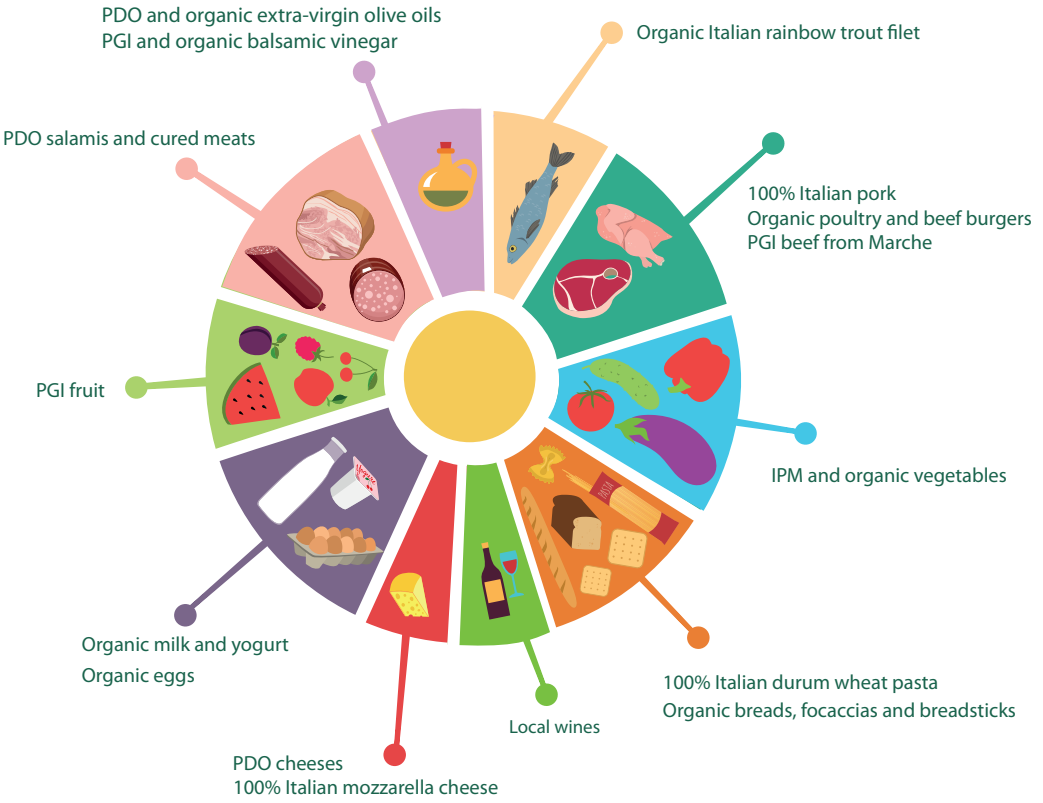
We promote the use of products created by social cooperatives that foster the integration of socially disadvantaged people into the labour market.

A selection of our products:

100%
ITALIAN PRODUCTS

65%
PDO AND PGI PRODUCTS

0
GMO PRODUCTS



Zero impact pasta

We use only **100% Italian durum wheat pasta** with certified provenance produced with environmentally–friendly methods and originating from a controlled supply chain. This guarantees both quality for our customers and protection of our environment.

Cheeses

We have a wide **selection of PDO cheeses**, which represent the best culinary excellence of our country, that are certified and protected by European Union regulations. To be labelled as such, products must comply with specific production specifications and originate exclusively from an exact geographical area of denomination. Our selection of cheeses includes: PDO Asiago, PDO buffalo mozzarella, PDO Montasio, PDO Monte Veronese, PDO Parmigiano - Reggiano, PDO Pecorino Romano, PDO Pecorino Toscano, PDO provolone, PDO Taleggio and even PDO butter.

Vegetables

All our **vegetables** have either been grown with integrated farming techniques (IPM) or have been **certified as organic** or as **Global G.A.P.**, the latter is a business–to–business standard for safe and sustainable food guaranteeing production methods that reduce impact on the environment, reduce the use of chemical compounds and safeguard workers health and animal welfare.

Fruit

We offer carefully selected **seasonal PGI** or **organic fruit**. Eating sweet, juicy fruit is one of the pleasures you can treat yourself to on hot days. We assure our consumers that they can enjoy all the flavour and organoleptic properties of seasonal fruit.

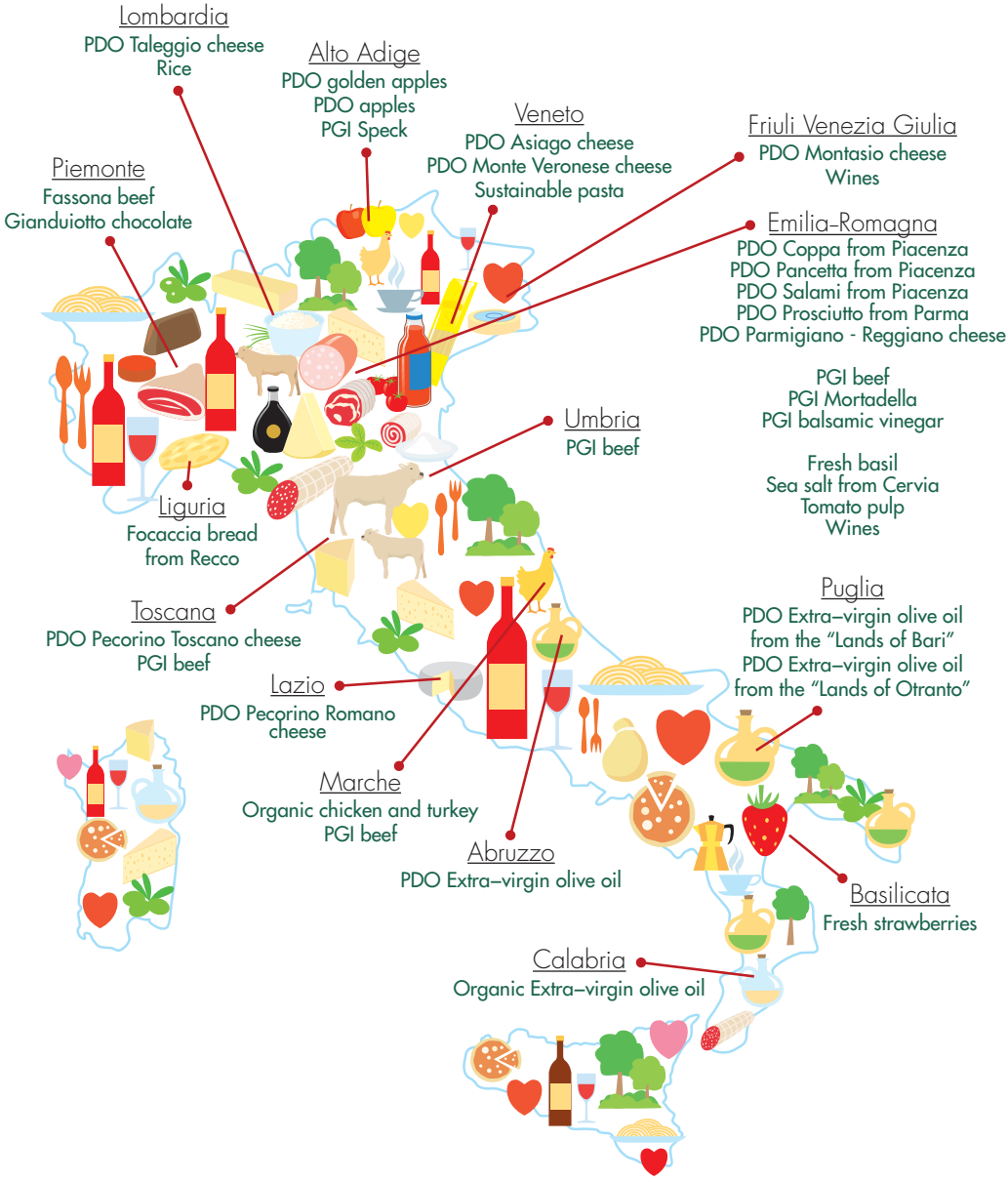
Bread

We use only **superior quality breads produced by cooperatives** that are made with stone–ground, organic flour. This special milling process does not overheat the grains, ensuring the conservation and integrity of their nutrients. Our breads are then baked in wood - burning ovens, which enhances the product and reduces impact on the environment due to the absence of harmful combustion residues.

Meat

All our **meats are 100% Italian** and include **organic** products from animals raised on vegetal feed that have been monitored and certified during all stages of processing. We are proud to use PGI Marchigiana beef, which comes from a cattle breed that originated in the region of Marche and was the first fresh beef product to be certified PGI in Italy.

We wish to showcase some of the best traditional foods from the regions of Italy



COOPERATIVA ITALIANA DI RISTORAZIONE

MILANO 2015
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LUCIO LUCCHIN

ANTONIO CARETTO

GIUSEPPE FATATI

ANNARITA SABBATINI

MARCO BUCCIANTI

MICHELANGELO GIAMPIETRO

CLAUDIO MACCA

ALESSANDRA TEOFRASTI

GIORGIA GALASSO

ROMINA BERTOLI

ERMINIA EBNER

LUISA PAOLINI

MARIANGELA BONANNO

Edited by

ADI ONLUS
Associazione Italiana
di Dietetica e Nutrizione Clinica

FONDAZIONE ADI

www.expo2015.cir-food.it

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