

NUTRITIONAL VALUE ANALYSIS OF A SLOW FOOD MENU VERSUS FAST FOOD MENU

Voinea Lelia¹, Atanase Anca²

¹⁾²⁾ Bucharest University of Economic Studies

E-mail: lelia.voinea@gmail.com; E-mail: atanase@com.ase.ro

Abstract

Realizing the importance of nutrition act and the food serious imbalances caused by overconsumption of industrial food, ultraprocessed and over-organoleptizante, the consumers start to turn its attention by the food options which guaranteeing so much the individual's health but also on the environment. So, we are witnessing in recent years to the rise of a new cultural trend: Slow Food Movement, that captured public attention and it has spread across the planet because folds on one of the basic human desires, therefore to eat tasty and healthy food.

We welcome in this respect the events at national and international level, consumer education through: visits to local farms and producers, wine and food tastings, authentic menu in all hostels, workshops etc.

Knowing raw materials which are included in each menu, the quantity of each and the chemical composition of theirs, both menus designed to be consumed at lunch, this paper aims determination by calculation of the energy value and of the biological value of these menus.

Keywords

Slow Food, tasty and healthy food, menu, analysis, nutritional value.

JEL Classification

M 10, M 31, Z 10
