

NAME OF THE PROJECT: ‘Study on the influence of food processing on nitrate levels in vegetables’

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Most vegetables can accumulate large amounts of nitrates. This amount of nitrate is variable between vegetables, depending upon type of farming, country of origin (due to sun hours and temperature), vegetable variant and place of cultivation (outdoor or indoor). Nitrate content of the vegetable could be modified by processing techniques commonly used in the kitchen. In the project we will explore potential synergistic / antagonistic effects of common culinary techniques on the nitrate content in vegetables, as well as influence of farming type and country or origin.

Zelenjava lahko vsebuje veliko količino nitratov. Količina nitratov v zelenjavi se spreminja glede na način pridelave, državo porekla (zaradi sončnih ur in temperature), sorto in kraj pridelave (na prostem ali v rastlinjaku). Vsebnost nitratov v zelenjavi se lahko spreminja z različnimi procesnimi tehnikami, ki se uporabljajo v kuhinji. Tekom projekta bomo raziskali morebitne sinergijske / antagonistične učinke kuhinjskih procesnih metod na vsebnost nitratov, kakor tudi vpliv načina kmetovanja in porekla zelenjave.