



Diets

Giovanni Bittante

“Science and Culture
of Gastronomy and Foodservice”

University of Padova - Italy

Diets:

	Nordic	Medit.	Veneto
Culture	pastoralism	agriculture	agriculture
Environment	hills	coasts	plains
Cooking on	fire	boil. water	boil. water
Main cooking utensil	spit / grill	boiling pot	boiling pot
•made with	iron	ceramic	copper

Breakfast:

	Nordic	Medit.	Veneto
Backery	toast- butter	bread	bread/polenta
Animal products	bacon - eggs	-	-
Dairy products	milk - cereals	milk	milk
Other beverages	juice	-	-
Dessert	muffins	biscuits	biscuits
Fruits	syrup fruit	fresh fruits	fresh fruits
Infusion	tea	coffee	coffee

Meal:

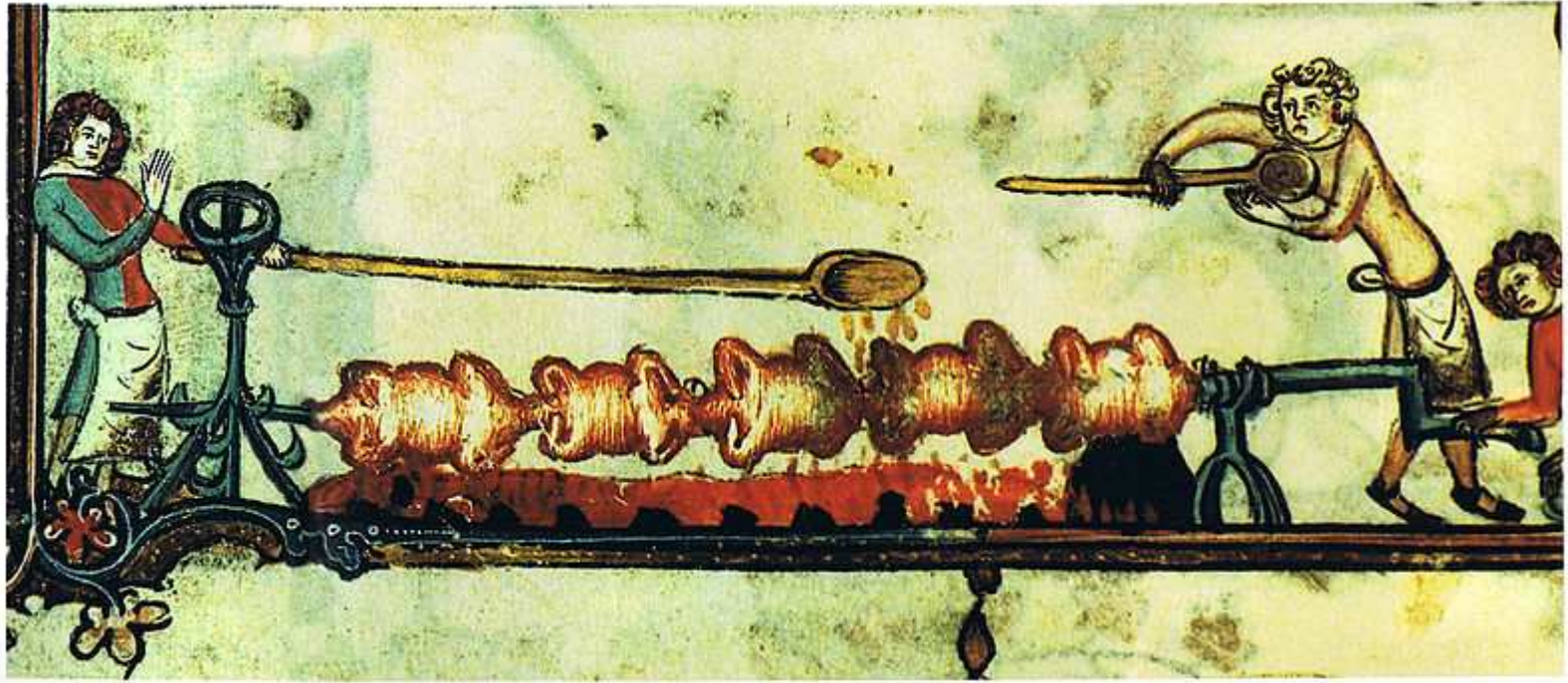
	Nordic	Medit.	Veneto
First dish	soup	pasta	risotto
Main food	red meat	fish	white meat
Side serving	potato	salads	vegetables
On table	-	bread	polenta
Dessert	cake	sheep cheese	cheese
Fruits	-	fresh fruits	fresh fruits
Alcoholic beverage	beer	wine	wine
Non-alc. beverages	milk	water	water
Infusion	tea	coffee	coffee
Liquors	spirits	amaro	grappa

Nutrients from:

	Nordic	Medit.	Veneto
Protein from	red meat, milk, egg	fish, cheese	beans, white meat
Starch from	potato, rye	wheat, durum wheat	maize, rice
Sugar from	milk barley	fruits, honey	fruits marmalade
Fat from	butter, egg red meat	olive oil cheese	lard, salami butter
Fibre from	salad	salad	vegetable

Nutrients quantity and quality:

	Nordic	Medit.	Veneto
Protein quantity	+++	+	++
Protein quality	+++	++	++
Starch quantity	+	++	+++
Sugar quantity	+++	+	+
Sugar quality	+	++	++
Fat quantity	+++	++	+++
Fat quality	+	+++	++
Fibre quantity	+	+++	+++



Chickens being roasted on a spit.
Romance of Alexander, Bruges, 1338-44
The Bodleian Library, Oxford, MS 264 fol 170v

McDonald



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Big Tasty

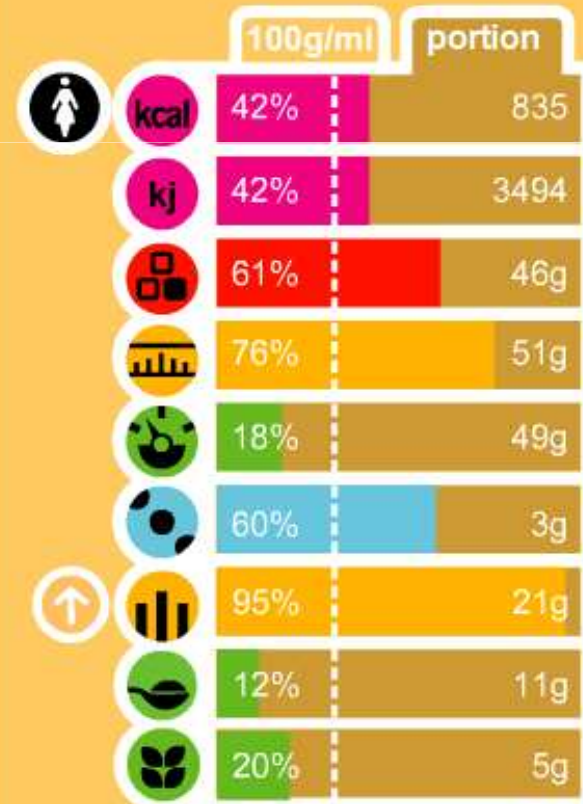
Big Tasty



A 100% beef patty with 3 slices cheese made with Emmental, tomato, lettuce, fresh onion and Big Tasty sauce on a sesame seed bun

Allergens

Gluten	contains
Soya	contains
Nuts	-
Peanuts	-
Sesame	contains
Milk	contains
Eggs	contains



French Fries

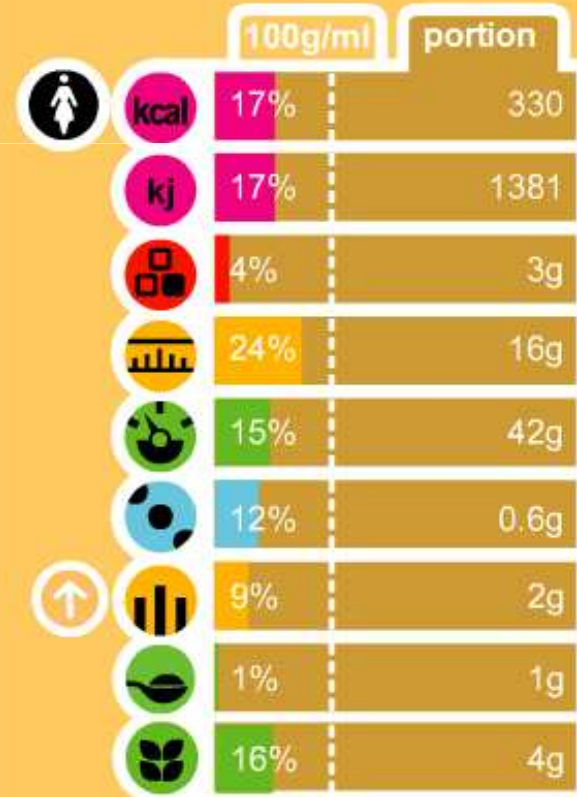
French Fries Medium



The vast majority of the potatoes used for our famous French Fries are grown in the UK.

Allergens

Gluten	-
Soya	-
Nuts	-
Peanuts	-
Sesame	-
Milk	-
Eggs	-



Strawberry Sundae

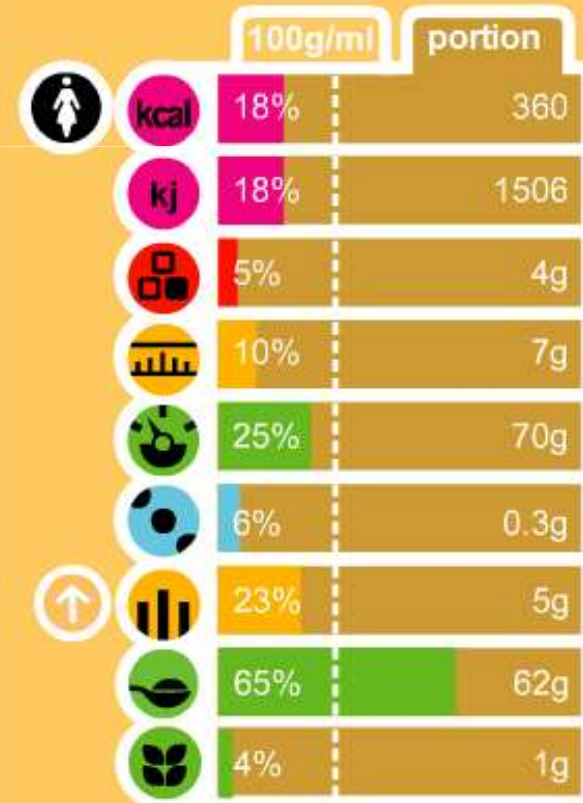
Strawberry Sundae



Soft dairy ice cream swirled with strawberry sauce

Allergens

Gluten	-
Soya	-
Nuts	-
Peanuts	-
Sesame	-
Milk	contains
Eggs	-












Cocke

Coca-Cola Medium

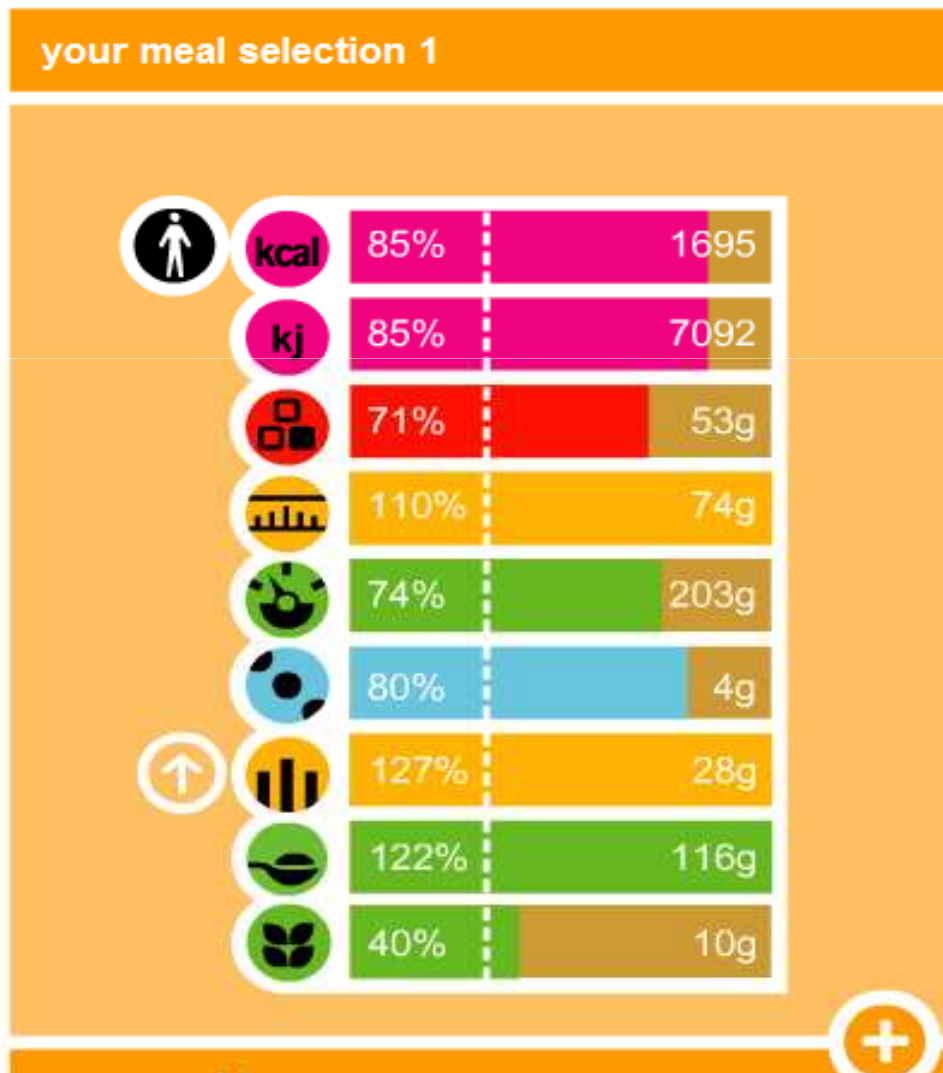


Allergens

Gluten	-
Soya	-
Nuts	-
Peanuts	-
Sesame	-
Milk	-
Eggs	-

	100g/ml	portion
 kcal	9%	170
 kj	9%	711
 Salt	0%	0g
 Carbohydrates	0%	0g
 Protein	15%	42g
 Fat	2%	0.1g
 Fiber	0%	0g
 Sugar	44%	42g
 Alcohol	0%	0g

McDonald menu



Energy
Energy
Protein
Fat
Carbohydrates
Salt
Saturated fats
Sugars
Fibre

Big Tasty

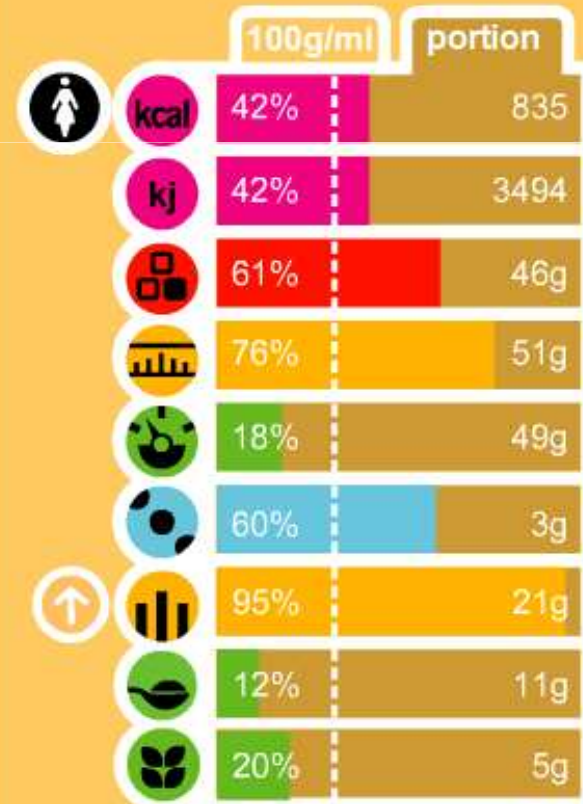
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Eggs	contains





il portale della pizza!

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ricetta: Pizza Margherita

Nome della ricetta / Recipe Name:

Pizza Margherita

Descrizione della ricetta / Recipe

Description:



La sovrana delle pizze, non soltanto perché - come tutti sanno - reca il nome di una



Pizza margherita and beer

	Pizza	%	Beer	%
• Weight, g	250	-	330	-
• Energy, kcal	653	32	110	5
• Protein, g	28	38	1	2
• Fat, g	26	39	0	0
• Carbohydrates, g	96	35	12	4
• Salt, g	4	80	0	0
• Saturated fats, g	10	45	0	0
• Sugars, g	6	6	12	12
• Fibre, g	10	40	0	0