

European Researchers night 2018 in Ljubljana

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Foto: Danielle McInnes, Unsplash and Irina Milisav

European
Researchers' night

Friday, 28 September 2018
5-10 pm

Faculty of Medicine,
Vrazov trg 2,
Ljubljana
Slovenia

Univerza v Ljubljani
Medicinska fakulteta



Why should we consume more
than 400 g of fruit and vegetables
a day?

Discover selected antioxidant
molecules that "colour" fruit
and vegetables.



Aims:

- Promotion of fruit and vegetable consumption for disease prevention
- Explanation of fruit and vegetable composition, especially of antioxidant properties of selected carotenoids and anthocyanins
- Simplified extraction of selected carotenoids and anthocyanins based on the modified method by Dr. Maria Rodrigo, Institute of Agrochemistry and Food Technology, Valencia, Spain that was disseminated through the COST Eurocaroten.
- Demonstration of ability to scavenge free radicals by anthocyanins from red cabbage.







Rdeča in oranžna
rastlinska barvila.
Maščobotopna.
Nekatera antioksidanti,
predstopnja vitamina A.



Barvila sadja in zelenjave

The colours of
fruit and
vegetables



Rdeča, vijoličasta in modra barvila.
Vodotopna.
Nekatera so antioksidanti.



Zelenjava in sadje vsebuje mešanico različnih snovi, minerale, vitamine, številne antioksidante in vlaknine, ki vse pripomorejo k ohranjanju zdravja.

Ločevanje barvil
sadja in zelenjave



Odrasla oseba naj zaužije več kot 400 g zelenjave in sadja na dan (Priporočilo WHO)



Primer zdrave prehrane je tradicionalna prehrana slovenske Primorske,

mediteranska prehrana, ki vsebuje veliko sadja in zelenjave.



Ta projekt je prejel sredstva okvirnega programa Evropske unije za raziskave in inovacije Obzorje 2020, št. pogodb 818237 in 721236. This project was funded by the European Union's Horizon 2020 Research and Innovation Programme under Grant Agreement Nos. 818237 and 721236.

HEALTHY COLOURS

Multiple constituents of fruit and vegetables contribute to health.

Consuming more than 400 grams of fruit and vegetables per day improves overall health and reduces the risk of diseases, like cardiovascular, cancer and diabetes. (World Health Organization recommendation)

Ta projekt je prejel sredstva okvirnega programa Evropske unije za raziskave in inovacije Obzorje 2020, št. pogodb 818237 in 721236 TREATMENT. COST je del okvirnega programa Obzorje 2020. This project has received funding from the European Union's Horizon 2020 Research and Innovation programme under the Marie Skłodowska-Curie grant agreements No. 818237 and 721236 TREATMENT. COST is supported by EU Framework Programme Horizon 2020.



ZDRAVJE V BARVAH

Sadje in zelenjava vsebuje mešanico različnih snovi, ki pripomorejo k ohranjanju zdravja.



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Svetovna zdravstvena organizacija priporoča, da odrasla oseba zaužije več kot 400 g sadja in zelenjave na dan.

