

# European Researchers night 2018 in Ljubljana

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European  
Researchers' night

Friday, 28 September 2018  
5-10 pm

Faculty of Medicine,  
Vrazov trg 2,  
Ljubljana  
Slovenia

Univerza v Ljubljani  
Medicinska fakulteta



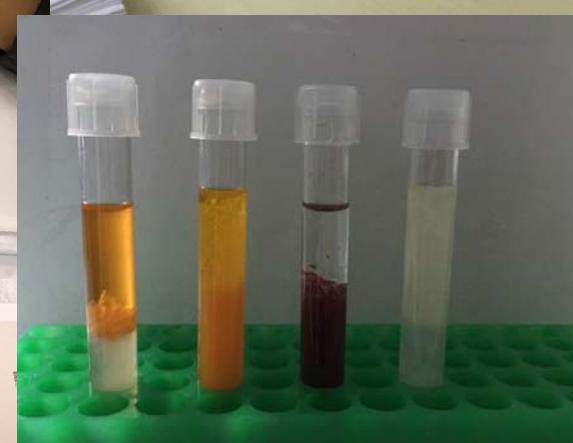
Why should we consume more  
than 400 g of fruit and vegetables  
a day?

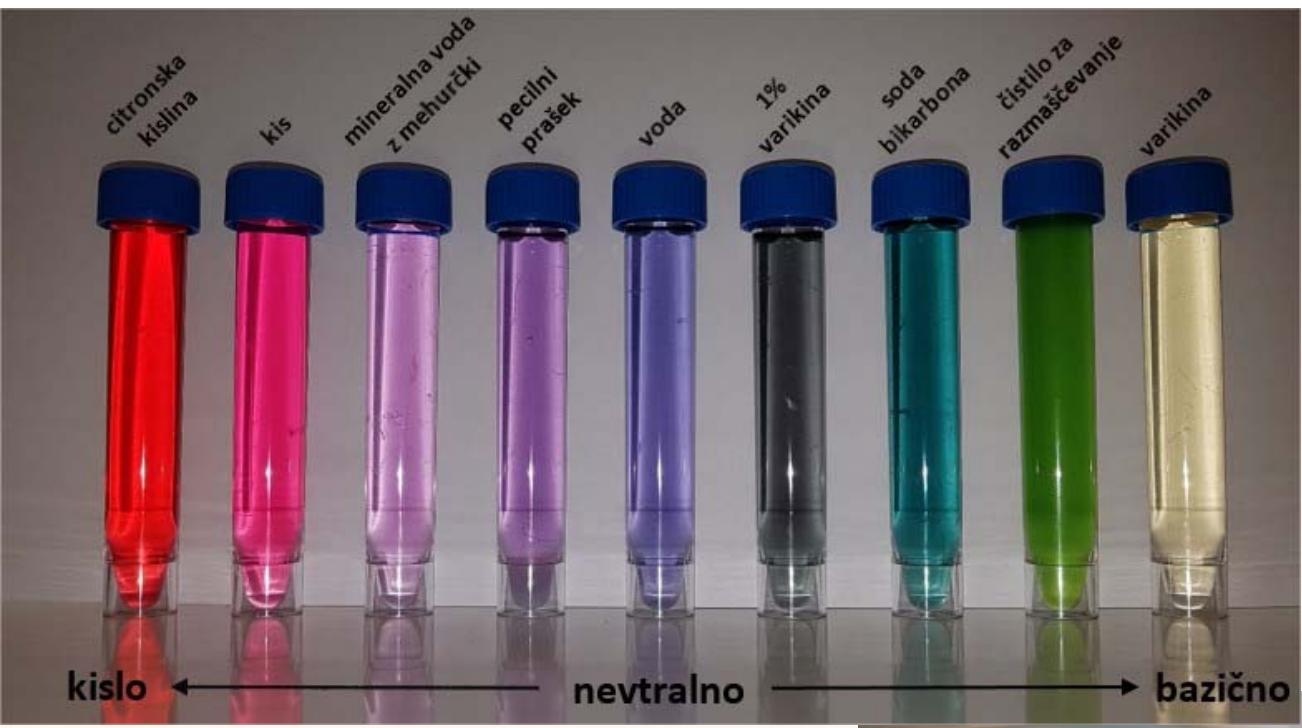
Discover selected antioxidant  
molecules that "colour" fruit  
and vegetables.

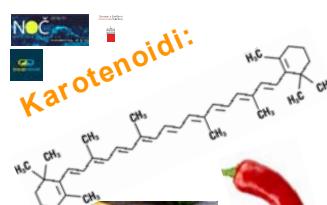


## Aims:

- 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 baryila.  
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.



## 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 TREATMENT. COST je del okvirnega programa Obzorje 2020.

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



Foto: I Milisa

Ločevanje barvil sadja in zelenjave

## 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 )

## ZDRAVJE V BARVAH

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



Foto: Danielle McInnes, Unsplash

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

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