



ANNA  
TURA

## CEREALS

### BARLEY

Barley is increasingly present on the tables of the world population, it is a food that helps to preserve the well-being of the body and is a source of beneficial properties. It is also particularly appreciated for its taste.

Barley is rich in proteins and mineral salts, so much so that it is known for its remineralizing properties; it also abounds in beta-glucan, a substance that helps to slow the absorption of carbohydrates from other foods: it is therefore used to lower blood sugar levels.

Its medical properties have been known since ancient times: this cereal provides an excellent way to ease the inflammation of the gastro-intestinal and urinary tracts; it regulates the intestinal function, and it is particularly indicated in the case of constipation and lazy bowels. Barley helps the digestive system of children and older

adults. Furthermore, the presence of phosphorus increases intellectual wellness, by acting in synergy with potassium, magnesium, iron and calcium.

Barley "coffee" is a popular beverage that is an excellent compromise for those who don't want to give up the coffee ritual but want to avoid the well-known side effects of coffee.

### SPELT

Spelt is a herbaceous plant belonging to the Gramineae family. In Italy, it is mainly grown in the Emilia-Romagna region, Liguria (in Garfagnana), Tuscany, Umbria and Lazio.

This plant adapts even to poor soils and is able to withstand low temperatures. In particular, the Garfagnana spelt has obtained an official IGP certification.

On the market, it can be found both as hulled and pearl spelt: the first has the external cuticle, the second, as the outer

layer of bran is peeled away, requires shorter cooking times.

Spelt is low in fat and high in nutrients: fiber, Vitamins and mineral salts, so much so that it is very useful for our well-being.

In fact, this cereal helps to control blood sugar level, and therefore it is particularly suitable for people with diabetes and insulin resistance; it contributes to protect the cardiovascular system by keeping the red blood cells healthy; thanks to its richness in minerals such as iron and phosphorus, it is recommended for people with iron deficiency and anemia and, moreover, it helps to lower LDL cholesterol, often called bad cholesterol.

Spelt is rich in minerals and plays a huge role in the prevention of osteoporosis, and it also regulates the Musculoskeletal and Nervous System.

Spelt is also a valid ally for people who need to follow a low-calorie diet.

## THE CHEF RECOMMENDS:

*The product, simply cooked, is proposed in convenient packaging: it can be seasoned at will when opened and be directly consumed, or you can use it as an ideal base for tasty soups, minestrone or salads.*

*Enjoy your meal!!!*



BARLEY  
AU NATUREL  
250 g



8 054934 421358



SPELT AU NATUREL  
250 g



8 054934 421341



Produced by: GESTIONE SERVIZI INTEGRATI srl  
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## Specification / CEREALS

Nutritional values of 100 g boiled spelt	
CALORIES	184 kcal 778 kJoule
Edible part	100%
Water	57.6 g
Carbohydrates	36.1 g
Fat	1 g
Protein	6.4 g
Fiber	2.2 g

Nutritional values of 100 g boiled barley	
CALORIES	114 kcal 486 kJoule
Edible part	100%
Water	72.7 g
Carbohydrates	22.9 g
Fat	0.8 g
Protein	2.6 g
Fiber	2.3 g

Processing performed on food nutrient composition data originating from: CREA Centro di ricerca Alimenti e Nutrizione  
Web page: <https://www.crea.gov.it/alimenti-e-nutrizione>  
Web page: <https://www.alimentinutrizione.it>  
Technical specification

INGREDIENTS	Spelt in ATP: pearl spelt, water, without added flavorings, additives Barley in ATP: pearl barley, water, without added flavorings, additives
ORGANOLEPTIC PROPERTIES	<p>SPELT Color: brown yellow Pulp: compact, soft and delicate Taste: delicate and pleasant Shape: typical regular oblong seed</p> <p>BARLEY Color: yellowish white Pulp: compact, soft and delicate Taste: delicate and tending to neutral Shape: typical regular oblong seed</p>
SHELF LIFE	Natural cereals in ATP: edible product up to 30 days (the expiration date is printed on the package).
PRODUCTION PROCESS	V range specialty food. Healthy, dry seed uniform in size. The exclusive preparation and cooking process allows the preservation of the organoleptic and nutritional properties. The cereals are processed under the most hygienic-sanitary conditions according to the principles described in the HACCP plan applied to the production plant. Ifs Food standards are applied during the production process.
STORAGE	The product should be stored cold, between 0/+4°C. The product should be entirely consumed after opening. It is recommended to keep the product cold during the entire storage process.
PREPARATION	As the product is: after opening the package, season it as desired. Sautéed: pour the contents of the package into a pan and heat product over low heat for 2-4 min, then season as desired before serving. Microwave: after removing the plastic wrap, put the package directly into the microwave and heat on medium power (750W) for 2 min.
ORIGIN OF MAIN INGREDIENT	Italy and/or another EC country.
OTHER VEGETABLE MATERIAL	≤ 1%
ALLERGENS	Cereals containing gluten are one of the listed allergens in the Regulation (UE) 1169/2011
PACKAGING	Plain product: TRANSPARENT COPOLYMER POLYPROPYLENE AND ANTIFOG PLASTIC WRAP. MAP product: PP-EVOH-PP TRANSPARENT PACKAGE AND ANTIFOG PLASTIC WRAP. Declaration of allowance to come in contact with food (D.M. 21/3/1973 and successive amendments) D.Lgs. 142/2006-art. 226 section 4; Reg. CEE 2004.1935 CEE; Dir. CEE 2002/72-CEE and successive amendments; Dir. CEE 1994/62 - CEE Commission Regulation (EU) 2015/174 of 5 February 2015 amending and correcting Regulation (EU) No 10/2011.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes Absent UFC/25 in accordance with REGULATION (EC) n. 2073/2005.