

# *“Merendine Italiane”*

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## *What are “merendine”?*

**“Merendine” (from “merenda“, in Italy a small mid-morning, mid-afternoon meal) are serving-size baked cakes, prepared after traditional home-made recipes.**

## Simple ingredients



## Small portions

- between 100 and 200 calories-



## Nutritionally balanced

(Average values)

- Proteins: **3 g**
- Carbohydrates: **20 g**, of which **10 g sugars**
- Total fats: **7 g**, of which **3 g SAFA**
- TFA: **free**
- Vitamins: significant amounts of **B1, B2, A, E**
- Minerals: significant amounts of **calcium and iron**
- Fiber: significant amounts
- **One portion covers 6 to 7% of recommended calorie intakes (L.A.R.N.) for children.**

## Nutrition facts of a sponge-cake “merendina” with a milk-cream filling

### Nutritional information

	per portion (28 g)	per 100 g
Energy value	117 Kcal / 489 Kj	418 Kcal / 1750 Kj
Proteins	2,9 g	10,5 g
Carbohydrates	12,6 g	45,2 g
Fats	6,1 g	21,7 g
Vitamin B12	0,21 mcg (21% RDA)	0,78 mcg (78% RDA)
Calcium	33,6 mg (4,2% RDA)	120 mg (15% RDA)
Phosporus	38,6 mg (4,8 RDA)	138 mg (17,2% RDA)

## GDA of a sponge cake “merendina” with milk-cream filling

	AGE RANGE 7-10		AGE RANGE 11-14	
	LARN*	1 portion	LARN	1 portion
<b>Calories</b>	2.000	7,5%	2.300	6,6%
<b>Proteins</b>	35 gr/die	8,3%	54 gr/die	5,3%
<b>Carbohydrates</b>	313 gr/die	5,6%	344 gr/die	5,4%
<b>Simple sugars</b>	78 gr/die	12,2%	86 gr/die	11,0%
<b>Fats</b>	69 gr/die	11,0%	76 gr/die	10,0%
<b>SAFA</b>	23 gr/die	16,8%	25 gr/die	15,8%
<b>Cholesterol</b>	209 mg/die	8,8%	230 gr/die	8,0%

\* LARN Recommended Intake of energy and nutrients for the Italian population.

## University *ad hoc* research shows

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... by eating **one portion a day** as mid-morning or mid-afternoon break :

- **satiation** is reached with a lower calorie intake vs. other snack foods
- **metabolism** is not altered
- **diet** on a daily basis is not affected.

# Product reformulation

**Approx. 50 per cent of the products on the market - taking into account technological constraints and organoleptic requirements - have undergone reformulation, as concerns content in:**

- ▶ **Salt**      *about 20% - average salt content is < 0,25g/100g*
- ▶ **Fats**      *average fat content is 10g to 22g/100g*
- ▶ **SAFA**     *average Safa content is 4g to 12g/100g*
- ▶ **TFAs**     *Trans fatty acids from non-natural fats have been eliminated*

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## The website *Sweet Clean Energy. For active children.*

[www.merendineitaliane.it](http://www.merendineitaliane.it)

### Contents:

Science-based information, reviewed and endorsed by an Editorial Board made up by 12 experts in different fields

### Targeted audiences:

- Parents-consumers
- Media operators
- School teachers
- Nutritionists, pediatricians, physicians, etc.

