



BIOECONOMÍA
ARGENTINA | 20
15
EL POTENCIAL DE LAS REGIONES

PATAGONIA



Frutos secos

Fuente de alimentos saludables



RÍO NEGRO
UNIVERSIDAD NACIONAL



Cluster de
FRUTOS SECOS
Patagonia

Dr. Daniel A Barrio



Argentina



Nuez



Almendra



Avellana

Patagonia



The **NEW ENGLAND**
JOURNAL of MEDICINE

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ORIGINAL ARTICLE

Association of Nut Consumption with Total and Cause-Specific Mortality

Nut consumption reduces risk of death | Harvard Gazette

HARVARDgazette

Science & Health > Health & Medicine

Nut consumption reduces risk of death

Research also shows people who eat nuts weigh less

November 21, 2013



Harvard study shows that nuts may reduce risk of death

By [Deborah Kotz](#) | GLOBE STAFF NOVEMBER 20, 2013

New Harvard research provides the strongest evidence to date that eating nuts can reduce a person's risk of dying from cancer, heart disease, and a number of other causes.

Reducen el riesgo de muerte por cáncer, enfermedades cardiovasculares y metabólicas.

Consumir frutos secos siete o más veces por semana muestran una tasa de mortalidad un 20% menor.

AG w 3 y 6

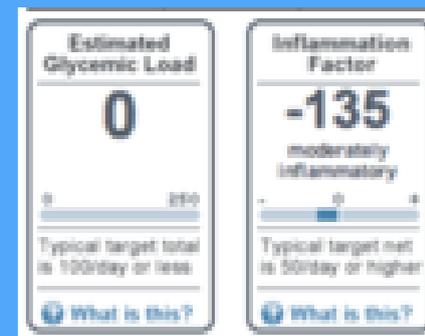
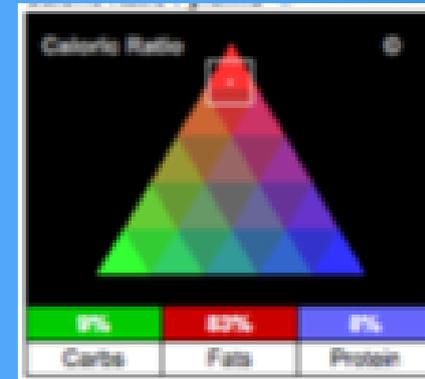
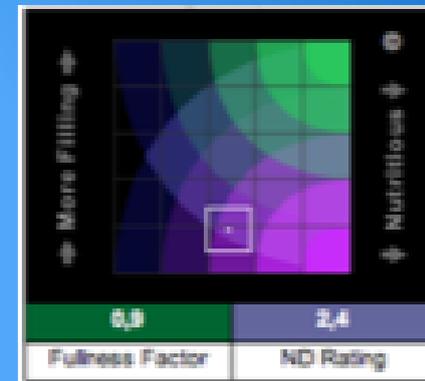
Fitosterol y fibras

Vitamina E

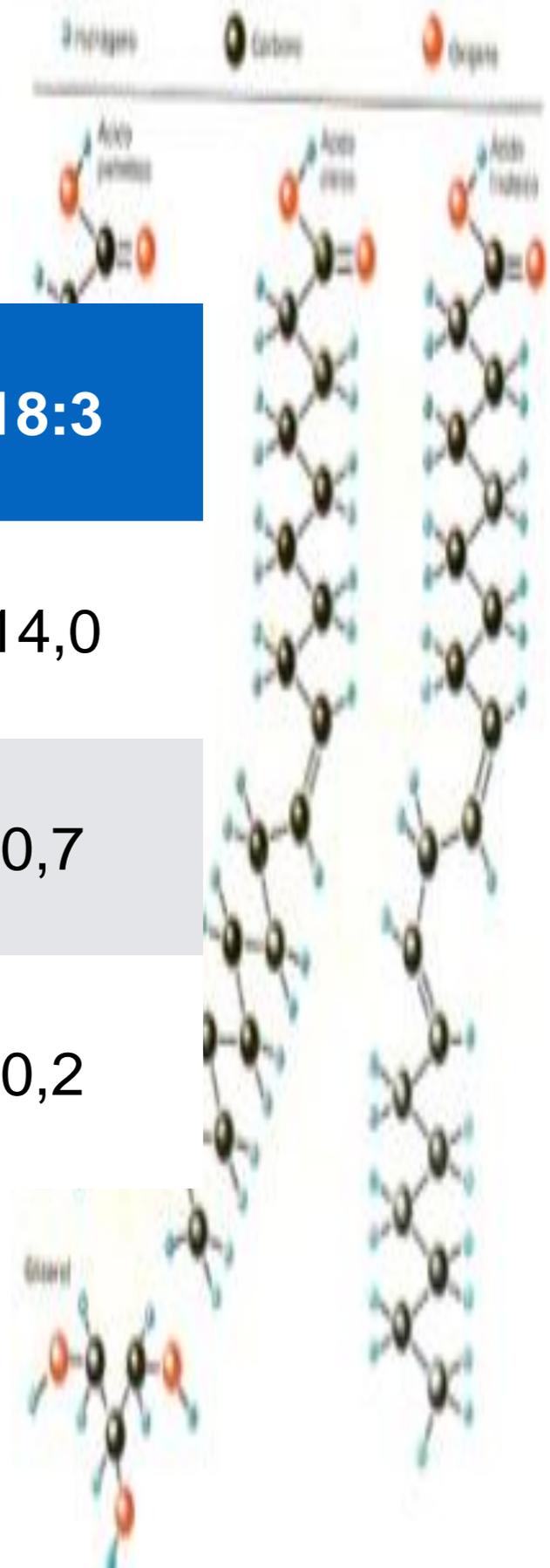
Aporte de K



	Aceite	Proteínas	Fibras	HC
Nuez	69,0	14,4	5,0	12,0
Almendra	53,0	18,7	12,0	20,0
Avellana	58,0	12,0	3,6	24,0

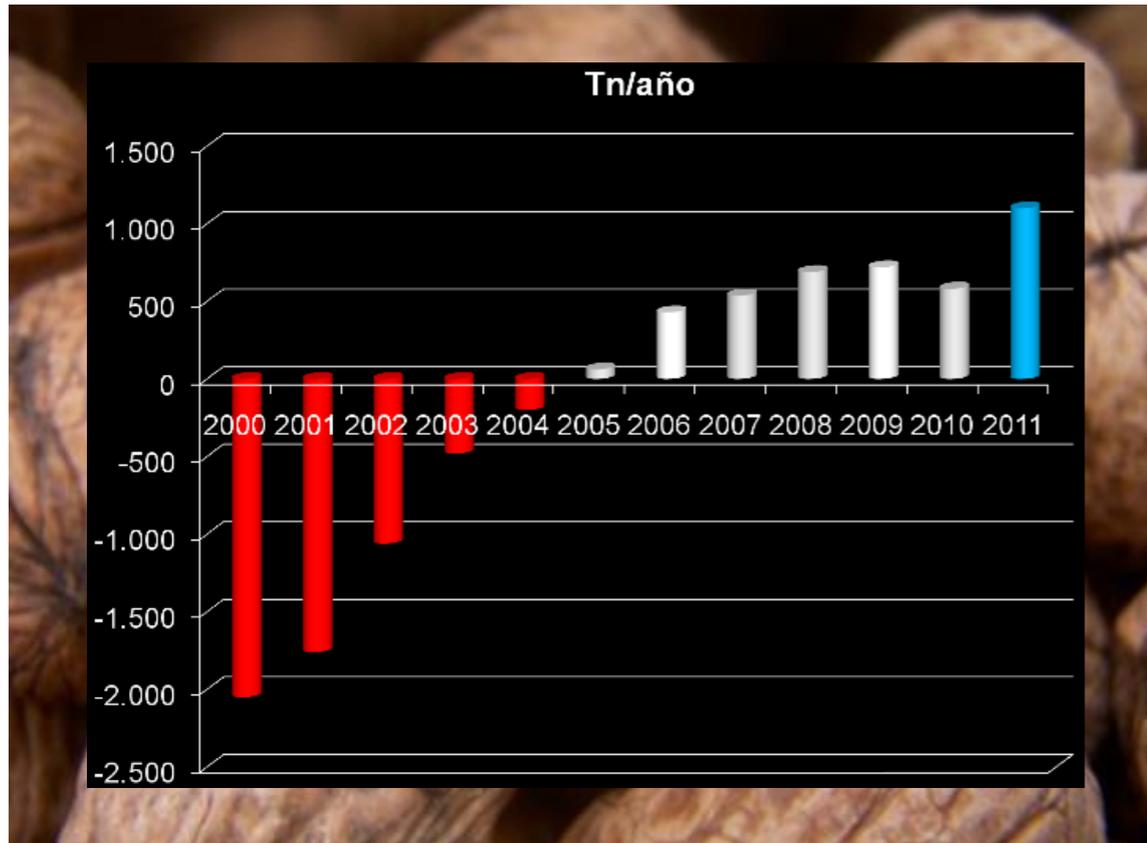


Ácidos grasos



	16:0	18:0	18:1	18:2	18:3
Nuez	6,4	2,6	16,0	60,9	14,0
Almendra	6,6	1,9	63,7	20,1	0,7
Avellana	5,5	2,4	78,6	12,7	0,2

Balanza Comercial

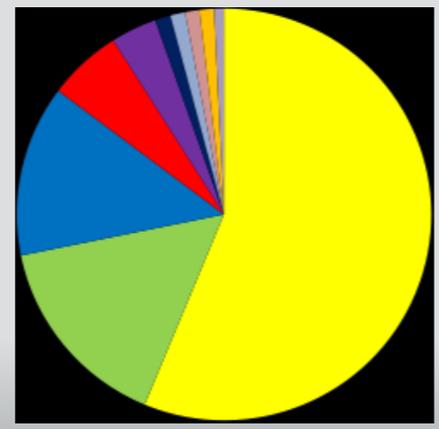


Fuentes: Mesa Nacional de Frutos secos (Ing. L. Iannamico)
Centro Pyme Neuquen (Silvana Moschini)
Asociación de frutos secos de la Norpatagonia

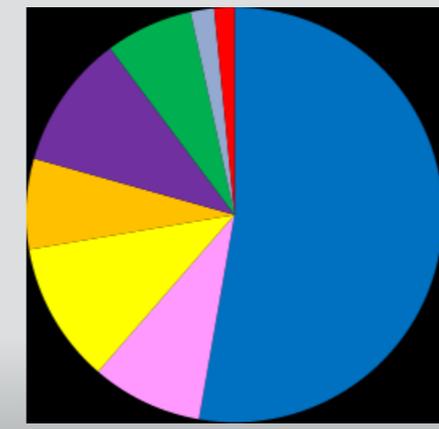
Situación Internacional

Productores

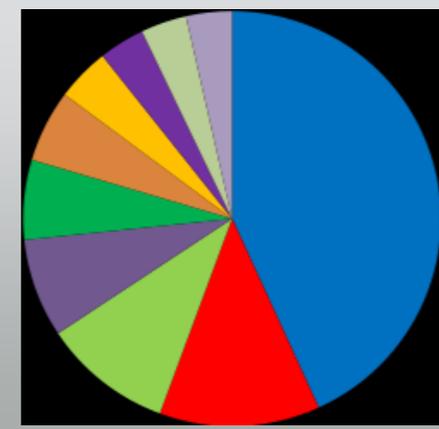
Exportadores



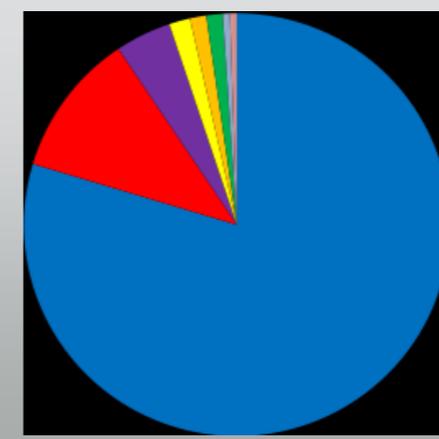
China
Iran
EEUU
Turquia



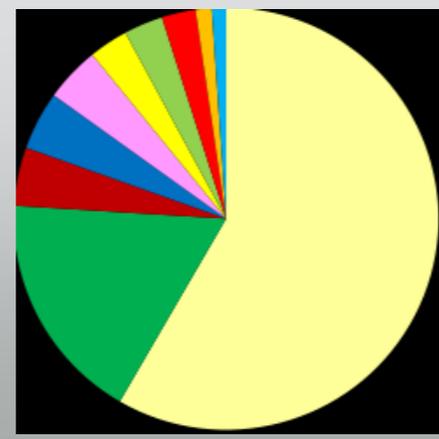
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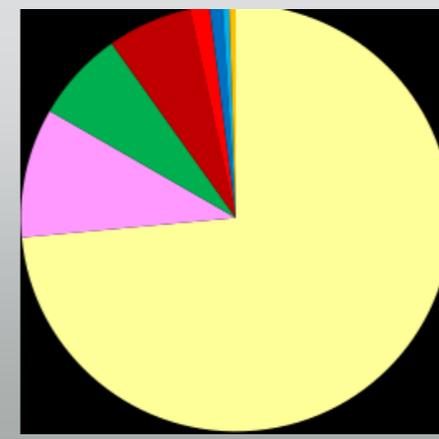
EEUU
España
Irán
Siria



EEUU
España
Australia
Chile

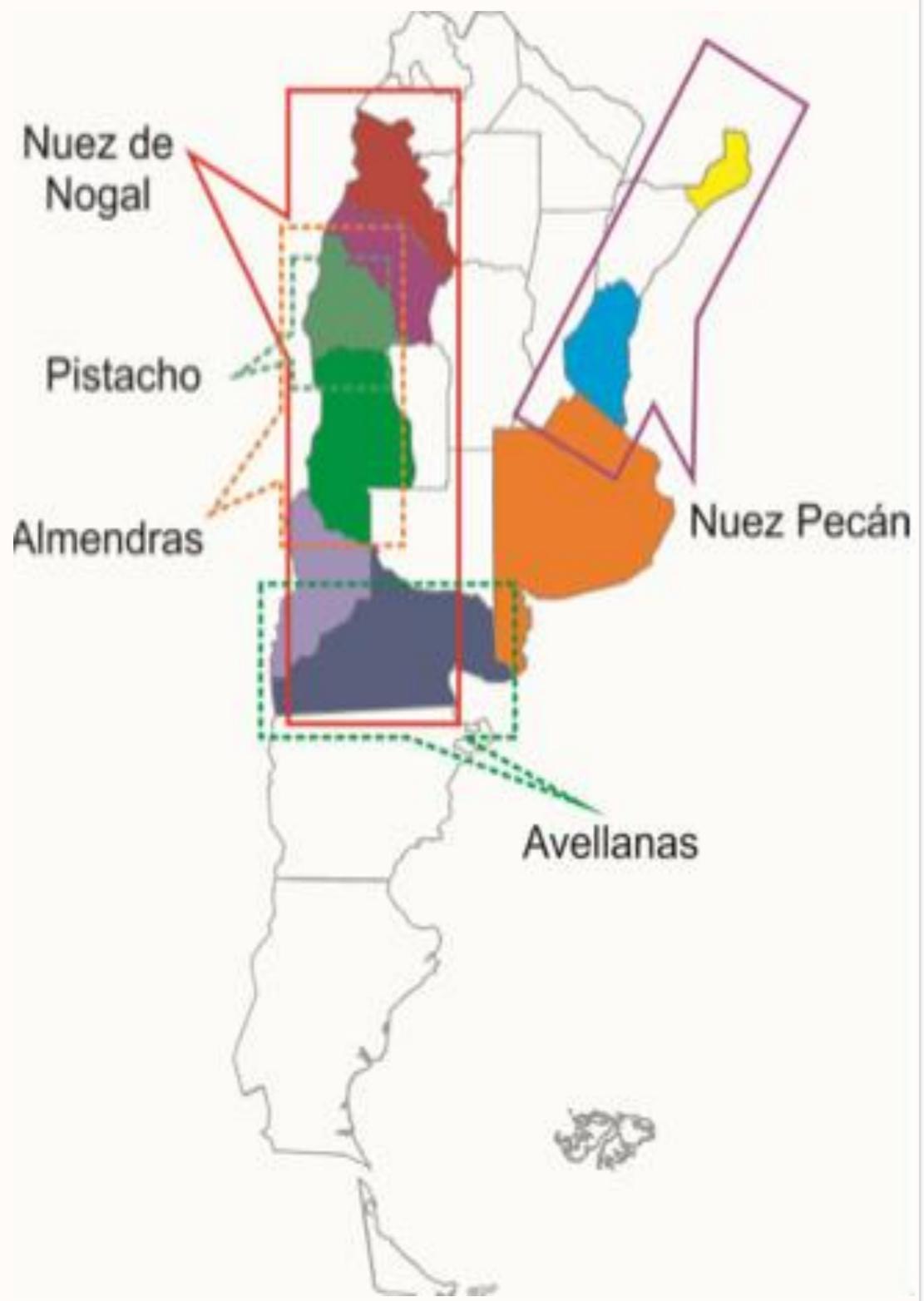


Turquía
Italia
Azerbaiyan
EEUU



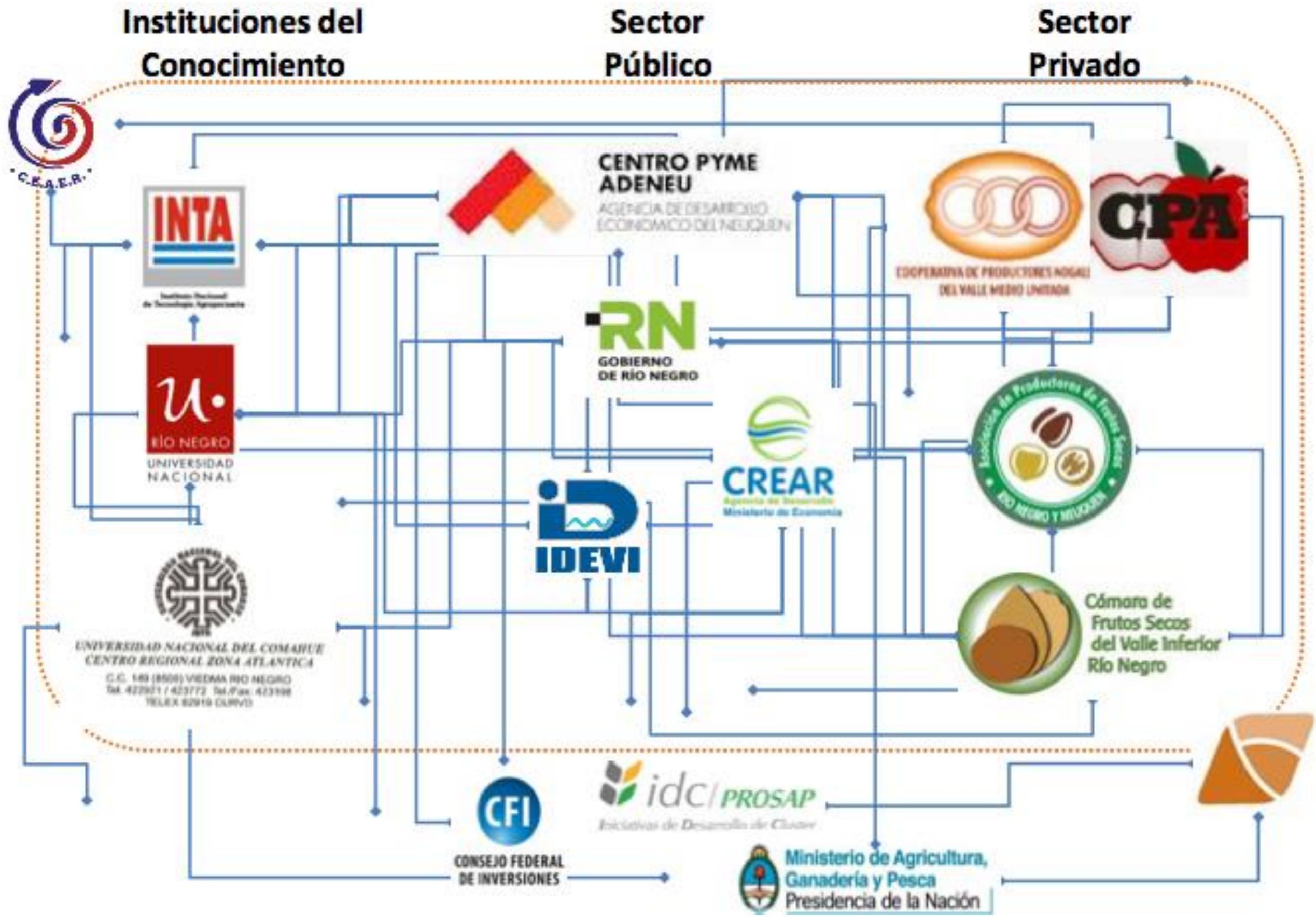
Turquía
Georgia
Italia
Azerbaiyan

Situación Nacional



Fruta	Argentina		Patagonia (%)
	Sup. (Ha)	Prod. (Tn)	
Nuez	15.850	15.800	12
Almendra	4.200	2.400	4
Avellana	650	240	92

Asociación - Vinculación



DE LAS METAS A LAS POLITICAS

MESA NACIONAL DE FRUTOS SECOS



26 de marzo de 2015

PEA Plan Estratégico
Agroalimentario
y Agroindustrial
2020





Aceites estabilizados



Harinas enriquecidas



Emulsiones



Coberturas inteligentes

Optimización de procesos

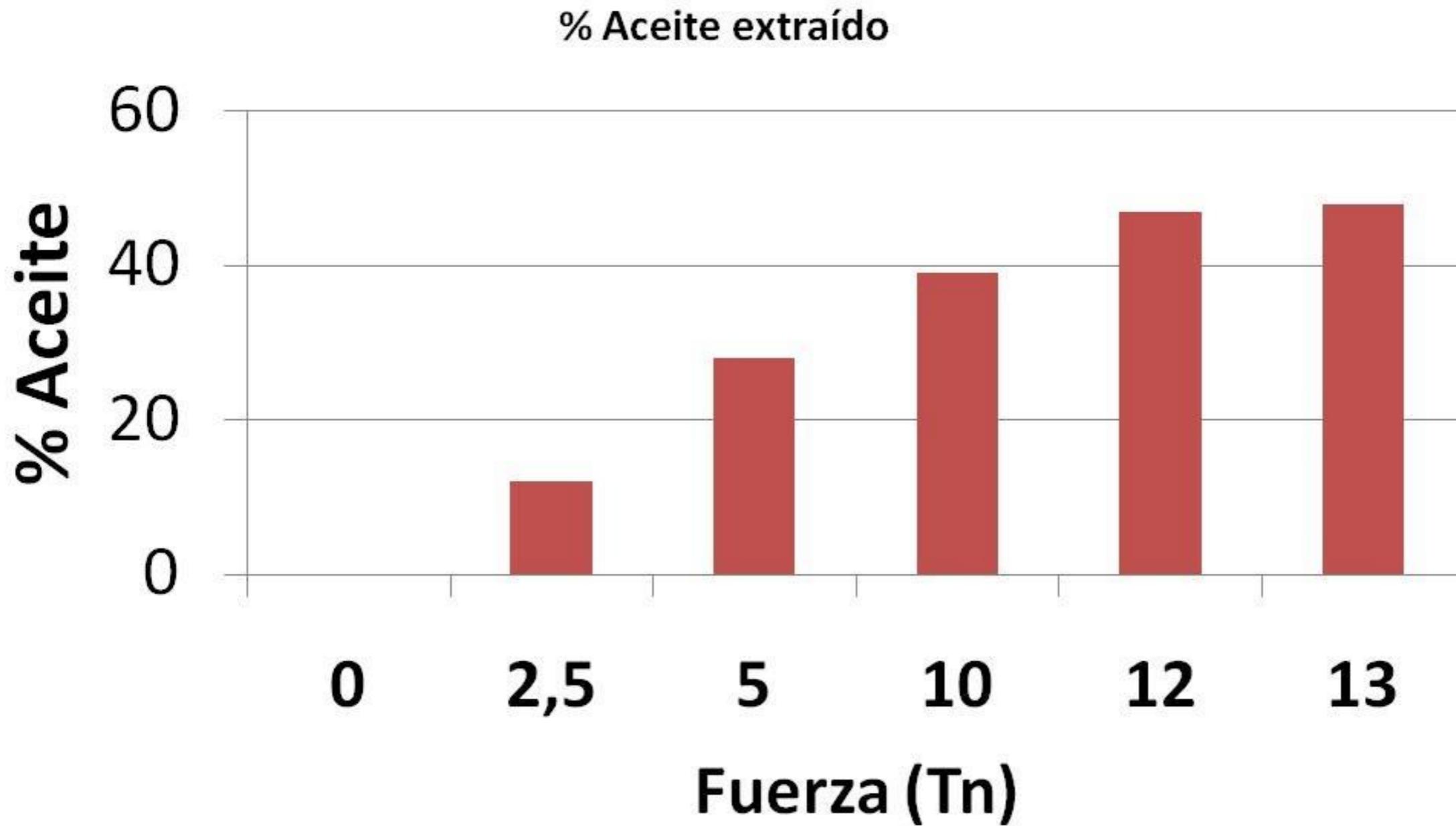


Prensa a tornillo

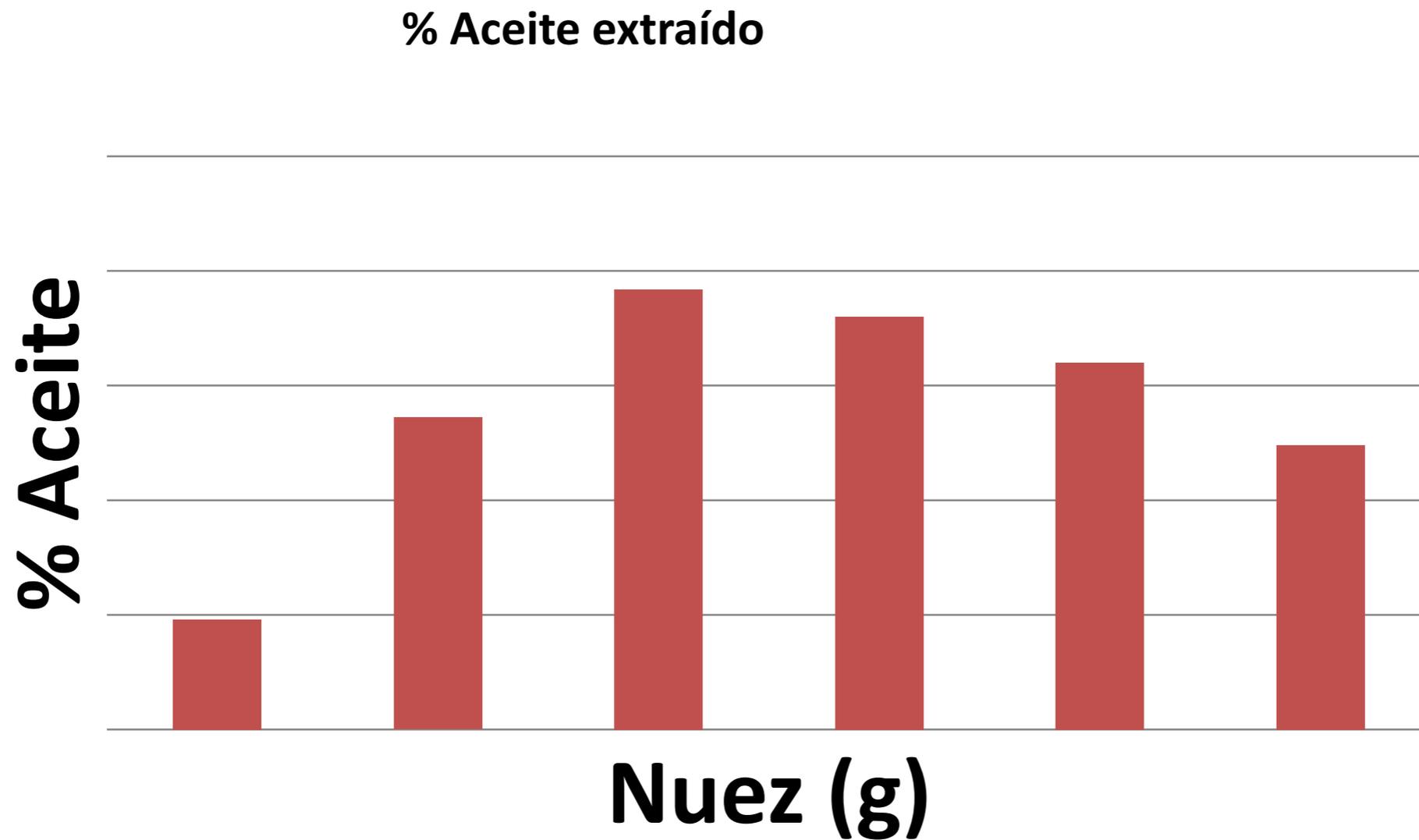


Prensa hidráulica

Optimización de procesos



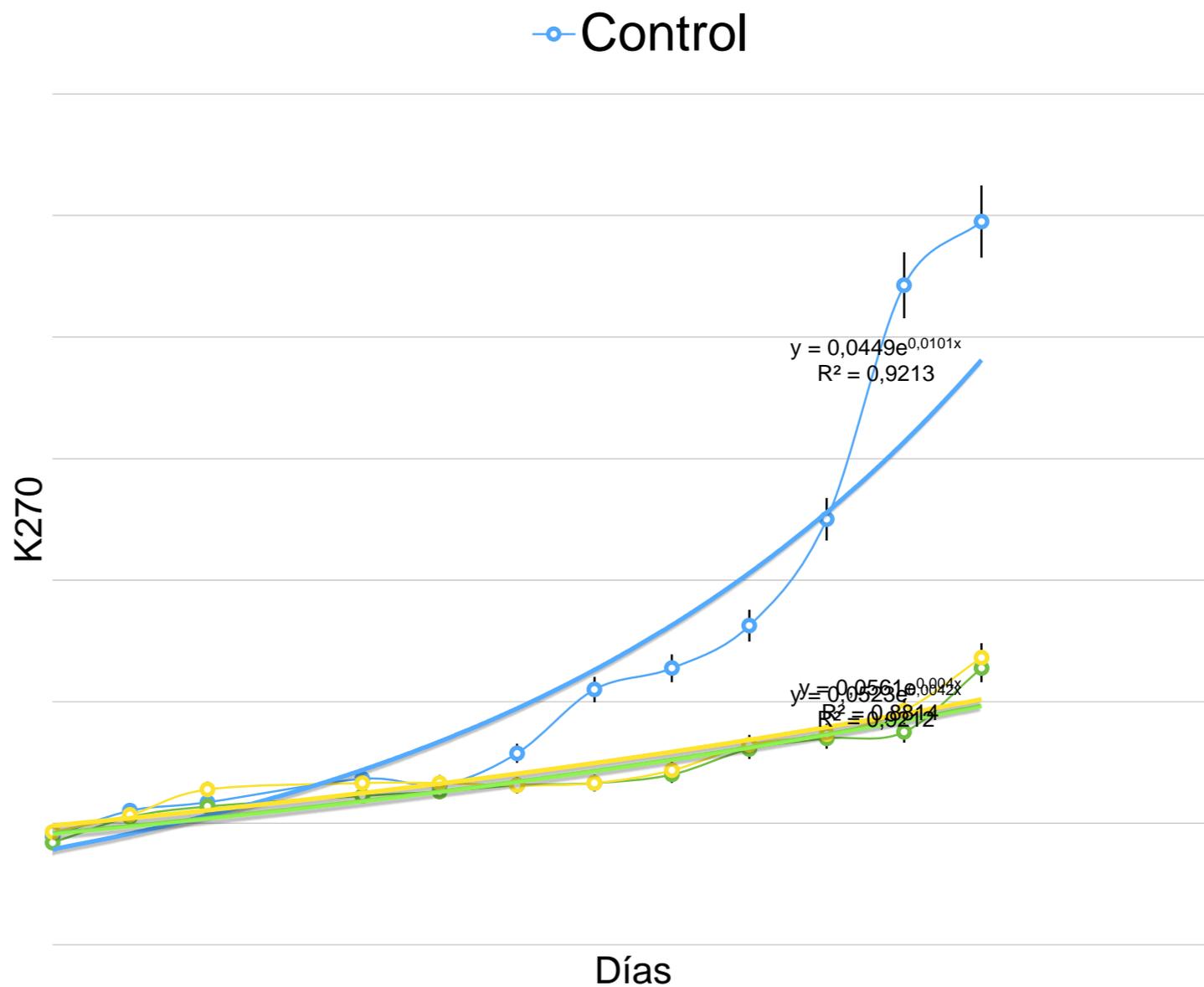
Optimización de procesos



Aceite de primera prensada

	Acidez (mg KOH/g)	Acidez g Oléico/100 g	Peróxidos meq/O₂/kg
Nuez chandler	1,4	0,70	<0,01
Nuez franquette	1,3	0,71	<0,01
Avellana barcelona	1,8	0,91	<0,01
Avellana Tonde di G	1,7	0,92	<0,01

Ensayos de estabilidad



SCTeIP Chubut
UNRN - CONICET
Asociación de FS
UCAR
Ing. Iannamico
Silvia Moschini

Muchas
Gracias