



**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

**HARVARD**gazette

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**

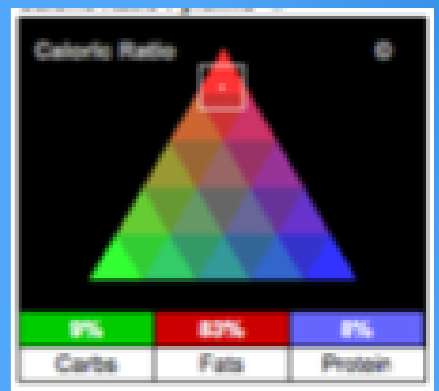
**Vitamina E**

**Aporte de K**

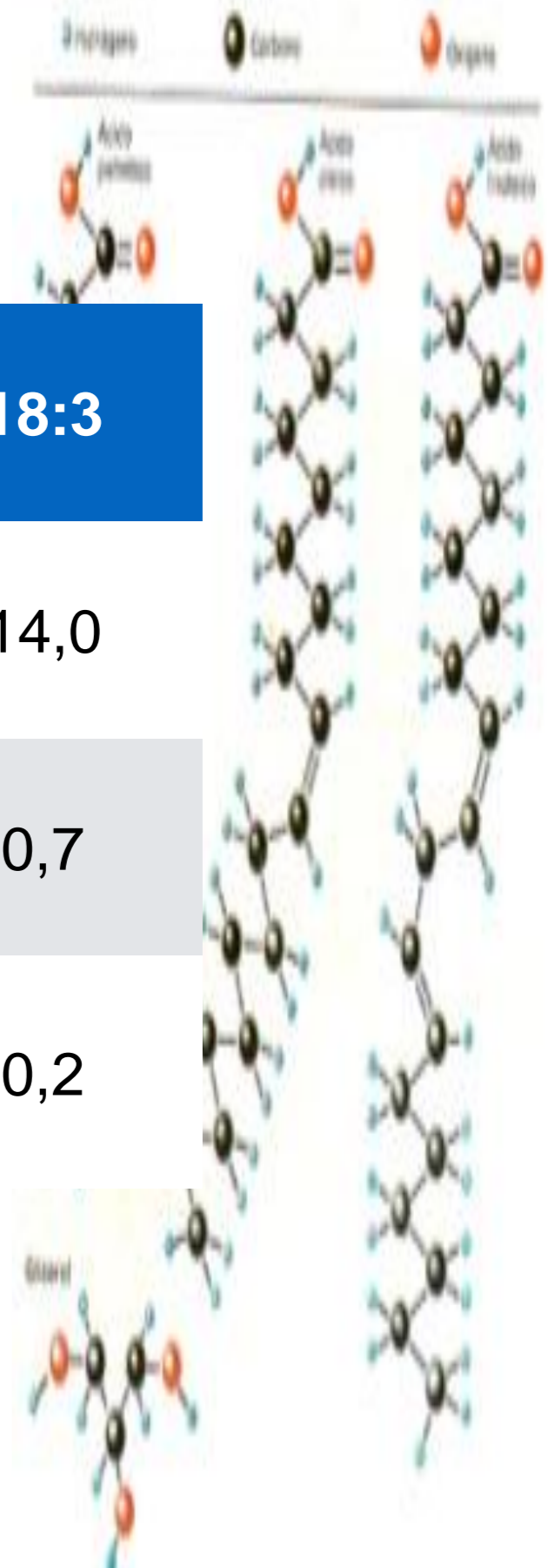


# Composición nutricional

	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

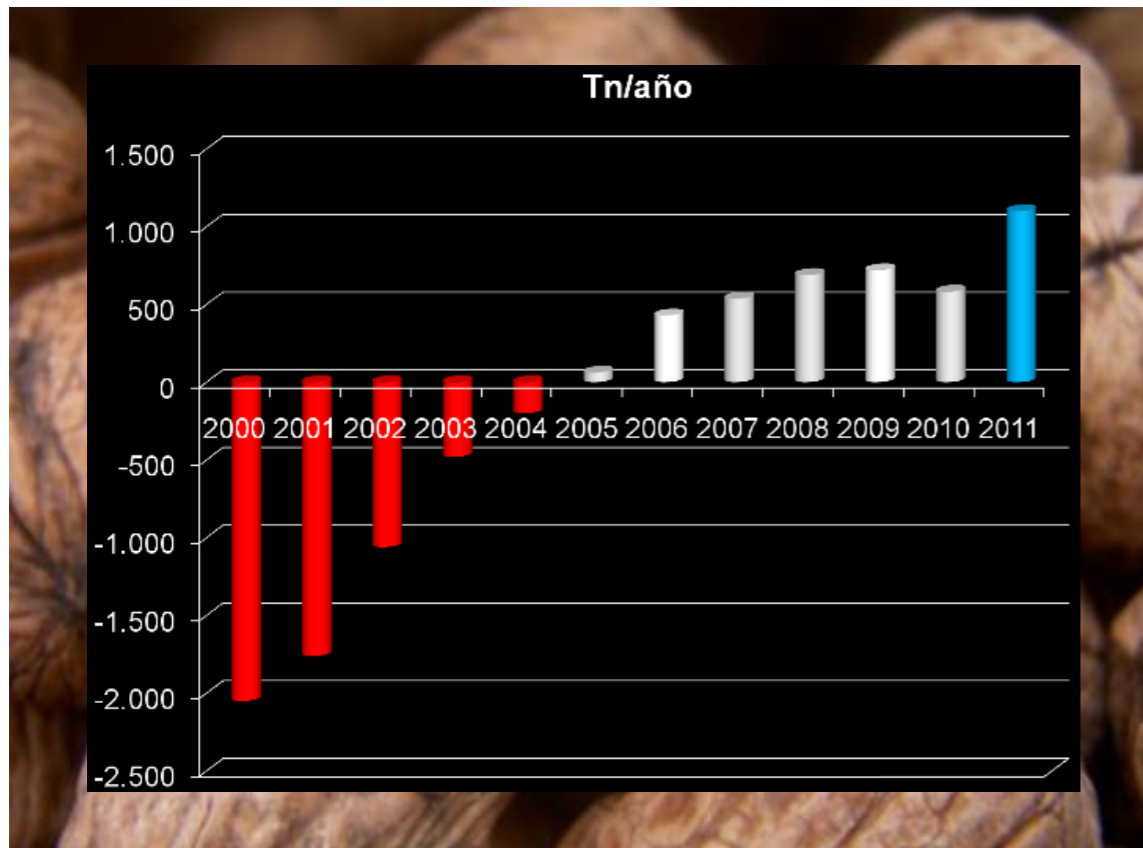


## Ácidos grasos



	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

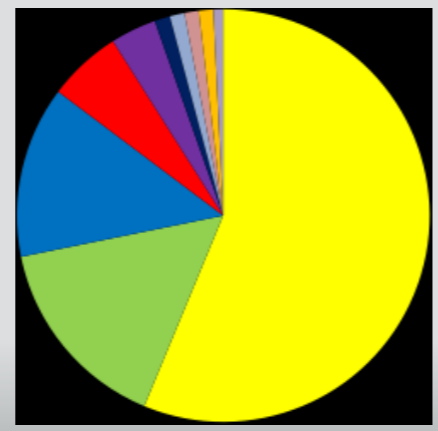


**Fuentes:** Mesa Nacional de Frutos secos (Ing. L. Iannamico)  
Centro Pyme Neuquen (Silvana Moschini)  
Asociación de frutos secos de la Norpatagonia

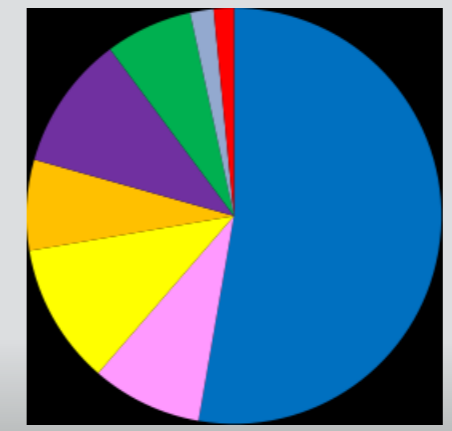
# Situación Internacional

## Productores

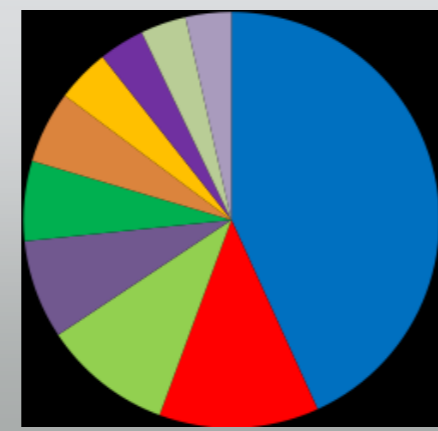
## Exportadores



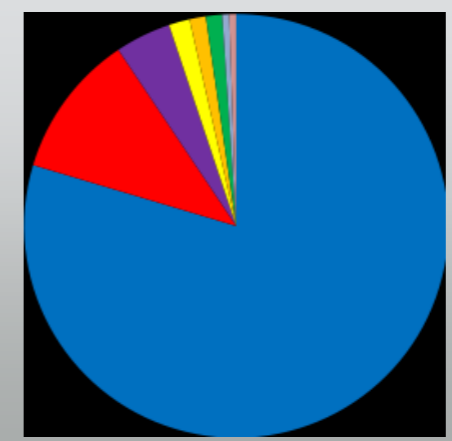
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**Iran**  
**EEUU**  
**Turquia**



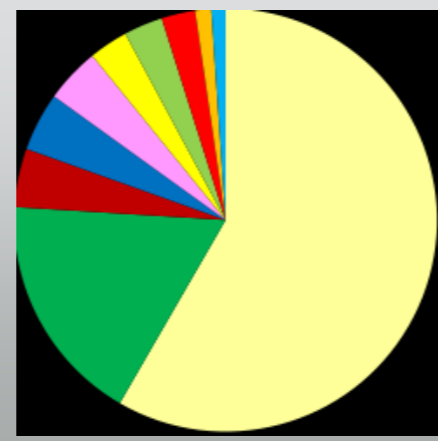
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**Francia**  
**China**  
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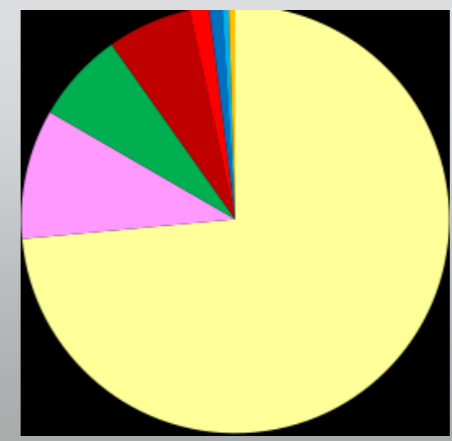
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**Irán**  
**Siria**



**EEUU**  
**España**  
**Australia**  
**Chile**



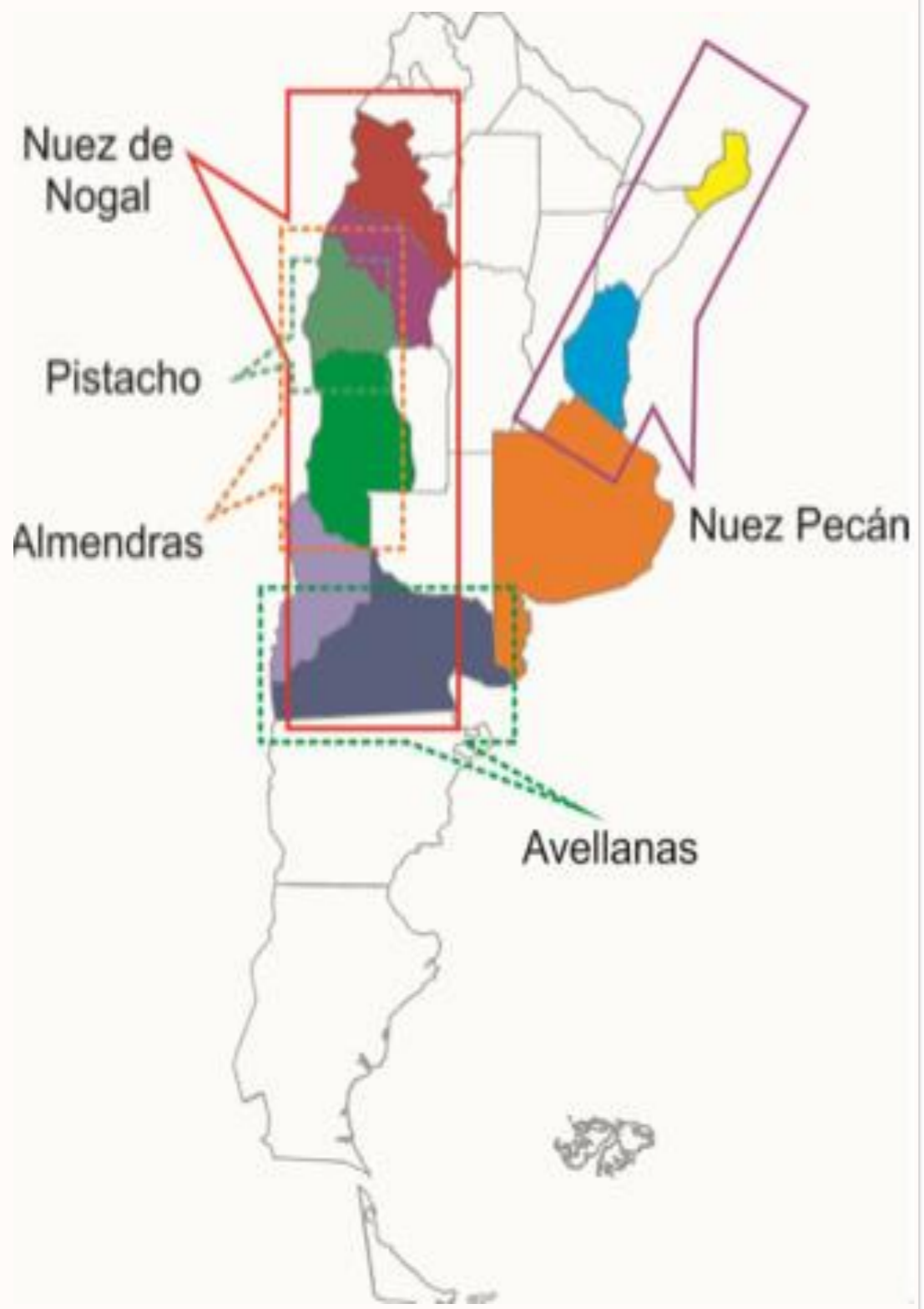
**Turquía**  
**Italia**  
**Azerbaiyan**  
**EEUU**



**Turquía**  
**Georgia**  
**Italia**  
**Azerbaiyan**

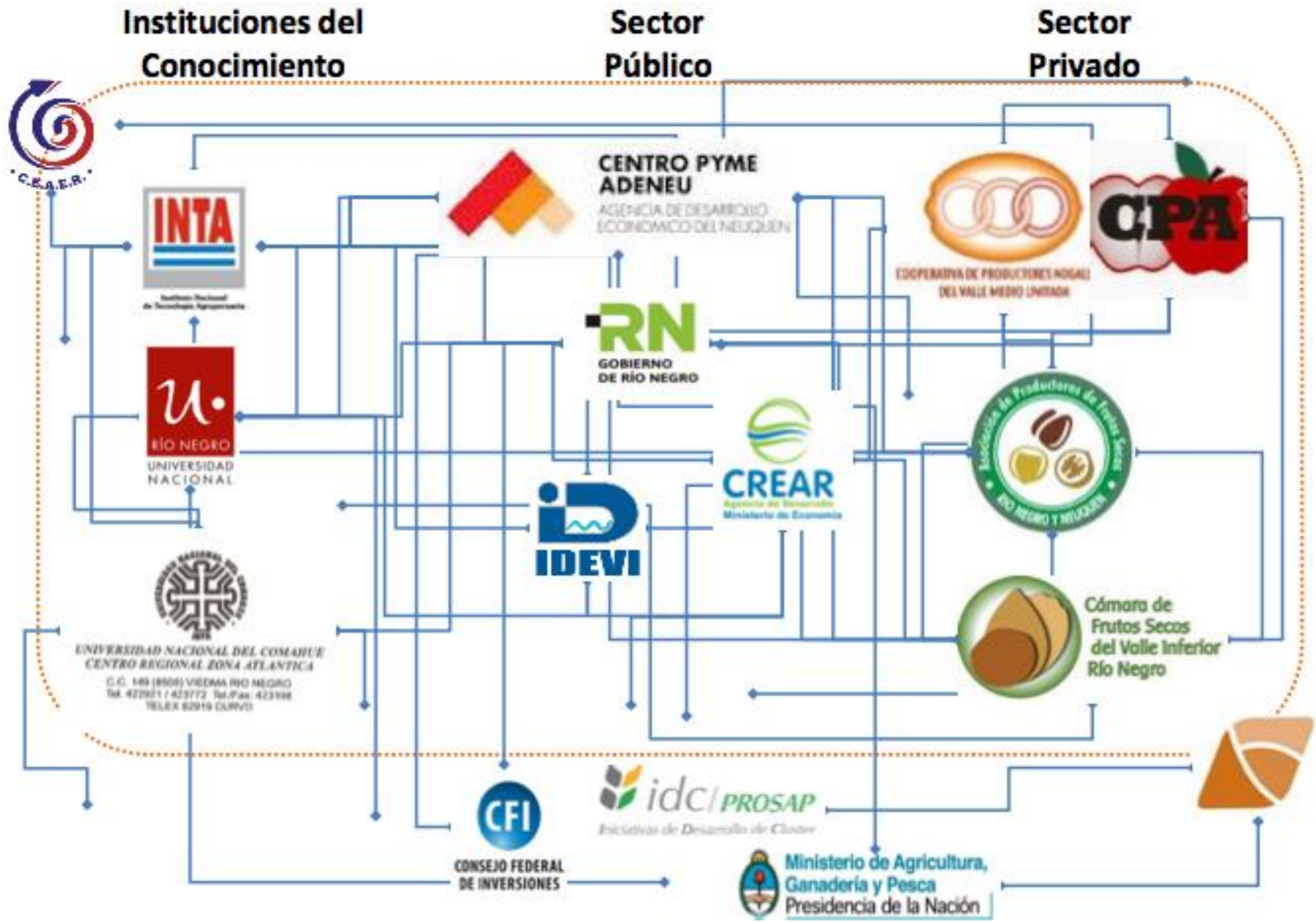


# Situación Nacional



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

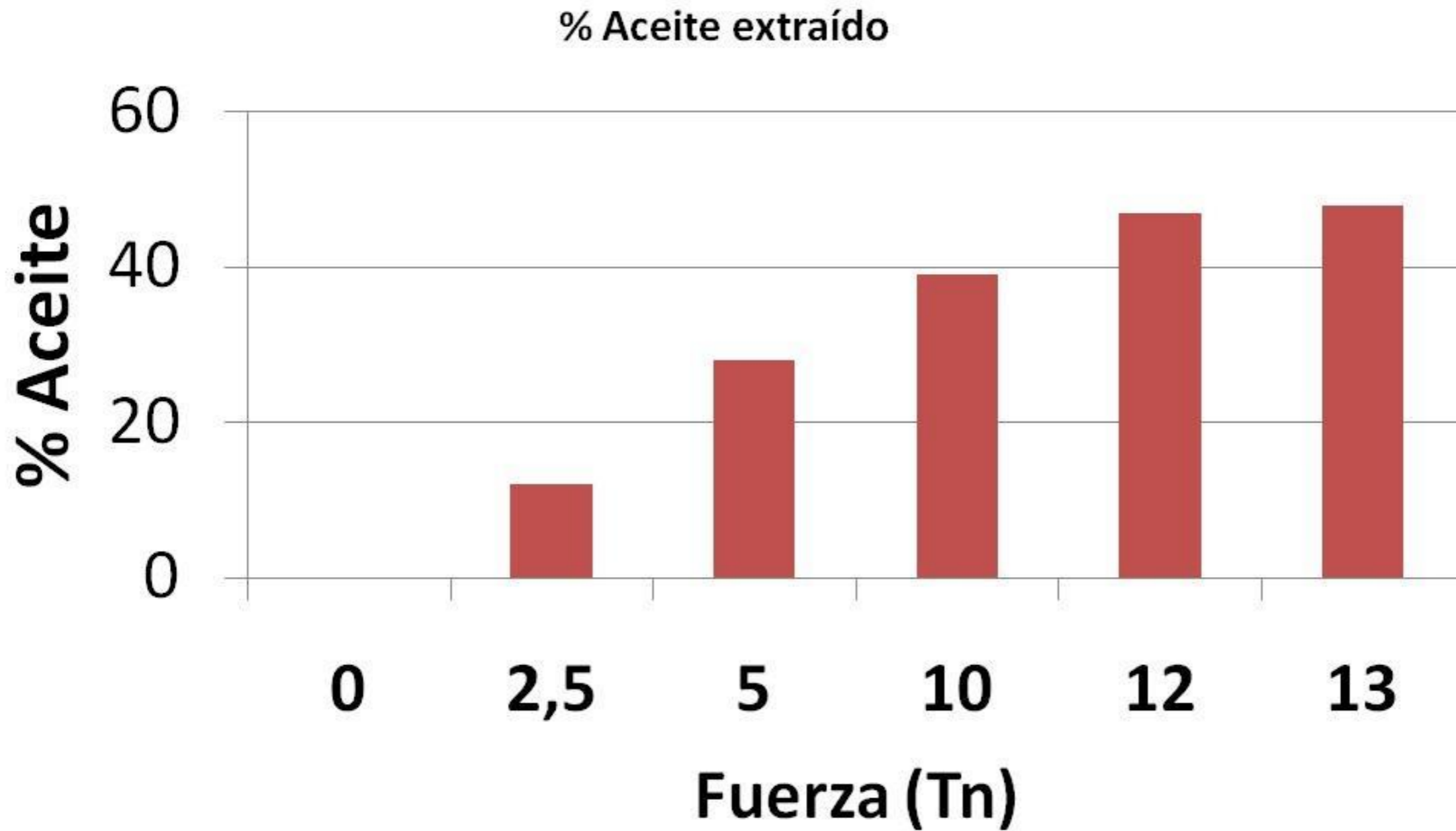


**Prensa a tornillo**

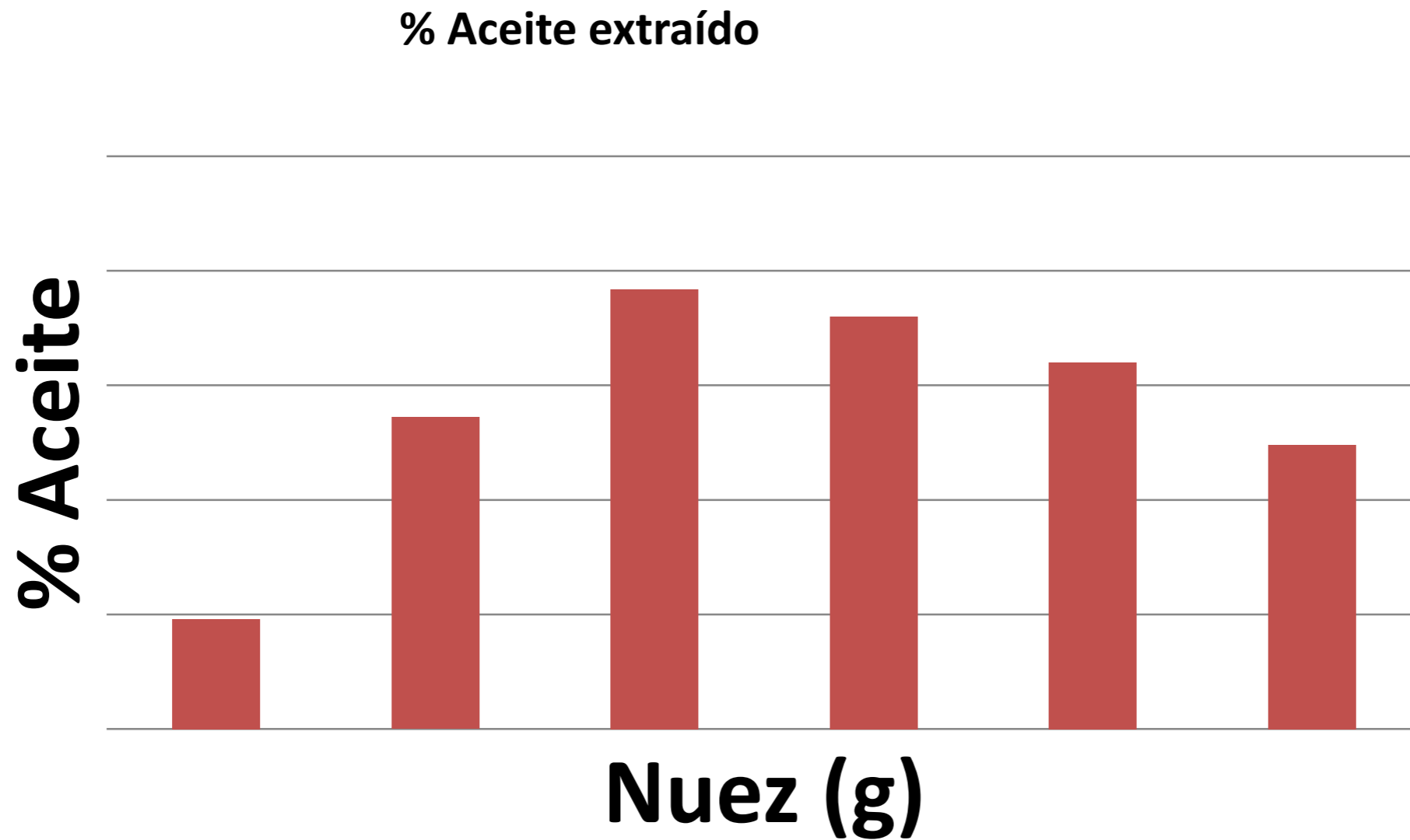


**Prensa hidráulica**

## Optimización de procesos



## Optimización de procesos

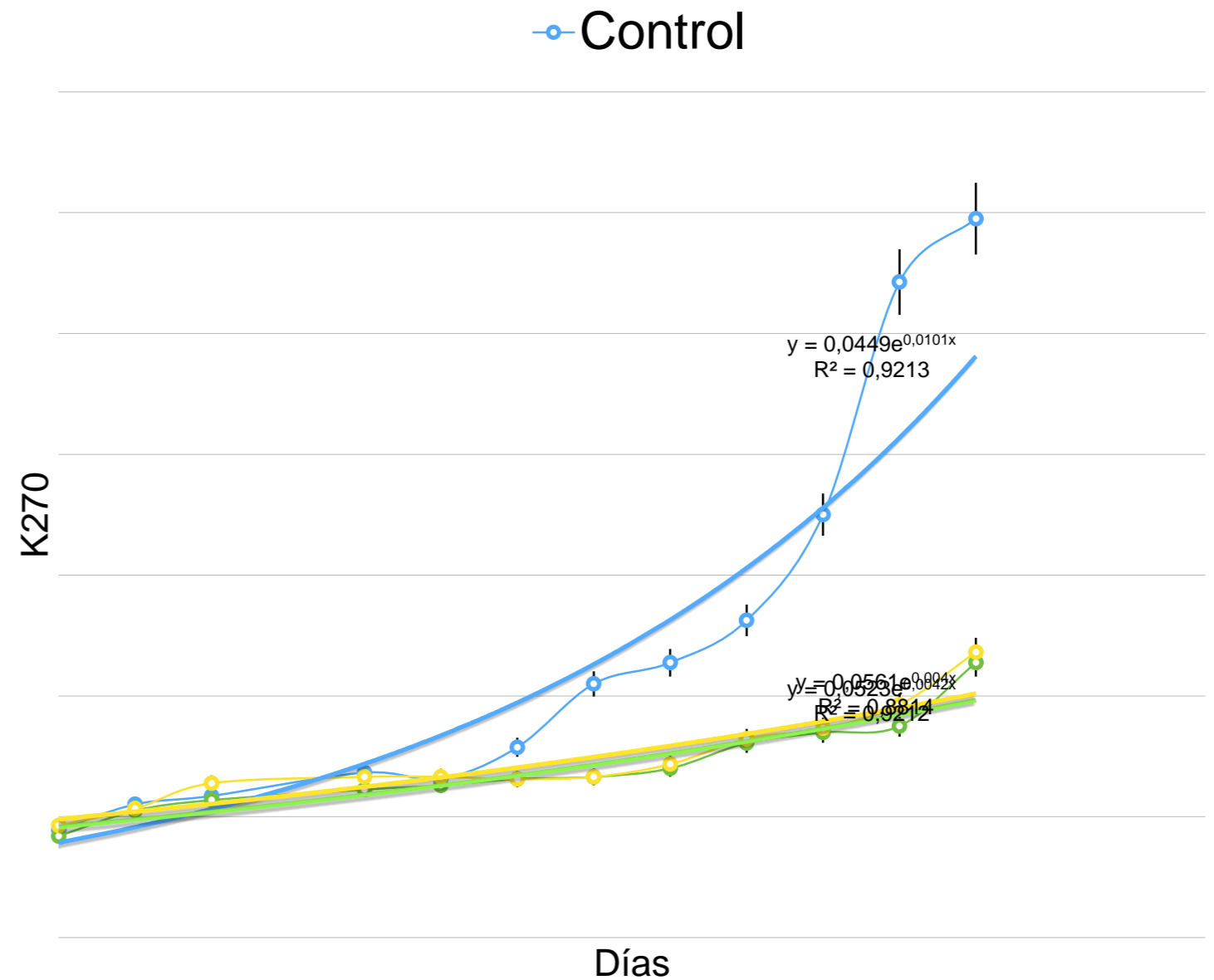


## Aceite de primera prensada

	Acidez (mg KOH/g)	Acidez g Oléico/100 g	Peróxidos meq/O <sub>2</sub> /kg
<b>Nuez chandler</b>	<b>1,4</b>	<b>0,70</b>	<b>&lt;0,01</b>
<b>Nuez franquette</b>	<b>1,3</b>	<b>0,71</b>	<b>&lt;0,01</b>
<b>Avellana barcelona</b>	<b>1,8</b>	<b>0,91</b>	<b>&lt;0,01</b>
<b>Avellana Tonde di G</b>	<b>1,7</b>	<b>0,92</b>	<b>&lt;0,01</b>



## Ensayos de estabilidad



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

**Muchas**  
**Gracias**