which provides additional information of their functionality and cooking properties.

Conclusions: SEM-EDX offered a fast approach to detect the minerals in different samples and the differences in minerals may be due to yam varieties and drying methods.

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PTFS17-04-26 A Study of the Rumelia–Balkan Immigrant Cuisine in Eskişehir and Its Integration Into Food Service Enterprises

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Objectives: This study analyzes the nutritional profiles of traditional dishes and evaluates their commercial applicability. It is also aims to develop a sustainable model linking the preservation of intangible culinary heritage. The research addresses three main objectives: compiling an inventory of traditional recipes, applying scientific selection and standardization procedures and assessing sensory quality together with menu integration potential.

Methods: Methods included document analysis, focus groups, experimental kitchen tests, and expert panel evaluation. Participants were selected through purposive sampling with support from the Balkan immigrants. An inventory of 100 traditional recipes was compiled. Recipes were tested in an experimental kitchen and evaluated for energy value, macronutrient composition, preparation time, cost and portion standardization. Based on expert and operational criteria, 70 recipes were excluded due to high fat content, extensive frying, operational difficulty, short shelf life or incompatibility with nutrition standards. The remaining 30 recipes were standardized and assessed by a 20-expert panel using a nine-point hedonic scale.

Results: The remaining recipes showed an average energy value of 480±95 kcal per portion and balanced macronutrient distribution (protein 18±4%, carbohydrates 45±7%, fat 32±6%). Average fiber content was 6.4±1.8 g. Operational efficiency improved by approximately 35%. Sensory evaluation results indicated a high overall acceptance score of 8.1±0.6 and menu integration compatibility of 83%.

Conclusions: The selection process strengthened gastronomic identity by identifying representative dishes. Standardized recipes with balanced nutrition and operational feasibility offer a scalable model for gastronomy tourism and local food enterprises, supporting the integration of intangible cultural heritage preservation with local economic sustainability.

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PTFS17-05-26 Development of the Moroccan Food Composition Table: A National Tool for Dietary Assessment and Nutrition Policy

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Objectives: Reliable food composition data are essential for dietary assessment, nutritional epidemiology, and evidence-based nutrition policies. In Morocco, existing tables are limited and do not fully meet international standards. This study aimed to develop a comprehensive Moroccan Food Composition Table (MFCT) aligned with FAO/INFOODS to support dietary assessment, nutrition research, and policy development.

Methods: The MFCT was developed using a systematic data compilation and harmonization process following FAO/INFOODS guidelines. Nutrient data were collected from multiple sources, including peer-reviewed publications, national reports, laboratory analyses, and international food composition databases. Foods were classified according to the nomenclature of the Moroccan High Commission for Planning (HCP) to ensure compatibility with national consumption surveys. Data quality evaluation, documentation, and standardization ensured traceability and comparability. Nutrient values came from three main sources: direct analyses, calculated standardized recipes, and validated bibliographic sources.

Results: The resulting MFCT includes 1,001 food items classified into 14 food groups and provides information on 43 nutritional constituents per food item. Moroccan data sources contributed 25.2% of nutrient values, including 3.5% obtained from direct laboratory analyses of Moroccan foods and traditional dishes. The remaining 74.7% of data were compiled from internationally recognized food composition databases, including those from France, West Africa, the United States, Bahrain, Turkey, and Lebanon. Approximately 16.2% of nutrient values were unavailable and remain missing, highlighting the need for additional national analytical data. The MFCT represents the most comprehensive compilation of nutrient composition data currently available for Moroccan foods.

Conclusions: The Moroccan Food Composition Table provides a key tool for dietary assessment, nutrition research, and evidence-based policy. As a dynamic database, it supports national surveillance, studies on diet-related diseases, and public health interventions. Future work should focus on generating national data to improve nutrient completeness and accuracy.

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