Acorn: a devalued food with health benefits

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INTRODUCTION

- Acorns are the fruits of Quercus trees and they have been playing a relevant role in the human diet across centuries, from ancient Native American Indians to modern Mediterranean countries.
- Acorns have been described as alternative functional foods, specially considering their high nutritional value and richness in bioactive phytochemical with biological action, contributing to the consumer well-being

OBJECTIVES

This work aims to review the nutritional composition of the acorn and its nutraceutical properties with health benefits and to highlight the importance of promotion on acorn products.



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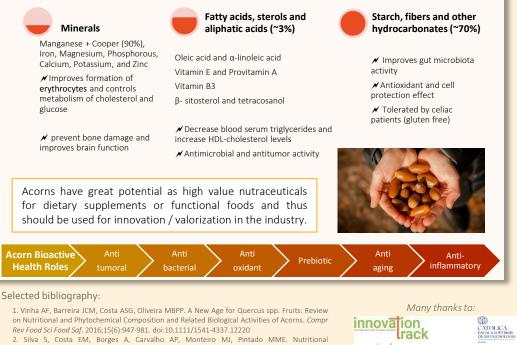
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METHODS

A bibliographic review was carried out in databases: Pubmed, ScienceDirect, Elsevier in Portuguese and English, using the words: acorn, acorn flour, acorn and nutraceutical, acorn and health. This research has been limited from 2008 to 2018

RESULTS AND CONCLUSIONS

Acorn fruits and its byproducts have a biological composition which confers attractive properties for the food and pharmaceutical products and its incorporation can **improve the nutritional characteristics and consumer's health** ^{1,2}.



2. Silva S, Costa EM, Borges A, Carvalho AP, Monteiro MJ, Pintado MME. Nutritional characterization of acorn flour (a traditional component of the Mediterranean gastronomical folklore). *J Food Meas Charact*. 2016;10(3):584-588. doi:10.1007/s11694-016-9340-1