



# WHY PARMIGIANO REGGIANO:

## Organic Parmigiano Reggiano

Parmigiano Reggiano is a tasty and nutritious food. It contains proteins, vitamins, mineral salts and is suitable for everyone's diet, adults, children, the elderly and pregnant women (it is often the only food that does not cause nausea). The more seasoned it is, the more digestible it is and you can eat it even if you are lactose intolerant.

## STRENGTHENS BONES

Parmigiano Reggiano is a precious source of calcium, essential for having healthy and strong bones. In fact, a 20 g flake contains the same amount of calcium as a glass of milk and 50 grams of Parmesan contain 580 milligrams of calcium, which is about half of the daily calcium requirement of an adult. A few grams of Parmesan is therefore enough to help your bones and those of your loved ones. Calcium, as you already know, is a precious ally in reducing the risk of bone fractures, and its intake is therefore strongly recommended for those suffering from osteoporosis. Even for pregnant women, a moderate consumption of Parmesan helps to meet the needs of calcium, folate, vitamins, zinc, potassium, magnesium.

## PREVENTS DISEASES

Parmigiano Reggiano helps improve the efficiency of our immune system. It is rich in vitamin B, iron and zinc, all elements that participate in the production of antibodies and lymphocytes. In particular, zinc is supposed to be responsible for more than three hundred functions in our body. In addition to contributing to the production of immune system cells, zinc regulates digestive function, improves stress levels and helps control diabetes. In particular, Beta-Carotene and vitamins A, B2, B6, B12 ensure an excellent protective and antitoxic action: they contribute to the formation of antibodies and defend us from the pollutants present in the air we breathe every day. Various scientific studies have also demonstrated that the enzymes present in Parmesan aged for at least 15-18 months ensure a therapeutic action for the treatment of viral and bacterial enteritis, typical of children in the first years of life. It is also curious to underline that several studies have proved that many proteins are modified during the aging process of Parmigiano Reggiano, due to the action of bacteria that partially digest them, forming peptides. These have various biological functions that are very useful to our body such as: lowering blood pressure, benefits on diabetes and cardiovascular diseases.

## RECHARGE YOU WITH ENERGY

Nutritionists and dietitians recommend regular consumption of Parmesan for all sportsmen and women, especially those who practice activities that require strength and muscle mass, such as wrestling or boxing. Parmesan works like a real natural food supplement. A few grams of Parmigiano Reggiano guarantee a high intake of vitamins and proteins, very similar to vegetable ones. In fact, 100 grams of Parmesan ensure 40% of our daily requirement of vitamin A, 20% of that of vitamin B2 and a quantity of vitamin B12 higher than the common physiological needs. Absolutely extraordinary.

## HELPS LOSE WEIGHT

It almost seems like a paradox. In almost all diets it is recommended to limit the consumption of fats and dairy products. Parmigiano Reggiano, on the other hand, contains CLA (conjugates of linoleic acid), an essential fatty acid that would stimulate fat loss and calorie expenditure at rest, which is, among other things, often used in various slimming products. Furthermore, Parmigiano Reggiano has a high satiety index and, if consumed together with fresh seasonal vegetables or artichokes and raw mushrooms, it will help facilitate diuresis and reduce water retention, responsible for swelling and localized cellulite.