



Italian Gelato (artisan ice cream)

Gelato is a natural food with important nutritional value. In fact, the ingredients of gelato are the same as those you probably use almost every day: milk, eggs, cream, cocoa, fruit and basic building blocks like proteins, sugar, fat, vitamins, minerals, and fiber.

Milk-based gelato contains proteins of significant biological value, full of essential amino acids that are very useful to the body and its constant regeneration. The main carbohydrates in gelato are mostly lactose and sucrose, simple sugars that are quickly metabolized. These nutrients are useful when the body is in movement, particularly when the body is recovering from athletic activity.

Fat in gelato provides a favorable quota of short chain fatty acids that are used as a source of energy by the body. Gelato also includes helpful amounts of vitamin A and B2, calcium and phosphorous.

The raw materials used in gelato production fall into different categories: dairy (milk, cream, butter), sweeteners (sucrose, fructose, lactose), flavorings (cocoa, chocolate, juices, fruit pulp), and other additives (eggs, additives, coloring, alcohol, etc).

Dividing the ingredients into groups corresponding to the body's needs, we find the following:

- Water (fluid needs): the vehicle that transports the construction materials to where the body needs them.
- Sugar (energy needs): very important source of energy for quick use.
- Fat (energy needs): found in almost all foods except for sugars.
- Protein (building needs): satisfy the basic organic need to construct new tissue and to substitute damaged and dying muscle.
- Minerals (needs for natural elements): helps nutrients do their jobs.
- Vitamins (vitamin needs): necessary for making best use of nutrients in food.

Gelato contains all these elements, essential for complete nutrition.

Just think about the significant presence of milk in gelato, milk being the only food consumed by infants, in which newborns find all they need: water, sugar, fat, protein, minerals, and vitamins. If you compare the nutritional value of milk with that of gelato you will find that there is a higher concentration of nutrients in gelato.

This doesn't mean that one can live on gelato alone (or milk). However it is interesting to highlight that gelato does have important nutritional value. It's nice to know that there is a food out there that is so delicious and yet good for you!