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TROPICAL PROTEIN

with Chia Seeds



A SUPER FOOD FOR ARTISANAL GELATO
THIS FLAVOR TRANSFORMS A TRADITIONAL HEALTHY FOOD INTO A MODERN, HEALTHY EXPERIENCE FOR ARTISANAL GELATO. RICH IN PLANT PROTEINS, FIBER, AND OMEGA-3, IT NOT ONLY ADDS FLAVOR AND TEXTURE BUT ALSO ENRICHES EACH SERVING OF GELATO WITH FUNCTIONAL BENEFITS.

Tropical fruits provide natural sweetness and exotic flavor, balancing the neutral taste of chia seeds.

TASTE AND VERSATILITY

Chia seeds are rich in fiber, while tropical fruits offer water and soluble fibers, supporting a healthy digestive system.

NUTRITIONAL BALANCE

CONSUMING CHIA SEEDS WITH TROPICAL FRUITS IS IDEAL FOR COMBINING TASTE, NUTRITION, AND DIGESTIBILITY.

COD. 21BS0189 TROPICALE PROTEICO CON SEMI DI CHIA - Complete powdered product with tropical flavor and added chia seeds

COD. 19VCG0037 VARIEGATO TROPICALE CON SEMI DI CHIA - Tropical-flavored variegated with added chia seed



PERFECT COMBO

FF CHIA SEEDS



A MILLENNARY SUPERFOOD

Chia seeds, small but incredibly powerful, boast ancient origins and a history rich in tradition. Used as far back as 3,500 years ago by pre-Columbian civilizations

SUCH AS THE AZTECS AND MAYA,

they were considered a valuable source of energy, strength, and endurance. It's no coincidence that the term "chia" derives from the Mayan word meaning "strength," a meaning that perfectly reflects the value attributed to these tiny seeds.

Warriors and runners, in particular, consumed them to sustain long marches, battles, or races, relying on their ability to enhance physical and mental stamina under extreme conditions.

CHIA WAS NOT JUST A FOOD

but a true cultural and ritual symbol. It was also used as an offering in religious ceremonies and as a medium of exchange, demonstrating its value in the economy and society of Mesoamerican civilizations.

TODAY

chia seeds have regained their place of honor as a symbol of wellness and health. Their extraordinary

nutritional richness makes them a superfood appreciated worldwide. Packed with omega-3 fatty acids, proteins, fiber, antioxidants, vitamins, and minerals, chia seeds are a true **powerhouse of beneficial properties** for both body and mind. Omega-3 fatty acids, for instance, contribute to cardiovascular health by helping reduce bad cholesterol (LDL) levels and promoting optimal lipid balance. Their high fiber content makes them valuable allies for well-being, aiding digestion and promoting a prolonged sense of satiety, which is useful for those looking to manage their body weight.

HEALTH HIGHLIGHTS

PROTEINS

Ideal for athletes and those seeking a balanced diet.

FIBER

Supports digestion and satiety.

ANTIOXIDANTS

Combat oxidative stress, offering a gourmet and healthy option for guilt-free desserts.



TRENDS

& USES

Chia seeds are not just a healthy food but also a **source of inspiration in the kitchen!** From creamy chia **puddings** that are trending on social media to **high-end pastry** creations that make them the star of desserts, to their use as a **natural egg substitute** and an innovative ingredient for refreshing beverages. Discover how this versatile superfood is taking over every corner of the table!

