



ELPOZO ALIMENTACIÓN studies the health benefits of eating cured ham

The Institute of Agrochemistry and Food Technology (IATA-CSIC) and the San Antonio Catholic University in Murcia (UCAM) are also taking part in the research, which is expected to finish before the end of 2020.

27th February 2018.- ELPOZO ALIMENTACIÓN is taking part in a research project to demonstrate how eating cured ham provides cardiovascular benefits by modulating blood pressure, the carbohydrate metabolism and cholesterol in human beings.

The Institute of Agro chemistry and Food Technology (IATA-CSIC), and the San Antonio Catholic University in Murcia (UCAM) are also taking part in the study with ELPOZO ALIMENTACIÓN. The research is a result of the interesting results obtained previously by the UCAM and that demonstrated the beneficial effect of certain peptides present in ELPOZO cured ham. This initiative is subsidised by the Ministry of Economy, Industry and Competiveness through the COLLABORATION CHALLENGES 2017 call, which is co-financed by the European Regional Development Fund (FEDER) within the Operational Programme to promote technological development, innovation and quality research.

The project, which last three years, aims to demonstrate that a normal consumption of ELPOZO cured ham can improve cardiovascular health due to the provision of bioactive peptides, which may regulate blood pressure, as well as reduce glycaemia and plasmatic cholesterol.

ELPOZO ALIMENTACIÓN is a pioneer in healthy food, thanks to its firm commitment to research and innovation. It collaborates with universities and scientific associations throughout Spain on research projects which, like this one, contribute to improving the health and wellbeing of the local population