



LOCALNUTLEG project is part of the PRIMA programme supported by the European Union's Horizon 2020 research and innovation programme

## ONE PRESENTATION IN AN INTERNATIONAL CONFERENCE REGARDING THE IDENTIFICATION AND OPTIMIZATION RESULT

### DELIVERABLE 2.8

#### Pulping

#### Developing of Pumpkin Pulp Formulation using a Sustainable Integrated Strategy



montanhas  
de investigação



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## Document Information

<b>Deliverable Number</b>	2.8
<b>Deliverable name</b>	One presentation in an international conference regarding the identification and optimization result
<b>Contributing WP</b>	WP2: Sustainable recovery of compounds with preserving capacity from pumpkin by-products
<b>Contractual delivery date</b>	M18, February 2022
<b>Actual delivery date</b>	M27, November 2022
<b>Requested delivery date</b>	February 2023
<b>Dissemination level</b>	Public
<b>Responsible partner</b>	IPB
<b>Reviewers</b>	All partners
<b>Version</b>	1

## 1. Summary

PulpIng project aims at the development of a high-quality pumpkin pulp product enriched and preserved by added-value compounds obtained from pumpkin by-products, fostering an integrative and sustainable strategy. Obtaining extracts with high preservative capacity from pumpkin by-products, more specifically the seeds, peel and fibers, is the main goal of the WP2 – “Sustainable recovery of compounds with preserving capacity from pumpkin by-products”. This report regards the deliverable D 2.7 – “One presentation in an international conference regarding the identification and optimization result” of the WP2, that comprises the dissemination of work developed in Task 2.2 – “Optimization of sustainable and industrially feasible extraction processes of natural preservatives”.

## 2. Description

The present deliverable lists the oral and poster communications presented or accepted for presentation regarding the identification of bioactive compounds in the pumpkin byproducts. The results regarding the optimization of the extraction were accepted for presentation in the international conference “XXVI Encontro Galego-Portugués de Química” in November 2022.

### 2.1. Oral Communications

Leichtweis, M. G., Molina, A. K., Pereira, C., Pires, T. C. S., Bachari, K., Ziani, B. E. C., Ferreira, I. C. F. R., Barros, L. Bioactive properties of bio-residues from food industry: pumpkin seeds, peels, and fibrous strands. 2nd Meeting of the Group of Portuguese Chemists Abroad of the Portuguese Chemical Society. 10 June 2021. Lisbon, Portugal (ANNEX D2.8A).

Leichtweis, M. G., Molina, A.K., Pereira, C., Chaski, C., Polyzos, N., Petropoulos, S.A., Ferreira, I.C.F.R., Barros, L. Food industry by-products applied as pumpkin-based foodstuff preservatives. Chromatography helps in times of crisis. 17 December 2021. Lisbon, Portugal (ANNEX D2.8B).

Leichtweis, M. G., Molina, A. K., Pereira, C., Pires, T. C. S., Calhelha, R., Oliveira, M.B.P.P., Ferreira, I. C. F. R., Barros, L. Pumpkin by-products as a source of preservative compounds for food application: valorization of industrial bioresidues towards a sustainable system. XVI Encontro de Química dos Alimentos. 23-26 October 2022. Castelo Branco, Portugal (ANNEX D2.8C).

Leichtweis, M. G., Molina, A. K., Pereira, C., Pires, T. C. S., Calhelha, R., Neji, T., Oliveira, M.B.P.P., Ferreira, I. C. F. R., Barros, L. Subprodutos de abóbora como fonte de conservantes naturais para aplicação alimentar. IV Congresso Nacional das Escolas Superiores Agrárias. 3-4 November 2022. Santarém, Portugal (ANNEX D2.8D).

## 2.1. Poster Communications

Leichtweis, M. G., Molina, A. K., Pereira, C., Pires, T. C. S., Ferreira, I. C. F. R., Barros, L. Pumpkin bioresidues as sources of bioactive compounds for food application. 7<sup>th</sup> Portuguese Young Chemists Meeting (7PYCheM). 19-21 May 2021. Bragança, Portugal (ANNEX D2.8E).

Leichtweis, M. G., Molina, A. K., Pereira, C., Pires, T. C. S., Ferreira, I. C. F. R., Barros, L. Compostos bioativos de bio-resíduos de abóbora para aplicação em alimentos. Encontro com a ciência e tecnologia em Portugal (Encontro Ciéncia '21). 28-30 June 2021. Lisbon, Portugal (ANNEX D2.8F).

Leichtweis, M. G., Molina, A. K., Pereira, C., Chaski, C., Polyzos, N., Petropoulos, S.A., Ferreira, Isabel C.F.R., Barros, L. Food industry by-products applied as pumpkin-based foodstuff preservatives. Royal Society of Chemistry Poster 2022. Twitter Conference (On-line). 1 March 2022 (ANNEX D2.8G).

Leichtweis, M. G., Molina, A.K., Pereira, C., Calhelha, R. C., Bachari, K., Ziani, B.E.C., Ferreira, I.C.F.R., Barros, L. Valorização de cascas, sementes e fibras de abóbora no desenvolvimento de extratos bioativos para aplicação alimentar. Encontro com a ciéncia e tecnologia em Portugal (Encontro Ciéncia '22). Lisbon, Portugal. 16-18 May 2022 (ANNEX D2.8H).

Leichtweis, M. G., Molina, A. K., Pereira, C., Dias, M.I., Charikleia, V., Petropoulos, S.A., Oliveria, M.B.P.P., Barros, L. The identification of preservative compounds from pumpkin fruit peel for the development of a fruit pulp product. Innovation in Mediterranean Traditional Foods: novel products and processes (IMTF). Bragança, Portugal. 13-14 October 2022 (ANNEX D2.8I).

Leichtweis, M. G., Molina, A. K., Pereira, C., Pires, T. C. S., Calhelha, R., Neji, T., Oliveira, M.B.P.P., Ferreira, I. C. F. R., Barros, L. Evaluation of the potential preservative capacity of pumpkin (*Cucurbita maxima* Duchesne) by-products. 23-26 October 2022. Castelo Branco, Portugal (ANNEX D2.8J).

Leichtweis, M.G., Molina, A.K., Pereira, C., Dias, M.I., Pires, T.C.S., Calhelha, R.C., Bachari, K., Ziani, B.E.C., Oliveira, M.B.P.P., Ferreira, I.C.F.R., Barros, L. Natural compounds with preservative capacity obtained from by-products of pumpkin industrial processing. 2<sup>nd</sup> International congress on bioactive compounds (ICBC). 9-10 November 2022. Campinas, São Paulo, Brazil (ANNEX D2.8K).

Leichtweis, M.G., Molina, A.K., Pereira, C., Pires, T.C.S., Calhelha, R.C., Mohamed, M.H., Oliveira, M.B.P.P., Ferreira, I.C.F.R., Barros, L. Egyptian pumpkin by-product extracts as natural food preservatives. 17 November 2022. Lisbon, Portugal (ANNEX D2.8L).

Molina, A.K., Leichtweis, M.G., Pereira, C., Pires, T.C.S., Calhelha, R.C., Bachari, K., Ziani, B.E.C., Ferreira, I.C.F.R., Barros, L. Food preservative extracts from pumpkin by-products. 17 November 2022. Lisbon, Portugal (ANNEX D2.8M).

Leichtweis, M.G., Molina, A.K., Pereira, C., Carocho, M., Charikleia, V., Spyridon, A.P., Oliveira, M.B.P.P., Ferreira, I.C.F.R., Barros, L. Recuperação de subprodutos da indústria alimentar para extração otimizada de compostos fenólicos. XXVI encontro Galego-Portugués de química. 16-18 November 2022. Santiago de Compostela, Spain (ANNEX D2.8N).

Leichtweis, M.G., Molina, A.K., Pereira, C., Dias, M.I., Carocho, M., Oliveira, M.B.P.P., Ferreira, I.C.F.R., Barros, L. Identificação e otimização da extração de compostos fenólicos de cascas de abóbora ‘Butternut squash’. XXVI encontro Galego-Portugués de química. 16-18 November 2022. Santiago de Compostela, Spain (ANNEX D2.8O).



## **ANNEXES 2.8A – 2.8D**

### **ORAL COMMUNICATIONS**

## ANNEX D2.8A

### 2<sup>nd</sup> Meeting of the Group of Portuguese Chemists Abroad of the SPQ



**Programme and  
Book of Abstracts**



#### Bioactive properties of bio-residues from food industry: pumpkin seeds, peels, and fibrous strands

M. G. Leichtweis [a], A. K. Molina [a], C. Pereira [a], Tânia C. Pires [a], K. Bachar [b], B. E. C. Ziani [b], I.C.F.R. Ferreira [a], L. Barros [a]

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The limitation of natural resources, together with current consumer trends and needs, demand the implementation of sustainable food systems, able to produce healthier products and fulfil circular economy principles. The food industry is under pressure to offer healthy, convenient, and ready-to-eat foods, able to meet daily nutritional needs, provide pleasure and safety, and attend to consumers' growing expectations and safety issues [1]. Given its high nutritional value and the variety of types of pumpkins, it is a fruit that is widely consumed around the world. Nevertheless, during the industrial processing of the fruit, about 25% of the pumpkin is wasted being this by-product mainly constituted by peels, seeds, and fibrous strands [2]. Through the present work, these bio-residues were assessed in terms of bioactive properties, namely the lipid peroxidation inhibition capacity (TBARS) and the anti-hemolytic activity (OxHLA), as also the cytotoxicity against a primary culture of non-tumor porcine liver cells (PLP2), by the sulforhodamine B assay. Three pumpkin varieties grown in Algeria were studied, namely *Cucurbita pepo* (common pumpkin), *Cucurbita moschata* (butternut squash), and *Cucurbita maxima* (Musquée de Provence).

Regarding the anti-hemolytic activity (TBARS assay), the seeds showed, for all the varieties, with the best result being presented by the common pumpkin. The seeds of this variety showed an IC50 value of about 1.5 times lower than that of the positive control, Trolox. On the other hand, in the OxHLA assay, the results were quite similar between the type of bioresidues and between the varieties. Despite their strong lipid peroxidation inhibition capacity, the seeds of the common pumpkin did not present anti-hemolytic properties. Regarding cytotoxicity, the effect of inhibiting non-tumor cell growth was not observed, even at the highest tested concentration (400 µg/mL), which is of great importance in food safety. These preliminary results are the basis for future studies aiming at the valorization of bioresidues from food industry, allowing its application as food additives, for preservative purposes.

The authors are grateful to the Foundation for Science and Technology (FCT, Portugal) for financial support through national funds FCT/MCTES to CIMO (UIDB/00990/2020); national funding by FCT, P.I., through the institutional scientific employment programme contract for C. Pereira and L. Barros contract and A.K. Molina and M.G. Leichtweis PRIN grants (2020/0001-50 and 2020/0002-50, respectively). To FCT, P.I., within the scope of the Project PRIMA Subunit 2 - Multi-topic 2019 - PulpIng (PRIMA/0007/2019).

[1] M. Yadav, S. Jain, R. Tomar, G. S. K. S. Prasad, H. Yadav, *Nutr. Rev.* **2010**, 2(32), 184.

[2] X. Rico, B. Gálán, J. L. Alonso, R. Yáñez, *Food Rev. Int.* **2020**, 152, 106096.



#### Flash Communications

#### Abstracts



16

24/05/2022, 17:16 - Email - Maria Gabriela - Outlook

#### Publicação :: Aceite

Sociedade Portuguesa de Química <[eventos@chemistry.pt](mailto:eventos@chemistry.pt)>  
095/24000/001 0808  
Para: Maria Gabriela Leichtweis <[mg.leichtweis@hotmail.com](mailto:mg.leichtweis@hotmail.com)>

24/05/2021 09:38



#### Publicação :: Aceite

Caro(a)Dear Maria Gabriela Leichtweis,

Temos o prazer de informar que a sua publicação foi selecionada para Comunicação Oral Curta e será publicada no livro de resumos da(a) 2<sup>nd</sup> Encontro do Grupo de Químicos no Estrangeiro da SPQ, Zegoe.

Participante: Maria Gabriela Leichtweis.

Título da Publicação: Bioactive properties of bio-residues from food industry: pumpkin seeds, peels, and fibrous strands

Tipo de apresentação: Comunicação Oral Curta

Mais informações sobre a apresentação serão disponibilizadas no devido tempo. Estaja atento ao seu e-mail e às atualizações na página do encontro.

Caso necessite de alguma informação adicional, contacte por favor a comissão organizadora.

Sociedade Portuguesa de Química

Avenida da Repúbl., 45 3º Esq.  
1056-167 Lisboa

<https://outlook.live.com/owa/d/AGMkUAwA1Z2mYzQ0SYkELMzL1MDAC1AwOgRKAAD12hVgHfN2FO99ComtryVK1rqQekX...> 1/1

## ANNEX D2.8B



### Certificado de comunicação

Certifica-se que o(a) Senhor(a)

**Maria Gabriela Leichtweiss**

apresentou a Comunicação Oral intitulada

Food industry by-products applied as pumpkin-based foodstuff preservatives

no webinar Chromatography helps in times of crisis , no dia 17 de Dezembro de 2021.

Pela Comissão Organizadora

*Silvia M. Rocha*

Presidente do Grupo de Cromatografia da Sociedade Portuguesa de Química



Chromatography helps in times of crisis

#### Food industry by-products applied as pumpkin-based foodstuff preservatives

M. G. Leichtweiss<sup>1</sup>, A. K. Melina<sup>2</sup>, C. Pereira<sup>3\*</sup>, C. Chaski<sup>2</sup>, N. Polyzos<sup>2</sup>, S.A. Petropoulos<sup>2</sup>, Isabel C.F.R. Ferreira<sup>1</sup>, L. Barros<sup>1</sup>

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<sup>2</sup> Department of Agriculture Crop Production and Rural Enterprises, University of Thessaly, Pyrgakion Street, N. Ionia, 38448 Volos, Greece

Email: [silvia@ipq.pt](mailto:silvia@ipq.pt)

Pumpkin is traditionally cultivated and consumed worldwide, being the fruit and its by-products recognized by their nutraceutical and health benefits. In the current pandemic scenario and towards a circular economy, the development of a healthy and green technological food product was proposed using pumpkin pulp enriched with bioactive compounds obtained from pumpkin by-products. The seeds, rinds, and fibrous placenta of seventeen different pumpkin genotypes from Greece were assessed for their antioxidant properties (TBARS), while the pulp was evaluated in terms of ash, protein, fat, and carbohydrate contents by AOAC methods.<sup>1</sup> The free sugars profiles were obtained by HPLC-FID.

All pumpkin by-products revealed great antioxidant properties, demonstrating their ability to inhibit lipid peroxidation and reduce their mutagenic capacity. As potential preservation components, the samples recovered carbohydrates as the major compounds, with contents of about 67.88%, followed by protein (about 8.21%) and fat (about 0.4-1.1%). The ash content ranged from about 3.5 to 11%. Regarding free sugars, two predominant profiles were found: one rich in fructose and glucose and low in sucrose, and another one with opposite prevalence (Figure 1). These results corroborate the great nutritional value of pumpkin genotypes from Greece and reveal the potential use of pumpkin by-products in the development of preservation solutions to maintain the pulp quality and safety over storage time, through the development of pumpkin-based food products.

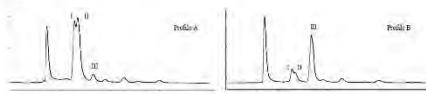


Figure 1: Profile A, rich in fructose (II) and glucose (III); Profile B, rich in sucrose (II).

**Acknowledgements:** The authors are grateful to the Foundation for Science and Technology (FCT, Portugal) for financial support (through research project PTDC/AGR-ALG/00090/2020, project reference: 31837-FCT-1, funded by the European Regional Development Fund, ERDF, and FCT, and project reference 31837-FCT-1, funded by the General Secretariat for Research and Technology of the Ministry of Education and Training and FCT, F.J. Under the PRIMA Programme (PRIMA), as an I3S3 researcher supported and co-funded under Horizon 2020, the European Union's Programme for Research and Innovation (PRIMA Section 2 - Multi-topic 2019 Pulpnet (PRIMA-A0007/2019) and PRIMA2019-03).

**References**  
1. AOAC Official Methods of Analysis of AOAC INTERNATIONAL, 20th ed.; 2016.

#### Justification

The pandemic crisis brought the alert that more attention is needed to maintain human and planet health. Although pumpkin is known for its nutraceutical properties, its by-products are still little explored industrially and are rich sources of bioactive compounds that could be introduced in the formulation of pumpkin-based products.



Chromatography helps in times of crisis

This research brings new insights in how to boost a circular economy and valorize food industry wastes in order to avoid losses in a crisis time, when hunger and health are topical subjects worldwide.

## ANNEX D2.8C



### Certificado de participação

Certifica-se que o(a) Senhor(a)

**Maria Gabriela Leichtweis**

estiver presente no XVI Encontro de Química dos Alimentos em IPCB - Castelo Branco, de 23 a 26 outubro 2022.

Pel A Comissão Organizadora

### Certificado de comunicação

Certifica-se que o(a) Senhor(a)

**Maria Gabriela Leichtweis**

representou da Comunicação Oral intitulada:

*Pumpkin by-products as a source of preservative compounds for food application: valorization of industrial bioresidues towards a sustainable system*

XVI Encontro de Química dos Alimentos - na IPCB - Castelo Branco, de 23 a 26 outubro 2022.

A Comissão Organizadora



## BIO-SUSTENTABILIDADE E BIO-SEGURANÇA ALIMENTAR, INOVAÇÃO E QUALIDADE ALIMENTAR

23-26 de outubro de 2022

Castelo Branco

<https://xviqea.events.chemistry.pt/>



### XVI ENCONTRO DE QUÍMICA DOS ALIMENTOS

#### Pumpkin by-products as a source of preservative compounds for food application: valorization of industrial bioresidues towards a sustainable system

Leichtweis MG,<sup>1</sup> Molina AK,<sup>1</sup> Pereira, C,<sup>1</sup> Pires TCS,<sup>1</sup> Calheiros RC,<sup>1</sup> Oliveira MBR,<sup>2</sup> Ferreira ICR,<sup>1</sup> Barros L<sup>1</sup>

<sup>1</sup>Centro de Investigação de Matemática (CIDMA), Instituto Politécnico de Bragança, Campus de Santa Apolónia, 5800-253 Bragança;

<sup>2</sup>Colégio das Artes e Ciências da Saúde - School of Chemistry, Department of Chemistry, University of Normandy, Avenue du Recteur Henri Le Moal, CS 90700, 50603 Caen Cedex, France

[cidma.ipb.pt](http://cidma.ipb.pt)

[colg.caen.fr](http://colg.caen.fr)

[www.cidma.pt](http://www.cidma.pt)

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[www.cidma.ipb.pt](http://www.cidma.ipb.pt)

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**ANNEX D2.8D**

## IV CNESA - Programa sessões paralelas

**ALIMENTAR**
**SESSÃO 1 INOVAÇÃO E VALORIZAÇÃO**
**4 NOVEMBRO**
**MODERADORES: CLEMENTINA SANTOS (IPB) E ISABEL AFONSO (IPVC)**
**ANFITEATRO 2**

11:00-11:10	Elsa Ramalho, Eva Mutu, Gözde Güler Baser, Paula Whyte and Anna-Maria Saarel	IPB
	PROJETO ERASMUS+ - ETHICAL FOOD ENTREPRENEURSHIP: DESENVOLVIMENTO DE UM GUIA PARA EDUCADORES EM INOVAÇÃO DE ALIMENTOS ETICOS	
11:15-11:25	Raquel Guiné, Daniela V. T. A. Costa, Selma Çelik, Sofia Ferreiro, Manuela Ferreira, Ana Paula cardoso, Sumeyye Çetin, Cristina Amaro da Costa	IPV
	ESTUDO COMPARATIVO SOBRE O CONSUMO DE PRODUTOS ALIMENTARES SUSTENTÁVEIS EM PORTUGAL E NA TURQUIA DURANTE A PANDEMIA DO COVID-19	
11:30-11:40	Sandra Rodrigues, Lia Vasconcelos, Ana Láite, Iasmim Ferreira, Etelvina Pereira, Alfredo Teixeira	IPB
	UTILIZAÇÃO DE BAGAÇO DE AZEITONA NA ALIMENTAÇÃO DE PORCOS BISARO: EFEITO NAS CARACTERÍSTICAS FÍSICO-QUÍMICAS E SENSORIAIS DO MÚSCULO LONGISSIMUS	
11:45-11:55	Ana Ribeiro, Miguel Elias, Bárbara Teixeira and Rogério Mendes	IPS
	EFEITO DA ÉPOCA DE CAPTURA, ADIÇÃO DE TRANSGLUTAMINASE E DE FIBRA DE GLUCOMANANO NAS PROPRIEDADES FÍSICAS DE FIAMBRES DE ROBALO DE AQUACULTURA	
12:00-12:10	Maria João Carvalho, José Manuel Ferro Palma, Silvina Ferro Palma, João Dias and Liliana Fidalgo	IPBeja
	GLUTEN-FREE BREADS: NUTRITIONAL, RHEOLOGICAL AND TEXTURAL PROFILE	
12:15-12:25	Paula Correia, Clara Vouga, Catarina Coelho, Raquel Guiné and Cristina Costa	IPV
	PRODUÇÃO DE FARINHA DE LARVAS F PUPAS DE ZÂNGAO	
12:30-12:40	Volkan Ayancı, Nuhed Smaili, Vitor Marques, Soraya I. Falcao, Paula Rodrigues and Miguel Vilas Boas	IPB
	NUTRITIONAL COMPOSITION, BIOACTIVITY AND MICROBIOLOGICAL STABILITY OF BEE BREAD DURING THE PRESERVATION PROCESS	
12:45-12:55	Beatriz Areias, Diogo Ferreira, <u>Lara Campos</u> , Pedro Esperanço, Carla Rodrigues, Ana C.A. Veloso and Marta Henriques	IPC
	EXTRATOS DE BORRAS DE CAFÉ COM ATIVIDADE BIOATIVA PARA PRODUÇÃO DE HIDROGÊIS	

## IV CNESA - Programa sessões paralelas

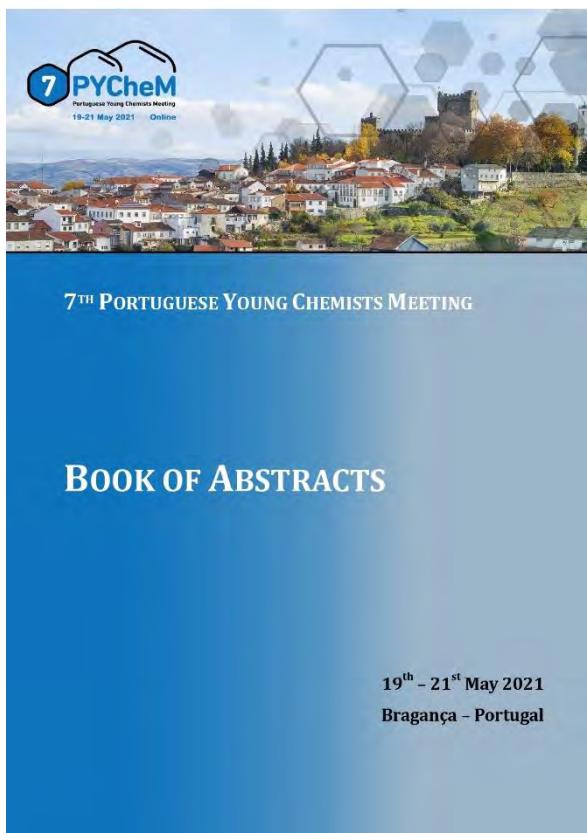
**ALIMENTAR**
**SESSÃO 2 INOVAÇÃO E VALORIZAÇÃO EM HORTOFRUTÍCOLAS**
**4 NOVEMBRO**
**MODERADORES: GORETI BOTELHO (IPC) E MARIA DA GRAÇA CARVALHO (IPB)**
**AUDITÓRIO**

15:45-15:55	Matilde Rodrigues, Ana Luisa Vara, Jonava Petrović, Maria Inês Dias, António Nogueira, Marina Soković, Isabel C. F. R. Ferreira, José Pinela and Lillian Barros	IPB
	COMPOSIÇÃO NUTRICIONAL E ATIVIDADE ANTIOXIDANTE E ANTIMICROBIANA DA FRAMBUESA VERMELHA	
16:00-16:10	Jéssica Domingues, Ana Patrícia Guedes, Mário Meira, Nuno Vieira E Brito, Ana Paula Vale and Isabel Afonso	IPVC
	VALORIZAÇÃO DE FRUTOS SILVESTRES AUTÓCTONES NO ALTO MINHO: COMPOSIÇÃO CENTESIMAL DO MEDRONHO (APBUTUS UNEDO L.)	
16:15-16:25	Maria Gabriela Leichtweiss, Adriana K. Molina, Carla Pereira, Tânia C.S. Pires, Ricardo Calheiros, Neji Tarzchoun, M. Beatriz P.P. Oliveira, Isabel C.F.R. Ferreira and Lillian Barros	IPB
	SUBPRODUTOS DE ARÔMORA COMO FONTE DE CONSERVANTES NATURAIS PARA APLICAÇÃO ALIMENTAR	
16:30-16:40	M. Gabriela Basto de Lima, Sara Sousa, Délio Raimundo, Ana Neves, Marília Henrique, Adelalda Oliveira and Margarida Oliveira	IPS
	DESIDRATAÇÃO OSMÓTICA: UMA TECNOLOGIA EMERGENTE APLICADA À FILEIRA HORTOFRUTÍCOLA	
16:45-16:55	Elsa Ramalho, Khalil Hmida, Asma Ben Salem, J.S Diaz and Ermelinda L. Pereira	IPB
	APLICAÇÃO DE REVESTIMENTOS COMESTÍVEIS EM CASTANHA (CASTANEA SATIVA): EFEITO NAS PROPRIEDADES FÍSICO-QUÍMICAS E MICROBIOLÓGICAS	
17:00-17:10	Marta Vilas Boas, Susana Mendes, Isabel Valin and Isabel Afonso	IPVC
	ANÁLISE DOS PRINCIPAIS PARÂMETROS DE QUALIDADE EM VINHOS OBTIDOS DE CASTAS MINORITÁRIAS DA REGIÃO DOS VINHOS VERDES	
17:15-17:25	Nuno Ferreira, José Alberto Pereira, Paula Baptista, António Pereira and Nuno Rodrigues	IPB
	ESTABELECIMENTO DE GRUPOS HOMOGENEOS DE EXEMPLARES DE OLIVEIRAS CENTENÁRIAS ATRAVÉS DE PARÂMETROS MORFOLOGICOS DE FRUTOS E ANÁLISE SENSORIAL E ESPECTROSCOPIA FTIR DOS AZETES	
17:30-17:40	Daniela Ruano, José Alberto Pereira, Francisco Dias and Nuno Rodrigues	IPB
	ATIVIDADE ANTIOXIDANTE DE AZETES DAS DOP "TRÂS OS MONTES", "BEIRA INTERIOR" E "ALENTEJO INTERIOR": ESTUDO COMPARATIVO	
17:45-17:55	Fátima Peres, Carla Inês, Joedine Campos, Conceição Vitorino, Cecília Gouveia, José Pragana and António Cordaíro	IPCB
	COMPOSIÇÃO EM ÁCIDOS GORDOS E FENÓIS TOTAIS DE AZETES DE CULTIVARES TRADICIONAIS PORTUGUESES	

## **ANNEXES 2.8E – 2.8O**

### **POSTER COMMUNICATIONS**

## ANNEX D2.8E



Title Livro de Resumos do 7<sup>th</sup> Portuguese Young Chemists Meeting

AUTHORS Maria Inês Dias, Carla Pereira, José Pinela, Bruno Melgar

Support Electronics

Support detail PDF

Edition 1<sup>st</sup> Edition

Bar Code ISBN 978-989-8124-31-9



Editor Sociedade Portuguesa de Química

Country Portugal

E-mail [secretariado@spq.pt](mailto:secretariado@spq.pt)

Editor prefix 978-989-97667



### Participation Certificate

This is to certify that

**Maria Gabriela Leichtweis**

has attended the 7th Portuguese Young Chemists Meeting held in Bragança, Portugal, in 19 a 21 maio 2021.

The Organizing Committee

*[Signature]*

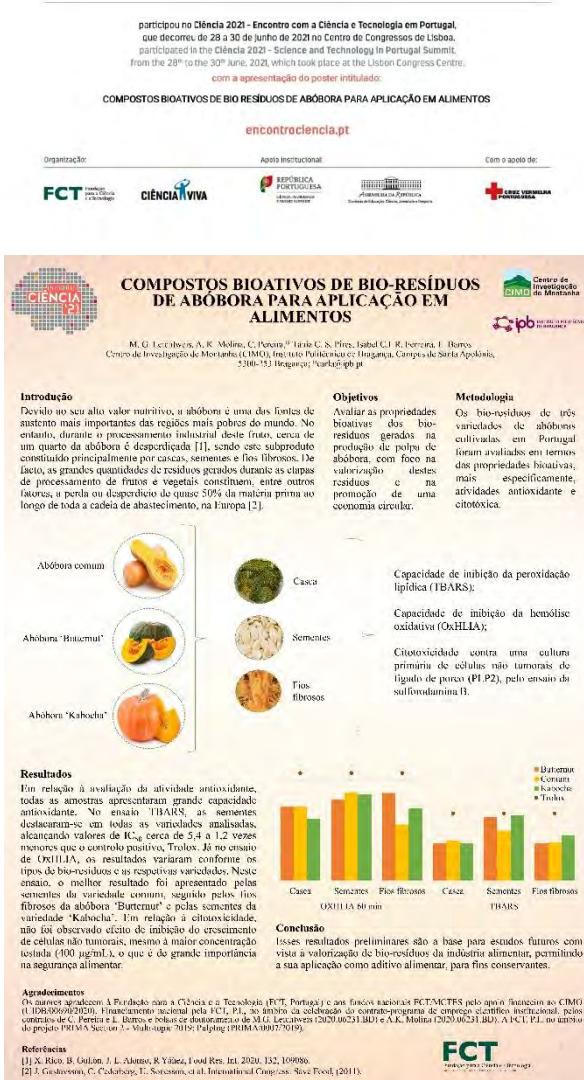
ANNEX D2.8F



**CERTIFICADO DE PARTICIPAÇÃO**  
**PARTICIPATION CERTIFICATE**

Certificamos que  
We certify that

Maria Gabriela Leichtweis



ANNEX D2.8G

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## FOOD INDUSTRY BY-PRODUCTS APPLIED AS PUMPKIN-BASED FOODSTUFF PRESERVATIVES

M. G. Leichweis<sup>a</sup>, A. K. Molina<sup>a</sup>, C. Pereira<sup>b</sup>, C. Chaski<sup>b</sup>, N. Polyzo<sup>b</sup>, S. A. Petropoulos<sup>b</sup>, I. Isabel C.F.R. Ferreira<sup>c</sup>, L. Barros<sup>c</sup>

<sup>a</sup>Centro de Investigação da Montanha (CIMO), Instituto Politécnico de Bragança, Campus de Santa Apolónia, 5300-253 Bragança; <sup>b</sup>\*carla@ipb.pt

Introduction

Pumpkin is traditionally cultivated and consumed worldwide, being the fruit and its by-products recognized by their nutritional and health benefits. In the current pandemic scenario and towards a circular economy, the development of a healthy and green technological food product was proposed using pumpkin pulp enriched with bioactive compounds obtained from pumpkin by-products.

Bioactive properties

Lipid peroxidation inhibition capacity (TBARS)

Proximate composition

Ash, protein, fat, and carbohydrate contents by AOAC;  
Free sugar profiles were obtained by HPLC-RI

Results

All pumpkin by-products revealed great antioxidant properties, demonstrating their ability to inhibit lipid peroxidation and suggesting their potential application as sources of preservative compounds. All pulp samples recorded carbohydrates as the major compounds, with contents of about 67–86%, followed by protein (about 8–21%) and fat (about 0.4–1.1%). The ash content ranged from about 3.5 to 11%. Regarding free sugars, two predominant profiles were traced: one rich in fructose and glucose and low in sucrose, and another one with opposite prevalence (Figure 1).

Conclusion

These results corroborate the great nutritional value of pumpkin genotypes from Greece and reveal the potential use of pumpkin by-products in the development of preservative solutions to maintain the pulp quality and safety over storage time, through the development of pumpkin-based food products.

Figure 1. Profilic A, rich in fructose (I) and glucose (II); Profilic B, rich in sucrose (III).

Acknowledgments

The authors are grateful to the Foundation for Science and Technology (FCT, Portugal) for financial support through national funds FCT/MCTES to CIMO (UID/Multi/04207) under funding by FCT-FEDER through the research project entitled "Development of new functional foodstuffs based on the use of pumpkin by-products". This work was also funded by PRIMA (Project Reference PRIMA-04-001-188) by the Ministry of Science, Innovation and Higher Education of Portugal and FCT, PT, under the PRIMA Programmes. PRIMA is an ARI-188 intensive research and co-facilitated under Horizon 2020 (the European Union's program for Research and Innovation) (PRIMA-2017-2019-People (PRIMA-04-001-188) and PRIMA-2019-001).

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[1] AOAC Official Methods of Analysis of AOAC INTERNATIONAL, 20th ed.; 2016.

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## ANNEX D2.8H



### CERTIFICADO DE PARTICIPAÇÃO PARTICIPATION CERTIFICATE

Certificamos que  
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Maria Gabriela Leichtweis

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com a apresentação do poster intitulado:

**VALORIZAÇÃO DE CASCAS, SEMENTES E FIBRAS DE ABÓBORA NO DESENVOLVIMENTO DE EXTRATOS BIOATIVOS PARA APLICAÇÃO ALIMENTAR**

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do Montanhais

### VALORIZAÇÃO DE CASCAS, SEMENTES E FIBRAS DE ABÓBORA NO DESENVOLVIMENTO DE EXTRATOS BIOATIVOS PARA APLICAÇÃO ALIMENTAR

M. G. Leichtweis\*, A. K. Melina\*, C. Pereira\*, R. C. Calheiros\*, K. Barreto\*, B.E.C. Zioni\*, I.C.F.B. Barreiro\*, J. Barreto\*,  
Centro de Investigação do Montanhais (CIM), Instituto Politécnico de Bragança, Campus da Serra Apurada, 5300-251 Bragança;  
\*Centro de Recursos Naturais e Tecnologia Arábica-Physics-Chimical (CRNT-APC), Rio Ismail, Algeria.  
\*Corresponding author.

#### Introdução

No Europeu, quase metade da produção de frutas e hortaliças é perdida ou desperdiçada [1], principalmente nas etapas de processamento, armazenamento e distribuição, entre outros fatores, como atraso, temperatura, humidade, manuseio, etc. No sentido de melhorar esse cenário, o sistema alimentar circular visa utilizar o que antes era considerado um desperdício como um recurso [2]. Nesse contexto, os biorevestimentos da indústria alimentar têm vindo a revelar ser uma boa fonte de compostos de valor acrescentado com grande potencial de aplicação em produtos alimentares como conservantes e agentes bioativos, substituindo aditivos sintéticos.

#### Metodologia

Cascas, sementes e fibras de três variedades de abóbora cultivadas em Portugal ("Butternut", abóbora comum "Kabocha") e três variedades cultivadas na Argélia ("Butternut", "Gold nugget" e "Musquée de provence") foram estudadas. Estes biorevestimentos foram avaliados em termos de sua biodisponibilidade, nomeadamente capacidade de inibição da peroxidase hepática (TBARS) e a atividade anti-hemolíticas (OxHLIA), e de citotoxicidade, através do ensaio da sulforafanina B (SRB), numa cultura primária de células hepáticas não tumorais (PLP2).



#### Conclusão

Estes resultados preliminares são a base para estudos futuros com vista à valorização destes biorevestimentos da indústria alimentar, especialmente para o desenvolvimento de aditivos naturais com propriedades antioxidantes para serem incluídos em produtos alimentares, orientando a economia circular.

Agradecimentos: O autor agradece à Fundação para a Ciéncia e a Tecnologia (FCT), Portugal e aos fundos europeus (FCT/MCTES) pelo apoio ao projeto PRIMA (LID000989/2010) Financiamento suportado pela FCT, P.R., no âmbito da colaboração entre o Instituto Politécnico de Bragança e o Centro de Investigação do Montanhais (CIM) e o Centro de Recursos Naturais e Tecnologia Arábica-Physics-Chimical (CRNT-APC), Rio Ismail, Algeria (2020-0021-BD) e A.K. Melina (2020-0231-BD). A FCT, P.R., no âmbito do projeto PRIMA Síntese 2 - Multi-Esp. 2019-2020 (PRIMA-00072019).

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## ANNEX D2.8I



**Book of Abstracts**

**Innovation in Mediterranean Traditional Foods: Novel Products and Processes**

**13th-14th October 2022**

**IMTF \*2022**

**Title:**  
Innovation in Mediterranean Traditional Foods: novel products and processes

**Editors:**  
Luana Fernandes, Alexandre Gonçalves and Lillian Barros

**Design:**  
Sofia Nunes

**ISBNS:**  
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**The identification of preservative compounds from pumpkin fruit peel for the development of a fruit pulp product**

Maria G. Leichtweiss<sup>1,2</sup>, Adriana K. Molina<sup>1,2</sup>, Carla Pereira<sup>1,2\*</sup>, Maria Inês Dias<sup>1,2</sup>, Charikleia Vassilou<sup>1</sup>, Spyridon A. Petropoulos<sup>1</sup>, M. Beatriz P.P. Oliveira<sup>4</sup>, Lillian Barros<sup>1,2</sup>

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<sup>2</sup> Laboratório Associado para a Sustentabilidade e Tecnologia em Regiões de Montanha (SustELC), Instituto Politécnico de Bragança, Portugal  
<sup>3</sup> Department of Agriculture Crop Production and Rural Environment, University of Thessaly, Volos, Greece  
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The food industry is facing a growing demand for ready-to-use or ready-to-cook products with a long shelf life and increased nutritional value to meet consumers' needs. However, there is also a growing concern about the widespread use of synthetic additives, which have been alarmingly correlated with adverse health effects. In this context, the opportunity to use the by-products generated during the industrial processing of pumpkin fruit to obtain a natural extract with preservative properties and to incorporate it in a fruit pulp product is being explored. In a preliminary study where pumpkin peels, seeds, and fibers were assessed, the peels showed the strongest biocactive properties, being thus selected to obtain the preservative extract in this work. To identify the biocactive molecules of the pumpkin peels, HPLC-DAD-ESI/MS was applied to the extracts of four genotypes. One to five different phenolic compounds were found in the tested samples, with (-)-epicatechin ([M-H]<sup>-</sup> at m/z 289) as the major compound detected in all of the extracts. These results suggest the possibility of using a natural preservative obtained from this fruit by-product in a new pumpkin pulp formulation.

**Keywords:** By-products; Phenolic compounds; Pumpkin; Sustainability.

**Acknowledgments:** The authors are grateful to the Foundation for Science and Technology (FCT, Portugal) for financial support through national funds (FCI/MCTES (PIDDAC) to CIMO (UIDB/00616/2020 and UIDP/00616/2020) and SustELC (LA/P/0007/2020); national funding by FCT, I.P., through the institutional scientific employment program co-financed with C. Pereira, H.I. Dias, and L. Barros and A.K. M. Oliveira, and by the Regional Government of Bragança (RGC) through the project RGC/0001/2020; RGC/0002/2020; and FCT, I.P., within the scope of the project PRIMA Section 2 – Multi topic 2019 – PulpIng (PRIMA/0007/2019). This work was also funded by the General Secretariat for Research and Technology of Greece and PRIMA foundation under the project Valutarm (Prima 2019-1).

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**ANNEX D2.8J**



## Certificado de participação

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Leonardo Ferde

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## Evaluation of the potential preservative capacity of pumpkin (*Cucurbita maxima* Duchesne) by-products

A Comissão Organizadora

Leonardo Pinti



## Evaluation of the potential preservative capacity of pumpkin (*Cucurbita maxima Duchesne*) by-products

**Leichtweiss MG,<sup>1</sup> >2 Molina AK,<sup>1</sup> Pereira C,<sup>1,\*</sup> Pires TCS,<sup>1</sup> Calheiros R,<sup>1</sup> Neji Tarchouni,<sup>2</sup> Oliveira MMPP,<sup>2</sup> Ferreira KCR,<sup>4</sup> Barros J<sup>1,4</sup>**

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<sup>3</sup>High Agronomic Institute of Cluj-Napoca, University of Szeged, Szeged 6700, Hungary  
✉Correspondence to:  
E-mail: jpmorais@ipb.pt

Large amounts of fruits and vegetable seeds are not eaten along the fruit-eating diets. The seeds are the largest level for not meeting the same standard, in the nature of transports and logistics, at the moment due to deindustrialization and discards, and many others). A considerable portion of this waste generation is from the food processing industry, which has different levels (seeds, fruits, seeds, legumes, leaves, fibers, and stalks), that are generally not recovered for reuse. Despite little explored and with low commercial value, these byproducts have been shown to contain important bioactive high-value added compounds. These compounds, such as polyphenols, have been shown to have antioxidant properties, and also to have the secondary metabolites that are formed during the germination process, and their application in foodstuff has been increased, demonstrating of recovery of these properties and their application in foodstuff as natural additives has been increasingly demonstrated in the literature<sup>1</sup>. The present work proposed to evaluate the hydrolysates obtained in the pumpkin industrial processing, and the seeds and fiber obtained from the same, as well as the whole fruit, for their antioxidant properties. In this sense, the whole fruit, as well as the seeds and fibers, are considered healthy and nutritious matrix to be exploited; in this sense, by products of sunflowers cultivated in Turkey were evaluated for their bioactive properties, more specifically, in terms of preservative capacity. For that purpose, the hydrolytic extracts of the peel and the seeds of sunflower were evaluated, and "Bebekli" and "Beşiktaş" varieties were used. In addition, the whole fruit was also evaluated, and the seed and peels of pumpkin were evaluated. The FRAP (FRAB) was applied, the antimicrobial and antifungal activity was tested against 10 microorganisms of interest in food preservation. Moreover, non-umbrous cells of a primary culture of porcine liver (PLP) were used to assess the cytotoxicity, through the sulforhodamine B (SRB) colorimetric assay. Through this study, all the samples showed great antioxidant activity, especially at 50 and 100 mg/ml concentrations, and also showed great antimicrobial activity. Hydrolyzed extracts of the whole fruit, seeds, and fibers enterolectomy, in concentrations up to 10 mg/ml, and showed great antioxidant results, resulting values about 2 times higher than the positive control Trolox. The highest antioxidant activity was presented by the seeds and fibers of "Karaibar" and whole fruit. For the whole fruit, the results were again higher than the seeds and fibers of "Bebekli" and "Beşiktaş". The results of the SRB assay showed that the whole fruit, the seeds, and fibers of "Karaibar" and whole fruit, and the enterolectomy, had the highest values, decreasing the cell death. All the mix samples protected against the 2 tested strains of fungi, the peel of "Bebekli" and "Karaibar" exhibited 5 of 6 bacterial strains, and none of the samples presented bacterial nor fungal effectivity. Furthermore, the safety of food application of the samples was verified by the absence of toxicity in the primary culture of non-tumor cells. The results of the present work demonstrated that the hydrolysates obtained from the whole fruit, seeds, and fibers, and enterolectomy, have great antioxidant and antimicrobial properties, and also have great safety for food application. These results corroborate the purpose of using pumpkin by-products as a source of natural preservative compounds with interest for applications in food products, thus promising the potential of synthetic additives.

**Acknowledgements:** The authors are grateful to the Foundation for Science and Technology (FCT, Portugal) for financial support through national funds FCT/MCTES to CIMA (UIDB/00690/2020); national funding by FCT, P.I., through the institutional scientific employment program-contract for C. Pereira and L. Barros (contracts and A.J. Melina and M. G. Leitão grants 2020/02/03180 and 2020/02/03180, respectively). To FCT, P.I., within the scope of the Project PRIMIA-Subnet Z - Multi-physics

**References:**

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## ANNEX D2.8K

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## ANNEX D2.8L

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## ANNEX D2.8M

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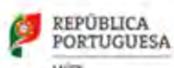
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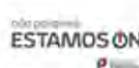
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Le informamos que su comunicación titulada "*Recuperação de subprodutos da indústria alimentar para extração otimizada de compostos fenólicos*" en formato **Póster / Poster** ha sido aceptada para su presentación en el **XXVI Encontro Galego Portugués de Química**

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