Press Release

The Italian Medical Association of Parma presents “Tabelle degli alimenti”, a book made in collaboration with Parmalat
The book offers a complete and updated base for better knowledge of true food composition

Parma, 16 May 2011 - The Medical Association of Parma and Parmalat are proud to announce the presentation of “Tabelle degli alimenti” (Nutrition tables), published by Mattioli 1885 Spa, a special pocket edition of the Souci-Fachman-Kraut book. The book will be presented tomorrow at 6.15 pm in Parma at the conference room of the Medical and Dentist Association of Parma province (located in via Po 134). This book, which was printed thanks to fundamental contribution from Parmalat, a company that has always carefully considered proper nutrition and consumers' health, offers a short but exhaustive guide to the nutritional properties of food.

The purpose of this book, freely distributed to all doctors operating in Parma and its province in occasion of the centenary of the Medical Association foundation, is to offer an exhaustive and updated summary of the nutritional characteristics of food, in the awareness that finding a correct and harmonious relationship with food is necessary in order to improve the global quality of our life, being an indispensable prerequisite for physical and mental health. This is a crucial issue, mainly when considering increased obesity, a disease that paves the way to several other chronic-degenerative diseases, mainly diabetes and hypertension.

The Parmalat Group is one of the few major Italian multinationals in the food industry and a global player in the production and distribution of foods that are essential for everyday wellness: milk, dairy products (yogurt, cream based sauces, desserts and cheese) and fruit beverages, which generated revenues of about 4.3 billion euros in 2010.

About 14,000 people work at Parmalat’s facilities in Europe, the Americas, Africa and Australia. The Group is present in 16 countries with 69 factories and in 10 countries through licensing agreements. Parmalat has a strong tradition of innovation and develops products with a high value added to improve the diet of its customers with fresh dairy and UHT products and Extended Shelf Life milk. Our global brands are Parmalat for milk and dairy products and Santàl for fruit beverages. Fibresse, Omega3, Physical, Vaalia and Zymil are international brands dedicated to functional products with a high value added. Among other local brands that play a key role in their respective markets, the most important include: Lactantia and Black Diamond in Canada; Pauls and Ice Break in Australia; Bonnita, Everfresh and Melrose in South Africa; Berna, Blu Premium, Centrale del Latte di Roma, Lactis and Latte Sole in Italy.

Parmalat S.p.A., the Group’s Parent Company, has been listed on the Italian Stock Exchange since October 6, 2005. www.parmalat.com

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