

A photograph of a dish featuring fried crickets. The crickets are served in a light-colored wooden bowl, with two wooden chopsticks resting inside. To the left of the bowl is a small pile of fresh salad consisting of sliced pink grapefruit and green grapes. In the foreground, a wooden spoon holds a mound of bright red powder, likely chili or paprika. A wedge of yellow lemon is placed next to the spoon. The entire arrangement is set on a dark, textured slate surface, with some dried herb leaves and small seeds scattered around. The background shows a wooden box and a white napkin.

**NOVEL FOOD**  
Loris Marangon

## Introduction

Novel Food are all those food products and substances with no history of consumption and which therefore must undergo an authorization, to evaluate their safety, before being placed on the market.

Novel food represent a sustainable alternative capable of satisfying the needs of the population in the coming years.

The most common Novel food are tomatoes, rice, corn, bananas, tropical fruits, spices, and coffee and among the latest arrivals we have chia seeds, quinoa and the fruit of the baobab.

The categories of Novel food are:

- composed of, isolated from or produced from new natural matrices such as algae.
- composed of engineered nanomaterials.
- with a new or intentionally modified molecular structure.
- results from a production process not used for food production in the Union before 15 May 1997.

The benefits of eating bugs are that they contain 65% complete protein, nearly double that of beef.

The disadvantages are instead that the possible food risks deriving from the consumption of insect and their breeding, which will probably lead to the use of significant doses of antibiotics to avoid biological dangers in the environments in which it will be carried out.

Cricket One Italia is the largest insect farm in Italy which today produces meal insects for terrariums and animal feed with cutting-edge technologies, attention to organic farming and high quality raw materials.

Attention to quality and standards allows us to breed insects that are already suitable for human consumption.