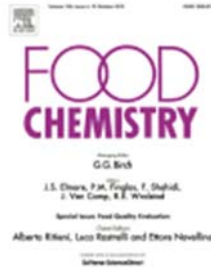


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### Micronutrients in Italian ham: A survey of traditional products

[Massimo Lucarini](#), [Giovanna Sacconi](#), [Laura D'Evoli](#), [Sara Tufi](#), [Altero Aguzzi](#), [Paolo Gabrielli](#), [Luisa Marletta](#), [Ginevra Lombardi-Boccia](#)

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#### Abstract

The study provides original analytical data on the micronutrient profile of some traditional Italian hams, representative of the major ham categories produced in Italy: 4 dry-cured hams (Modena, Nazionale, Parma, San Daniele), 3 cooked hams (Cotto, Scelto, Alta Qualità), 1 smoked ham (Speck). Data on macronutrients (protein, lipid, moisture), energy, trace elements (Fe, Zn, Cu, Mn, Se), B vitamins (B1, B2, PP, B6, B12) and vitamin E level in the 80 Italian hams sampled are reported. Smoked and dry-cured ham were the richest sources of Fe, Zn and Se and, among vitamins, dry-cured ham had the highest level of B2, PP, B6 and B12; cooked ham provided the lowest energy intake. The contribution of ham to micronutrients recommended dietary allowances was estimated: a ham portion (50 g) was a good source especially of Zn and Se providing over 12% of RDA of both; among B vitamins, dry-cured ham greatly contributed to B1 and B6 vitamins RDA (both over 30%).