

Glossary:

Mediterranean diet: A diet of a type traditional in Mediterranean countries, characterized especially by a high consumption of vegetables and olive oil and moderate consumption of protein, and thought to confer health benefits.

Bottling and canning: The process involves cooking fruits or vegetables, sealing them in sterile cans or jars, and boiling the containers to kill any remaining bacteria as a form of pasteurization.

Pressure Bottling: Pressure canning is the only safe method of preserving vegetables, meats, poultry and seafood. Jars of food are placed in 2 to 3 inches of water in a special pressure cooker which is heated to a temperature of at least 240° F. This temperature can only be reached using the pressure method.

The high acidic foods: High acid foods have a pH of 4.6 or less and contain enough acid so that the *Clostridium botulinum* spores cannot grow and produce their deadly toxin. High acidic foods can be safely canned using the boiling water bath method.

The low acidic foods: Certain foods like, tomatoes and figs, that have a pH value close to 4.6 need to have acid added to them in order to use the water bath method. This is accomplished by adding lemon juice or citric acid.

Sterilisation

it is heat treatment in the process of manufacturing canned products. It is an operation in which the foodstuff is heated to a sufficiently high temperature and during a sufficiently long period of time to destroy all microbial and enzymatic activity in the food and it also lengthens the life of the product.