

**Question for written answer E-002905/2021
to the Commission**

Rule 138

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Subject: Imported, overrated, more expensive and unsustainable superfoods

Consumption in the EU often blindly follows emerging trends.

Chia seeds, in terms of cost and nutritional value, are comparable to linseed and walnuts, which are also a less demanding crop.

The famous cranberries of American origin are lower in nutritional value than European red bilberries.

Gooseberries have far fewer calories and more than three times the amount of vitamin C than goji berries.

Millet is nutritionally comparable and has more than double the iron content of South American quinoa, resulting in less sustainable crops and hence soil erosion.

One thousand five hundred litres of water are needed to produce one kilo of avocados, 240 litres for one kilo of lettuce and 110 litres for one kilo of tomatoes.

In the same vein, other species such as bulbs, garlic and leeks, which have anti-inflammatory properties, are undervalued.

Sudden 'fashionable' agricultural products from third countries often contain heavy metals and herbicides, well above levels permitted within the EU.

Olive oil, honey, Chios Mastiha, carob, oats, herbs, greens, beans, seeds and nuts – Greek foods with a high nutritional value – have not been given the place they deserve on the superfoods market.

In view of the above:

Has the Commission identified a problem as regards informing consumers and with the sustainability of this market?

How does it intend to promote Greek and European superfoods?