



ENJOY REFRESHINGLY LONG-LASTING FRESHNESS

Our freshness technology for perfect food storage.

BORA refrigeration & freezing systems

Smart design meets effective cooling.

BORA REFRIGERATION & FREEZING SYSTEMS

Fresh food is a particularly valuable luxury for us. To help us purchase less, save money and reduce food waste, proper refrigerator storage is important. How to keep your food fresh in the refrigerator for a particularly long time.

BORA Fresh zero

The temperature in the BORA Fresh zero compartment is around 0°C. The moisture control covers make it possible to regulate the air supply into the trays depending on the humidity and the food stored. The resultant conditions are ideal for storing sensitive food such as loose fruit and vegetables. The upper trays with a sealed moisture control cover and high humidity are best for this. Sensitive, packaged food such as meat or dairy products can also be refrigerated in the BORA Fresh zero tray without a moisture control cover. Such items should ideally be placed in the lowest tray. Optimum storage keeps your food fresh for as long as possible and retains valuable vitamins and minerals.

Please note:

Products that you wish to store for longer should be placed in the BORA Fresh zero compartment. Anything you intend to eat pretty much straightaway can be temporarily stored in the refrigeration compartment or fruit bowl.

APPROX. 5°C

DAIRY PRODUCTS, CHEESE, OPEN FOODS, JARRED FOOD, EGGS, BUTTER, JAM, DRESSINGS AND TUBES

AROUND 0°C

LOOSE FRUIT AND VEGETABLES, INC. MOISTURE CONTROL COVER

AROUND 0°C

FISH, MEAT AND SEAFOOD IN PACKAGING AND WITHOUT A MOISTURE CONTROL COVER

APPROX. -18°C

ICE CREAM, ICE CUBES AND FROZEN FOOD



VEGETABLES

Important ingredients &
storage period (days*/months*)

	Vitamins	Minerals	Refrigerator *	BORA Fresh zero *	Freezer *
Artichokes	A, B1, B2, C	Iron, fluorine	6	14	6
Cauliflower	C, E, K, folic acid	Potassium, magnesium	10	21	12
Beans	A, B2, folic acid	Magnesium, manganese	5	11	15
Broccoli	C, K, folic acid	Iron, iodine	3	13	15
Chicory	B1, B2	Potassium, manganese	14	27	9
Peas	A, B1, B2	Copper, magnesium	6	14	15
Lamb's lettuce	A, C, E, folic acid	Iron, fluorine	3	19	-
Fennel	B1, provitamin A	Magnesium, manganese	3	14	6
Cucumber	A, B, E	Potassium, calcium	12	-	-
Carrot	A, C, D, E	Potassium, calcium	40	80	12
Kohlrabi	B1, B2, B6, C	Iron, magnesium	6	14	9
Lettuce	A, E, folic acid	Iron, potassium, manganese	2	13	-
Herbs	A, B1, B2, niacin, B5, C	Potassium, calcium	3	13	10
Leek	B1, E, folic acid	Calcium, magnesium	7	29	8
Sweetcorn	A, B1, B2, niacin, B5, B6	Potassium, magnesium, phosphorus	2	5	12
Chard	A, B1, B2, C	Magnesium, manganese	4	10	12
Pepper	B6, C, E, K	Iron, potassium	8	-	6
Mushrooms	B1, B2, D, K	Iodine, potassium, copper	2	7	8
Radicchio	C, provitamin A	Potassium, manganese	14	27	9
Rhubarb	Niacin, B5, C, folic acid	Calcium, magnesium, phosphorus	6	13	9
Brussels sprouts	C, E, K	Manganese, zinc	9	20	12
Beetroot	Folic acid, provitamin A	Iron, manganese	5	18	12
Celery	A, niacin, B5, C, E, folic acid	Iron, potassium, calcium	8	28	6
Bean sprouts	B1, B2, niacin, B5, B6, C	Potassium, sodium, phosphorus	1	7	12
Asparagus	B1, C, K	Copper, magnesium	8	18	12
Spinach	A, E, K, folic acid	Iodine, magnesium	4	13	12
Tomato	A, B1, C, E	Magnesium, zinc	13	-	-
Courgettes	A, B1, C	Calcium, magnesium, iron	12	-	4



FRUIT

Important ingredients &
storage period (days*/months*)

	Vitamins	Minerals	Refrigerator *	BORA	
				Fresh zero *	Freezer *
Apple	A, B1, biotin	Iron, potassium	40	80	8
Orange	B, C, folic acid	Iron, phosphorus	36	-	12
Apricot	A, B1, B2, E	Potassium, copper	6	13	12
Banana	B1, B6, biotin	Magnesium, manganese	-	-	12
Pear	B1, B2, B6, E	Calcium, magnesium	21	55	8
Blackberries	C, folic acid	Iron, potassium, calcium	1	3	12
Strawberries	C, K, folic acid	Manganese, zinc	2	7	24
Fig	A, C, biotin	Iron, potassium, calcium	2	7	12
Pomegranate	B1, B2, B6, C, E	Iron, potassium	44	-	12
Blueberries	B1, B2, B6, C, E	Manganese, zinc	3	9	24
Raspberries	A, B6, C, folic acid	Calcium, magnesium	1	3	24
Blackcurrants	B1, B2, B6, C, E	Iron, zinc	2	7	24
Cherries (sweet)	B1, B2, B6, C	Iron, potassium	6	14	12
Kiwi	A, C, K	Calcium, magnesium, phosphorus	32	80	8
Coconut	A, B1, B2, B6, C, folic acid	Calcium, magnesium, manganese	15	30	12
Mango	A, C, E	Magnesium, zinc	-	-	5
Nectarine	A, B1, niacin	Iron, potassium	4	13	10
Peach	B1, B2, B6, E, K	Potassium, zinc	4	13	10
Plum	B1, B2, B6, E, K	Iron, potassium, copper	8	20	12
Cranberries	C, E	Iron, copper, manganese	32	60	10
Sour cherries	A, B1, B2, folic acid	Iron, potassium	3	7	12
Grapes	C, E, folic acid	Iron, potassium	10	29	12



CHEESE & DAIRY PRODUCTS

Important ingredients &
storage period (days*/months*)

	Vitamins	Minerals	Refrigerator *	BORA Fresh zero *	Freezer *
Mountain cheese	A, B2, D	Iodine, phosphorus, zinc	20	110	6
Brie	A, B2, B6, B12, D	Calcium, sodium	4	20	3
Butter	A, D, E, K	Phosphorus, zinc	30	90	9
Butter cheese	B12, D, niacin	Zinc, chlorine	10	40	4
Buttermilk	A, B2, E	Potassium, zinc	3	12	-
Cheddar	A, B2, B12, E	Iodine, calcium, sodium	20	110	6
Edam	A, B2, B12	Calcium, copper	10	40	4
Egg, raw	B12, D, K, biotin	Iron, calcium, selenium	15	45	-
Egg yolk	A, B1, B6, folic acid	Potassium, copper, sodium, zinc	-	4	10
Protein	A, B1, B6, folic acid	Potassium, copper, sodium, zinc	-	4	10
Emmental	A, B2, B12, D	Copper, sodium	20	110	6
Feta	A, B2, B12	Phosphorus, zinc	4	20	3
Cream cheese	Folic acid	Iron, phosphorus, zinc	7	20	10
Gorgonzola	B1, B2, B6, provitamin A	Potassium, chloride, sodium	4	20	4
Gouda	A, B2, B12, D	Iodine, phosphorus, zinc	10	40	4
Yoghurt	A, B2, K	Phosphorus, zinc	3	12	-
Milk	A, B2, D, K	Potassium, calcium	3	12	2
Mozzarella	A, B1, B2, B6, D, E	Potassium, calcium, sodium	7	20	10
Parmesan	A, B2, B12, D	Iron, iodine, calcium	20	110	6
Quark (curd cheese)	B1, B2, niacin, B5, C, E	Potassium, calcium, phosphorus	7	20	10
Raclette	A, B2, B12	Sodium, zinc, chlorine	10	40	4
Ricotta	A, B2, B12	Calcium, copper	7	20	-
Tilsit cheese	A, D, folic acid	Calcium, zinc, chlorine	10	40	4



FISH & SEAFOOD

Important ingredients & storage period (days*/months*)

	Vitamins	Minerals	Refrigerator *	BORA Fresh zero *	BORA Fresh zero+ *	Freezer *
Oysters	A, B2, B12, D	Iron, fluorine	1	3	6	3
Gilthead bream	B2, D, E	Potassium, magnesium	1	2	4	3
Trout	A, B2, B12, D, E	Copper, phosphorus, zinc	1	2	4	2
Herring	B12, D, E	Sodium, phosphorus	1	2	4	2
Lobster	B2, B6, B12, D	Fluorine, iodine, zinc	1	2	4	3
Cod	A, B12, D, E	Iron, fluorine	1	2	4	4
Salmon	A, D, E, H	Potassium, zinc	1	2	4	3
Lemon sole	B1, B2, B5, B6	Calcium, magnesium, sodium	1	2	4	4
Mussels	B2, B12, Folsäure	Iron, fluorine	1	3	6	3
Ocean perch	A, B2, B12, D, E	Sodium, phosphorus, zinc	1	2	4	3
Scampi	B2, B12, E	Iron, fluorine, iodine	1	2	4	3
Plaice	A, D, E	Iron, fluorine	1	2	4	6
Swordfish	A, B2, B12, D	Potassium, zinc	1	2	4	3
Pollock	A, B2, B12, D	Iron, potassium, zinc	1	2	4	6
Monkfish	A, B2, B12, D	Fluorine, zinc	1	2	4	6
Dover sole	A, B2, B12, D	Fluorine, iodine, zinc	1	2	4	6
Shrimps	B2, B12, E	Magnesium, zinc	1	2	4	3
Turbot	B2, B12, D	Iodine, magnesium, zinc	1	2	4	6
Tuna	A, B1, B2, D	Potassium, calcium, sodium	1	2	4	3
Sea bass	A, B12, D, E	Iron, fluorine, iodine	1	2	4	6
Zander	A, B2, D, E	Fluorine, iodine, zinc	1	2	4	8



MEAT

Important ingredients & storage period (days*/months*)

	Vitamins	Minerals	Refrigerator *	BORA Fresh zero *	Freezer *
Poultry	A, niacin, B5, B6, E	Sodium, phosphorus, sulphur	1	6	6
Minced meat	B2, niacin, B5, B6, E	Sodium, phosphorus, sulphur	-	2	3
Veal	B1, B2, B6	Sodium, phosphorus	1	6	12
Lamb	B1, niacin	Iron, fluorine, potassium	1	8	10
Liver sausage	A, niacin, C, E	Potassium, sodium, chlorine	1	8	3
Mettwurst	B1, B2, niacin, B5, B6, E	Potassium, sodium, chlorine	9	14	3
Mortadella	A, B1, B2, niacin, B5, B6, C, E	Potassium, sodium, chlorine	1	8	3
Beef	B6, B12, niacin	Sodium, phosphorus, zinc	1	6	12
Salami	B1, B2, B6, B12	Potassium, sodium, chlorine	7	14	3
Ham	B1, B2, B6, B12	Phosphorus, zinc	1	9	3
Pork	B1, B12, niacin	Iron, zinc	1	6	6
Bacon	A, niacin, B5, B6, C, E	Potassium, sodium, chlorine	2	12	3
Game	B1, B2, niacin, B5, B6, C, E	Sodium, phosphorus, sulphur	1	6	9
Sausages	A, D, E, K	Iron, sodium, phosphorus, zinc	1	8	3

All information is for guidance only and depends on the exact type as well as proper storage without interrupting the cold chain from the harvest/production to BORA's refrigeration and freezing systems.

If food is labelled with an expiry date, the date indicated on the packaging always take precedence.

Foods marked with the symbol - are not suitable for storage in the corresponding compartment.

VITAMINS & MINERALS

Vitamins

Vitamin A	<ul style="list-style-type: none">• Rhodopsin production• Moistening of mucous membranes• Development of bones and healthy skin
Vitamin B1	<ul style="list-style-type: none">• Transmission of certain nerve signals between the brain and spinal cord
Vitamin B2	<ul style="list-style-type: none">• Skin, hair and nail growth
Vitamin B5	<ul style="list-style-type: none">• Resistance to infection through the formation of antibodies• Development of anti-stress hormones
Vitamin B6	<ul style="list-style-type: none">• Formation and repair of muscular tissue, healthy skin and the nervous system
Vitamin B12	<ul style="list-style-type: none">• Growth• Production of red blood cells
Vitamin C	<ul style="list-style-type: none">• Development and preservation of collagen• Resistance to infection and wound healing
Vitamin D	<ul style="list-style-type: none">• Strong bone structure
Vitamin K	<ul style="list-style-type: none">• Blood clotting• Teeth and bone formation
Folic acid	<ul style="list-style-type: none">• Natural B vitamin• Foetal spinal cord development
Niacin	<ul style="list-style-type: none">• Management of energy production and energy provision• Safeguarding the function of the nervous system and the gastrointestinal tract

Minerals

Iron	<ul style="list-style-type: none">• Part of haemoglobin
Fluorine	<ul style="list-style-type: none">• Hardening of bones and tooth enamel
Iodine	<ul style="list-style-type: none">• Preservation of connective tissue• Connection of tendons and ligaments• Mental development of the foetus
Calcium	<ul style="list-style-type: none">• Development of bones and teeth• Muscle contractions and blood clotting
Copper	<ul style="list-style-type: none">• Development of hair and skin colour• Growth and function of nerves
Magnesium	<ul style="list-style-type: none">• Growth• Preservation of strong bones and teeth• Muscle relaxation• Healthy heart and nervous system
Manganese	<ul style="list-style-type: none">• Use of dietary protein• Healthy nerves, good joints, stable bone structure• Formation of thyroid hormones
Sodium	<ul style="list-style-type: none">• Well-regulated water balance• Optimum acid-base balance
Phosphorus	<ul style="list-style-type: none">• Strengthening of bones and teeth• Formation of genetic material
Sulphur	<ul style="list-style-type: none">• Formation of interarticular cartilage for bones, tendons and the entire bone structure
Selenium	<ul style="list-style-type: none">• Protection against free radicals
Zinc	<ul style="list-style-type: none">• Support for wound healing• Strengthening of the immune system

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