



+11 days

+48 days

+40 days

+8 days

+8 days

+16 days

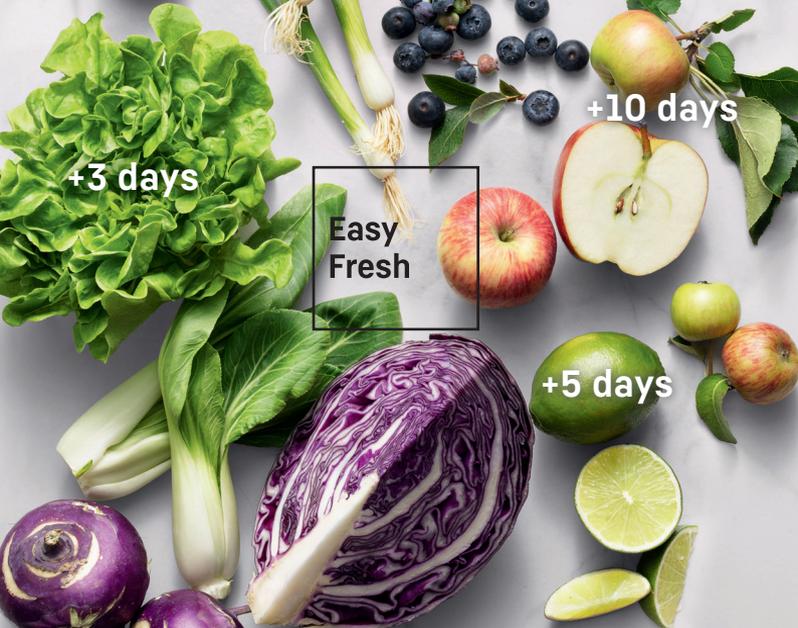
+10 days

Keeping food fresh for longer.

Our refrigeration technology for the perfect storage of your groceries.

LIEBHERR

Refrigeration and freezing



Specifications made in days refer to comparisons with the normal fridge compartment.



Good for the very best goods.

Our health has the utmost priority in our lives. And a balanced diet that ensures our bodies are supplied with all of the important nutrients it needs is part of this. The best solution is a broad range of fruit and vegetables, as well as the recommended intake of fish and meat as well as dairy products. The basic rule here is the fresher, the better. And all the better if it's regional and seasonal.

Enjoying fresh produce every day does not necessarily mean shopping every day. However, the correct storage is essential. Our innovative freshness technology is happy to take on this task for you and provides the best storage climate for your groceries of all types.

You enjoy yourself, we'll keep things fresh.



You love fruit and vegetables. Fruit and vegetables love moisture. Our EasyFresh safe covers both requirements – The temperature in the airtight drawer is the same as in the rest of the refrigerator compartment, but the humidity is quantifiably greater. This creates a climate in which unpacked fruit and vegetables thrive and stay fresh for considerably longer.

For the longest possible time for the greatest possible taste.

Bio
Fresh

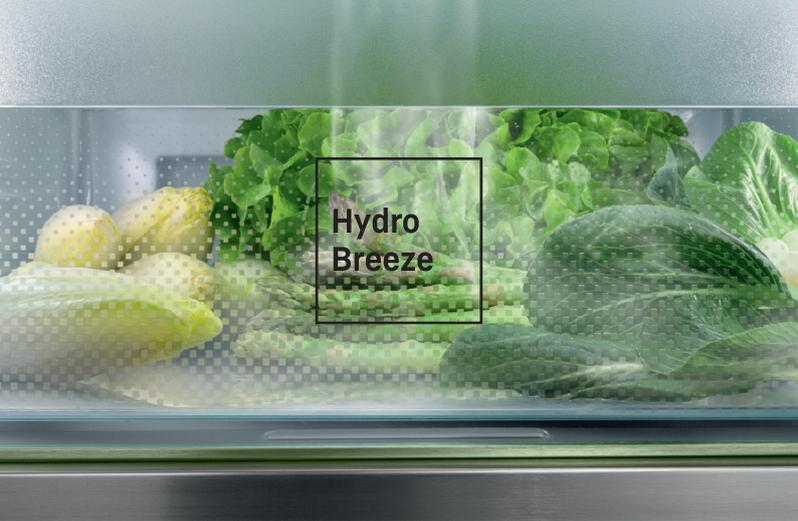
What do you think of when it comes to enjoying fresh food? Juicy strawberries straight from the field? Blackberries from your own garden? Crispy salad or aromatic cheese? Enjoying food that is as fresh as possible is one of the joys that brightens up everyday life. We can enhance this joy with BioFresh that generates an optimum storage climate.

With our proven freshness technology, food is stored at a temperature just above 0 °C, significantly cooler than in the rest of the fridge compartment. High levels of humidity keep fruit and vegetables fresh and aromatic for longer in the air-tight Fruit & Vegetable safe. Meat, fish and dairy products are best stored in the dry Meat & Dairy safe. This not only protects vitamins, nutrients and aromas, but also the environment and your bank balance. What stays fresh and tasty for longer is less likely to end up in the waste bin and needs repurchasing less frequently.



Specifications made in days refer to comparisons with the normal fridge compartment.





Hydro
Breeze

That extra freshness you've been looking for.

Bio
Fresh
Professional

Inspired by nature, perfected in the supermarket. And now in your fridge: HydroBreeze, a cold, fresh mist that is applied finely to fruit and vegetables. Every time the door is opened, HydroBreeze sprays a fresh, cold mist over the stored groceries, thereby ensuring crisp freshness – another outstanding feature of the air-tight BioFresh Professional safe.



Scan to discover the ultimate freshness
home.liebherr.com/hydrobreeze



+3 days

+3 days

+5 days

Fish &
Seafood

Store ice cold, enjoy freshly caught.

Particularly sensitive foodstuffs like fish and seafood are best stored at icy temperatures and low humidity. Or at -2°C in the Liebherr Fish & Seafood safe.



Specifications made in days refer to comparisons with the normal fridge compartment.

The most important ingredients and storage times (days*/months**).

Vegetables

	Vitamins	Minerals	Fridge compartment*	Easy Fresh *	Bio Fresh	Bio Fresh Professional *	No Frost **
Artichokes	A, B1, B2, C	Iron, fluorine	6	7	14	6	
Asparagus	B1, C, K	Copper, magnesium	8	10	18	12	
Beans	A, B2, folic acid	Magnesium, manganese	5	6	11	15	
Beetroot	Folic acid, provitamin A	Iron, manganese	5	6	18	12	
Broccoli	C, K, folic acid	Iron, iodine	3	5	13	15	
Brussel sprouts	C, E, K	Manganese, zinc	9	11	20	12	
Carrots	A, C, D, E	Potassium, calcium	40	50	80	12	
Cauliflower	C, E, K, folic acid	Potassium, magnesium	10	12	21	12	
Celery	A, niacin, B5, C, E, folic acid	Iron, potassium, calcium	8	13	28	6	
Chard	A, B1, B2, C	Magnesium, manganese	4	6	10	12	
Chicory	B1, B2	Potassium, manganese	14	18	27	9	
Courgette	A, B1, C	Calcium, magnesium, iron	12	14	-	4	
Cucumber	A, B, E	Potassium, calcium	12	14	-	-	
Fennel	B1, provitamin A	Magnesium, manganese	3	7	14	6	
Herbs	A, B1, B2, niacin, B5, C	Potassium, calcium	3	6	13	10	
Kohlrabi	B1, B2, B6, C	Iron, magnesium	6	7	14	9	
Lamb's lettuce	A, C, E, folic acid	Iron, fluorine	3	7	19	-	
Leek	B1, E, folic acid	Calcium, magnesium	7	15	29	8	
Lettuce	A, E, folic acid	Iron, potassium, manganese	2	5	13	-	
Mushrooms	B1, B2, D, K	Iodine, potassium, copper	2	3	7	8	
Peas	A, B1, B2	Copper, magnesium	6	7	14	15	
Peppers	B6, C, E, K	Iron, potassium	8	10	-	6	
Radicchio	C, provitamin A	Potassium, manganese	14	18	27	9	
Rhubarb	Niacin, B5, C, folic acid	Calcium, magnesium, phosphorus	6	7	13	9	
Soya bean sprouts	B1, B2, niacin, B5, B6, C	Potassium, sodium, phosphorus	1	2	7	12	
Spinach	A, E, K, folic acid	Iodine, magnesium	4	5	13	12	

Sweetcorn	A, B1, B2, niacin, B5, B6	Potassium, magnesium, phosphorus	2	2	5	12
Tomato	A, B1, C, E	Magnesium, zinc	13	16	.	.

Fruit

	Vitamins	Minerals	Fridge compartment*	Easy Fresh *	Bio Fresh	Bio Fresh Professional *	No Frost **
Apple	A, B1, biotin	Iron, potassium	40	50		80	8
Apricot	A, B1, B2, E	Potassium, copper	6	7		13	12
Banana	B1, B6, biotin	Magnesium, manganese	.	.		.	12
Blackberries	C, folic acid	Iron, potassium, calcium	1	1		3	12
Blueberries	B1, B2, B6, C, E	Manganese, zinc	3	4		9	24
Cherries (sweet)	B1, B2, B6, C	Iron, potassium	6	7		14	12
Coconut	A, B1, B2, B6, C, folic acid	Calcium, magnesium, manganese	15	19		30	12
Currants	B1, B2, B6, C, E	Iron, zinc	2	3		7	24
Fig	A, C, biotin	Iron, potassium, calcium	2	3		7	12
Grapes	C, E, folic acid	Iron, potassium	10	12		29	12
Kiwi	A, C, K	Calcium, magnesium	32	40		80	8
Lingonberries	C, E	Iron, copper, manganese	32	40		60	10
Mango	A, C, E	Magnesium, zinc	4	5		.	5
Nectarine	A, B1, niacin	Iron, potassium	4	5		13	10
Orange	B, C, folic acid	Iron, phosphorus	36	45		.	8
Peach	B1, B2, B6, E, K	Potassium, zinc	4	5		13	10
Pear	B1, B2, B6, E	Calcium, magnesium	21	26		55	8
Plum	B1, B2, B6, E, K	Iron, potassium, copper	8	10		20	12
Pomegranate	B1, B2, B6, C, E	Iron, potassium	44	55		.	12
Raspberries	A, B6, C, folic acid	Calcium, magnesium	1	1		3	24
Sour cherries	A, B1, B2, folic acid	Iron, potassium	3	4		7	12
Strawberries	C, K, folic acid	Manganese, zinc	2	3		7	24

Cheese and dairy products

	Vitamins	Minerals	Fridge compartment*	Easy Fresh *	Bio Fresh	Bio Fresh Professional *	No Frost **
Alpine cheese	A, B2, D	Iodine, phosphorus, zinc	20	20		110	6
Brie	A, B2, B6, B12, D	Calcium, sodium	4	4		20	3
Butter	A, D, E, K	Phosphorus, zinc	30	30		90	9
Buttermilk	A, B2, E	Potassium, zinc	3	3		12	.



Cheddar	A, B2, B12, E	Iodine, calcium, sodium	20	20	110	6
Cream cheese	Folic acid	Iron, phosphorus, zinc	7	7	20	10
Curd cheese	B1, B2, niacin, B5, C, E	Potassium, calcium, phosphorus	7	7	20	10
Edam	A, B2, B12	Calcium, copper	10	10	40	4
Egg yolk	A, B1, B6, folic acid	Potassium, copper, sodium, zinc	-	-	4	10
Egg, raw	B12, D, K, biotin	Iron, calcium, selenium	15	15	45	-
Emmental cheese	A, B2, B12, D	Copper, sodium	20	20	110	6
Feta	A, B2, B12	Phosphorus, zinc	4	4	20	3
Gorgonzola	B1, B2, B6, provitamin A	Potassium, chloride, sodium	4	4	20	4
Gouda	A, B2, B12, D	Iodine, phosphorus, zinc	10	10	40	4
Milk	A, B2, D, K	Potassium, calcium	3	3	12	2
Mozzarella	A, B1, B2, B6, D, E	Potassium, calcium, sodium	7	7	20	10
Parmesan	A, B2, B12, D	Iron, iodine, calcium	20	20	110	6
Protein	A, B1, B6, folic acid	Potassium, copper, sodium, zinc	-	-	4	10
Raclette cheese	A, B2, B12	Sodium, zinc, chorine	10	10	40	4
Ricotta	A, B2, B12	Calcium, copper	7	7	20	-
Tilsit cheese	A, D, folic acid	Calcium, zinc, chlorine	10	10	40	4
Yoghurt	A, B2, K	Phosphorus, zinc	3	3	12	-

Meat and sausages

	Vitamins	Minerals	Fridge compartment*	Easy Fresh *	Bio Fresh	Bio Fresh Professional *	No Frost **
Bacon	A, niacin, B5, B6, C, E	Potassium, sodium, chlorine	2	2	12	3	
Beef	B6, B12, niacin	Potassium, phosphorus, zinc	1	1	6	12	
Game	B1, B2, niacin, B5, B6, C, E	Potassium, phosphorus, sulphur	1	1	6	9	
Ham	B1, B2, B6, B12	Phosphorus, zinc	1	1	9	3	
Lamb	B1, niacin	Iron, fluorine, potassium	1	1	8	10	
Liver sausage	A, niacin, C, E	Potassium, sodium, chlorine	1	1	8	3	
Mettwurst smoked sausage	B1, B2, niacin, B5, B6, E	Potassium, sodium, chlorine	9	9	14	3	
Minced meat	B2, niacin, B5, B6, E	Potassium, phosphorus, sulphur	-	-	2	3	
Mortadella	A, B1, B2, niacin, B5, B6, C, E	Potassium, sodium, chlorine	1	1	8	3	
Offal	A, B2, niacin, B5, C, E	Potassium, phosphorus, sulphur	1	1	2	6	
Pork	B1, B12, niacin	Iron, zinc	1	1	6	6	
Poultry	A, niacin, B5, B6, E	Potassium, phosphorus, sulphur	1	1	6	6	

Salami	B1, B2, niacin, B5, B6, E	Potassium, sodium, chlorine	7	7	14	3
Sausage (Bratwurst)	A, B1, B2, B6, C, E	Calcium, magnesium, phosphorus	1	1	8	3
Sausages	A, D, E, K	Iron, sodium, phosphorus, zinc	1	1	8	3
Veal	B1, B2, B6	Potassium, phosphorus	1	1	6	12

Fish and seafood

	Vitamins	Minerals	Fridge compartment*	Easy Fresh *	Bio Fresh *	Bio Fresh Professional **	No Frost **
Cod	A, B12, D, E	Iron, fluorine	1	1	2	4	4
Hake	B6, B12, D	Potassium, calcium, iodine	1	1	2	4	3
Herring	B12, D, E	Sodium, phosphorus	1	1	2	4	2
Lemon sole	B1, B2, B5, B6	Calcium, magnesium, sodium	1	1	2	4	4
Lobster	B2, B6, B12, D	Fluorine, iodine, zinc	1	1	2	4	3
Mussels	B2, B12, folic acid	Iron, fluorine	1	1	3	6	3
Oysters	A, B2, B12, D	Iron, fluorine	1	1	3	6	3
Pike-perch	A, B2, D, E	Fluorine, iodine, zinc	1	1	2	4	8
Plaice	A, D, E	Iron, fluorine	1	1	2	4	6
Redfish	A, B2, B12, D, E	Potassium, phosphorus, zinc	1	1	2	4	3
Saithe	A, B2, B12, D	Iron, potassium, zinc	1	1	2	4	6
Salmon	A, D, E, H	Potassium, zinc	1	1	2	4	3
Scampi	B2, B12, E	Iron, fluorine, iodine	1	1	2	4	3
Sea bass	A, B12, D, E	Iron, fluorine, iodine	1	1	2	4	6
Sea bream	B2, D, E	Potassium, magnesium	1	1	2	4	3
Shrimps	B2, B12, E	Magnesium, zinc	1	1	2	4	3
Sole	A, B2, B12, D	Fluorine, iodine, zinc	1	1	2	4	6
Swordfish	A, B2, B12, D	Potassium, zinc	1	1	2	4	3
Trout	A, B2, B12, D, E	Copper, phosphorus, zinc	1	1	2	4	2
Tuna	A, B1, B2, D	Potassium, calcium, sodium	1	1	2	4	3
Turbot	B2, B12, D	Iodine, magnesium, zinc	1	1	2	4	6

All information is for guidance only and depends in each case on the type as well as correct storage without interruptions to the cooling chain from harvest/manufacturer to the Liebherr cooling appliance. If groceries are labelled with an expiry date, the date on the packaging always takes priority. Foodstuffs marked with * are not suitable for storage in the corresponding compartment.

Keep up your daily health with vitamins and minerals!

Vitamins	
Vitamin A	Production of visual purple; moistening of mucous membranes; development of bones and healthy skin
Vitamin B1	Transfer of specific nerve signals between the brain and spinal cord
Vitamin B2	Growth of skin, hair and nails
Vitamin B5	Resistance to infection through creation of antibodies; development of anti-stress hormones
Vitamin B6	Growth and repair of muscle tissue, healthy skin and the nervous system
Vitamin B12	Growth; creation of red blood cells
Vitamin C	Development and preservation of collagen; tissue repair and resistance to infection
Vitamin D	Strong bone structure
Vitamin E	Protection for cell walls; care for the skin, muscles and nerves as well as the cardiovascular system
Vitamin K	Clotting; tooth and bone structure
Folic acid	Natural vitamin B; spinal cord development of the foetus
Niacin	Control over energy production and energy provision; securing the function of the nervous system and digestive tract

Minerals	
Iron	Component of haemoglobin
Fluorine	Hardening bones and tooth enamel
Iodine	Preservation of the connective tissue; connection between sinews and ligaments; mental development of the foetus
Potassium	Function of muscles and nerves; well-adjusted water and acid-base balance
Calcium	Development of bones and teeth; muscle contractions and blood clotting
Copper	Development of hair and skin pigmentation; growth and function of nerves
Magnesium	Growth; preservation of strong bones and teeth; muscle relaxation; healthy heart and nervous system
Manganese	Utilisation of protein from food; healthy nerves, good joints, stable bone structure; creation of thyroid hormones
Sodium	Well-adjusted water balance; optimal acid-base balance
Phosphorus	Strengthening of bones and teeth; generation of genetic material
Sulphur	Generation of interarticular cartilage for bones, sinews and the entire bone structure
Selenium	Protection against free radicals
Zinc	Support for tissue repair; strengthening the immune system

LIEBHERR

The only ice that should be in your freezer: The one that cools outside the freezer.

No Frost

Clear everything out, find temporary storage for perishable produce, lay out cloths on the floor. Freezer compartment defrosting day has arrived. NoFrost saves you this wearisome work and frees up time for you to do something a lot more fun.

The innovative NoFrost technology freezes produce using cooled re-circulated air and directs humidity off to the outside. And if there is no moisture, no ice can form. The result: A freezer compartment that is always ice-free and therefore more energy efficient. And groceries that stay aromatically fresh for a long time instead of frost formation.



HNGRY: The smart every-day assistant for shopping, storage and supplies. This app isn't only your "smart" assistant to plan your shopping, but also helps when it comes to storing your goods properly.



Download it now and receive more information and tips on the proper way to store foodstuffs.

Availability may differ by country.



Dive deeper into the world of freshness and discover current topics and trends about nutrition, food storage and much more:
socialmedia.home.liebherr.com

