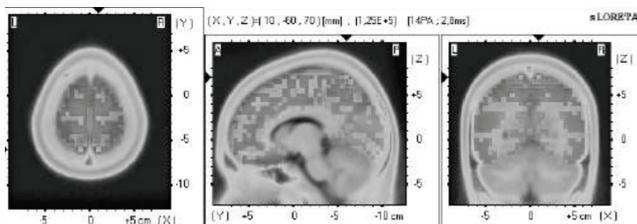


o cacau/chocolate apresenta de facto uma ação psico fisiológica benéfica para o indivíduo independente das percentagens presentes no produto, sendo um compromisso entre a doçura ou a sua percepção e as substâncias psico ativas.

FIGURA 1

Ponto de ativação cerebral



## P126: ASSOCIATION BETWEEN NUTRITIONAL STATUS INDICATORS WITH HOSPITAL LENGTH OF STAY: USEFULNESS OF COMPONENTS FROM UNDERNUTRITION SCREENING AND DIAGNOSTIC TOOLS

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**INTRODUCTION:** Undernutrition screening and assessment tools are made up of various components. The association between these tools with length of hospital stay (LOS) has already been shown but it is not known which tools' components show the strongest association with LOS.

**OBJECTIVES:** This study's purpose is to investigate the association of the components from different undernutrition screening and assessment tools with LOS.

**METHODOLOGY:** 633 Portuguese inpatients were included in a prospective study. Data collection incorporated sociodemographic, clinical and functional characteristics. The nutritional status indicators from the undernutrition tools studied were: weight loss, gastrointestinal symptoms, food intake (in the preceding week and month), handgrip strength, physical exam and disease-related inflammation. LOS was determined as the time from the date of hospital admission until discharge home (event of interest). Cox regression analysis was conducted and proportional hazard ratios (HR) models were adjusted for age, Charlson Index, professional activity and Katz Index.

**RESULTS:** Factors independently associated with lower probability of being discharged home were: weight loss of 5.1-10.0% (HR=0.64, 95% CI=0.50-0.82) and >10.0% (HR=0.58, 95% CI=0.44-0.76), presence or severe presence of gastrointestinal symptoms (HR=0.74, 95% CI=0.60-0.91), moderate and severe decreased food intake in the preceding month (HR=0.65, 95% CI=0.53-0.79), reduced handgrip strength (HR=0.72, 95% CI=0.57-0.90), mild to moderate (HR=0.72, 95% CI=0.60-0.87) and severe changes in the physical exam (HR=0.65, 95% CI=0.52-0.82), and acute disease-related inflammation (HR=0.74, 95% CI=0.62-0.88).

**CONCLUSIONS:** From all the components analysed, weight loss, gastrointestinal symptoms, decreased food intake, reduced handgrip strength, changes detected in the physical exam, and disease-related inflammation showed to be independently associated with longer LOS, since a lower probability of being discharged home was found. This study provides scientific evidence relating nutritional status indicators with LOS which can be used to improve undernutrition screening and diagnostic tools.

## P127: PERFORMANCE OF NATURAL EXTRACTS WITH ANTIMICROBIAL EFFECT ON THE CONSERVATION OF WHOLE-GRAIN BREADS: ALTERNATIVE TO THE USE OF CHEMICAL ADDITIVES

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Essential oils (EO) and propolis (P) have antimicrobial properties. Replacing additives to natural antimicrobials is a strategy for health promotion. The objective of this study was to investigate and evaluate preservative action of different combinations of natural extracts (EO and P) in whole-grain breads. A mix of EO (thyme, oregano and basil) and an alcoholic extract of propolis (P) were used in 2 formulations of bread samples, instead of a control sample (C). Besides analyzing the antioxidant and antibacterial activities, it was verified the appearance of signs of deterioration by macroscopic analysis and measurement levels of pH, water activity (aw), color and texture tests. 103 individuals performed sensorial tests by acceptance using seven-point hedonic scale for color, texture, moisture and overall impression attributes, and by intention-to-buy test. Statistics were performed by programs Excel 2016, STATA 14.0 and FIZZ 2.5. Results showed that P samples presented greater antioxidant and bactericidal power; C and EO samples presented visual colonies of fungi on the sixth day of storage, while P samples in the eighth. The pH and the water activity measures met the standard for the bread products. The color spaces L\* ranged from 57.11 to 63.50 and texture from 9.1 N to 50.2 N. The acceptance test revealed averages from "like slightly" to "like moderately". The Acceptability Index for the "overall impression" revealed that C sample was the most accepted (86.0%), followed by EO and P samples. The purchase intent test indicated the "probably buy" average grade for all samples. Comments of the tasters showed that "extracts flavors" were detected, concluding that the natural additives were not characterized in all parameters as substitutes for chemical preservatives. The P samples had longer preservation time compared to EO samples and all bread samples had good sensory acceptance as well as potential for acquisition.

## P128: MOTIVAÇÕES E BARREIRAS PARA O CONSUMO DE LEGUMINOSAS EM PORTUGAL

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**INTRODUÇÃO:** O crescimento da população mundial coloca novos desafios, uma vez que implica um aumento da produção de alimentos numa quantidade limitada de solo arável. A transição de dietas ricas em produtos de origem animal para alternativas mais ecológicas será crucial tanto em termos de sustentabilidade ambiental como de saúde humana. Desta forma um dos grupos de alimentos que tem tido destaque é o das leguminosas, cujo consumo se apresenta deficitário face às recomendações atualmente vigentes.

**OBJETIVOS:** Identificar os conhecimentos, as motivações e as barreiras para o consumo de leguminosas em Portugal.

**METODOLOGIA:** Desenhou-se um guião semiestruturado constituído por seis perguntas de resposta aberta relativas a conhecimento, motivações e barreiras para o consumo de leguminosas em Portugal. Realizaram-se entrevistas a um grupo heterogéneo de indivíduos (n=10), envolvidos nos diferentes passos da cadeia agroalimentar associada às leguminosas – desde a produção, à distribuição, ao retalho e ao consumo, incluindo também a investigação. Após a realização das entrevistas, para interpretar os dados obtidos na pesquisa qualitativa, utilizou-se o método de análise de conteúdo.