

## Food Portion Sizes

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**Introduction:** An essential step in measuring food intake is the quantification of the portion size of each food item consumed. In recent years, Portuguese dietary habits have changed substantially. Additionally, food supply has increased, which leads to an increased diversity of available foods. There are not among us updated descriptions of weight and food portions, so its development is of utmost importance.

**Objective:** To update the food quantification data published on “Food Portion Sizes” research developed in 1993 [1].

**Methods:** Food average portion sizes were obtained by a group of eight researchers. National and imported foods available in North of Portugal markets were used and weighed portions were calculated considering the different presentation forms and cooking methods, presenting the values of main forms of consumption of foods.

**Results:** Average portion sizes of 1102 foods were obtained. In global, 15284 weighing were conducted.

**Conclusion:** Present study provides an updated, quick and valid alternative to weights of foods and their portion sizes which are available in the North of Portugal. These data may be useful not only in food intake assessment but also in counseling and food education.

### References:

[1] Amaral, T., Nogueira, C., Paiva, I., Lopes, C., Cabral, S., Fernandes, P., Barros, V., Silva, T., Calhau C., Cardoso, R. and Almeida, M. (1993), *Pesos e Porções de Alimentos*, Revista Portuguesa de Nutrição, 5 (2), pp.13-23.