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**INTRODUCTION:** Glucose-6-phosphate dehydrogenase (G6PD) deficiency is the most common enzymatic deficiency in the world, affecting barely 400 million people. In the pentose phosphate pathway, G6PD catalyses the conversion of nicotinamide adenine dinucleotide phosphate (NADP) to its reduced form (NADPH), that protects cells against oxidative damage. Since pentose phosphate pathway is the only way to generate NADPH in erythrocytes, these cells are susceptible to oxidative stress. In patients with G6PD deficiency, oxidative stress episodes can lead to hemolysis. Even though the majority of patients with G6PD deficiency are asymptomatic, there is still a risk for neonatal hyperbilirubinemia and acute hemolysis after contact with oxidative stressors (fava bean ingestion, infection, diabetic ketoacidosis and oxidant drugs). Nutritional treatment is mainly based on the avoidance of oxidative stressors, while controlling nutritional intake and monitoring clinical symptoms and biochemical data.

**OBJECTIVES:** Our aim is to describe a case report about a four-year-old, male child with G6PD deficiency.

**METHODOLOGY:** Patient was diagnosed at 30 months of age, after excessive consumption of fava bean, resulting in severe hemolytic anemia requiring hospitalization care. Diagnosis was confirmed by G6PD activity measurement. After clinical stabilization, nutritional counselling was given mainly focused in avoiding oxidative stressors ingestion, excluding fava beans from the diet. Further nutritional counselling was made in order to prevent accidental ingestion of other similar beans from the diet. In addition, ingestion of high vitamin C content foods was discouraged and adequate hydration was advised. Once it was reported fatigue during exercise, patient was advised to take a carbohydrate rich snack together with fluid ingestion before exercise and to consume a snack with high glycemic index carbohydrate and protein, plus fluid ingestion immediately after.

**RESULTS:** Since recovering from the initial acute crises and continuous implementation of nutritional counselling, this child presents actually a good oxidative stress control, with no recent acute events. Blood cell count is within normal ranges and anthropometric and body composition measurements are considered normal. This is also reflected in a good school performance.

**CONCLUSIONS:** Nutritional management is crucial for the achievement of a normal growth and development and to prevent acute stress events in patients with G6PD deficiency.

## PO30: EVOLUÇÃO PONDERAL DOS DOENTES COM EXCESSO DE PESO E OBESIDADE SEGUÍDOS NA CONSULTA DE NUTRIÇÃO DO CENTRO HOSPITALAR DO PORTO

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**INTRODUÇÃO:** O excesso de peso e a obesidade são um importante e crescente problema de saúde pública em Portugal, sendo definidos por um Índice de Massa Corporal (IMC) superior a 25kg/m<sup>2</sup> e IMC superior a 30kg/m<sup>2</sup>, respetivamente. A intervenção ao nível dos comportamentos alimentares, através da implementação de um plano alimentar estruturado ou aconselhamento alimentar, é fundamental para o tratamento destas patologias.

**OBJETIVOS:** Foi objetivo deste trabalho estudar a evolução ponderal de doentes com excesso de peso e obesidade a frequentar consultas de nutrição para perda ponderal.

**METODOLOGIA:** Avaliaram-se doentes com idade igual ou superior a 18 anos e IMC superior a 25kg/m<sup>2</sup> que frequentavam a consulta de Nutrição do CICAP-Centro Hospitalar do Porto para perda de peso. Dos processos clínicos eletrónicos recolheram-se dados sociodemográficos e antropométricos (peso e estatura, tendo sido, posteriormente, calculado o IMC) dos doentes cuja 1.ª consulta ocorreu entre janeiro de 2013 e outubro de 2014 e com pelo menos uma consulta subsequente até março de 2015. Foram analisados dados de

198 doentes (76% do sexo feminino).

**RESULTADOS:** A idade média foi de 49,4 anos (dp=13,1). O IMC médio dos doentes na primeira consulta foi de 37,28kg/m<sup>2</sup>, sendo o IMC médio das mulheres (38,07kg/m<sup>2</sup>) superior ao dos homens (34,79kg/m<sup>2</sup>). Nas consultas subsequentes, a diminuição de IMC foi, em média, de 0,85kg/m<sup>2</sup> na segunda consulta e de 2,31kg/m<sup>2</sup> nos doentes que tiveram uma terceira consulta. Verificou-se ainda que 57% dos doentes perdeu peso em relação à primeira consulta, sendo a intervenção alimentar mais eficaz no caso dos homens (63% perderam peso vs. 55,3% das mulheres). Esta perda ponderal foi, em média, de 2,2kg da primeira para a segunda consulta e 4,4kg da primeira para a terceira consulta. As comorbilidades mais frequentemente apresentadas pelos doentes foram a Hipertensão arterial, a dislipidemia e a Diabetes Mellitus tipo 2.

**CONCLUSÕES:** Cerca de 57% da amostra perdeu peso durante o seguimento na consulta de nutrição do CICAP, sendo que maior número de consultas associou-se a uma maior perda ponderal.

## PO31: HEALTH PROMOTION AND HEALTHY EATING IN UNIVERSITY OF PORTO

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**INTRODUCTION:** According to Portuguese legislation, employers are required to organize activities concerning safety, hygiene and health at workplace for the prevention of occupational risks and the promotion of workers' health status. University of Porto, as an employer of about 3467 full-time individuals, has the duty to provide health services and occupational safety initiatives for its employees.

**OBJECTIVES:** Evaluate the actions related to health, and in particular to the Healthy Food Promotion at work at the University of Porto, in the year of 2012.

**MATERIALS AND METHODOLOGY:** The analysis of the information of the available report of all organizational units of 2012 was performed, followed by its systematization according to the goal of the present work.

**RESULTS:** It was found that 75.0% of the total organic units of the University of Porto has organized occupational health services and 91.7% have implemented health monitoring programs. However, no health promotion actions were carried out, such as those related to promotion of a healthy diet at work during the analyzed year.

Training activities occurred in 50% of the organic units, including 1 to 3 training sessions per academic unit, 2 focusing the topic of "Health Promotion".

**CONCLUSIONS:** Results showed the need for greater awareness and efforts for the implementation of occupational health services in all organizational units as well as the inclusion of health promotion programs including the promotion and health surveillance, especially related to healthy eating at the University of Porto.

## PO32: ACCEPTABILITY OF DATE PUREE AS SUGAR SUBSTITUTE IN CAKES: AN EXPLORATORY STUDY

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**INTRODUCTION:** Sugar added to foods and consequently its consumption is concerning. Cooks are responsible to give to consumers tasty, safety and nutritionally balanced dishes.

**OBJECTIVES:** This study aimed to evaluate the acceptability of cakes made with date puree in instead of sugar.