

other carbohydrate rich food items) as well as a third for vegetables and fruits. The model is based on sound research into the optimal nutrient composition of the diet and the Nordic food based dietary recommendations for wellness and health, with a dash of Icelandic habitual cultural heritage. These are for example the weight on seafood, cod liver oil, local vegetables and berries, rye bread and milk products, such as skyr. The last made out of milk from the old cattle herds imported at the settlement of Iceland over 1000 years ago. In recent years there has been an increase in local production of different food items, some not grown for a very long time, such as barley, rye and rapeseed. The public itself has gained more interest in growing berries and fruits, such as apples for example, but these are not produced on a consumer scale in Iceland. The Icelandic food production circle does not include all the basic elements found to be of importance in a healthy diet (ex. beans, nuts, oils, cereals, fruits and some vegetables) and therefore, a lot of food would have to be imported and balanced against sustainability concerns. Commensality, eating together as social practice, is common in Iceland, both for breakfast, lunch and dinner among families, friends and colleagues. According to dietary surveys, the public seems to follow the plate model in many ways, both children and adults. But not everyone or everyday and the vegetables and fruits have been fighting for their rightful place on the plate in the habitual diet. However, they are now slowly gaining footage and acceptance as noble protectors of health and great culinary experiences.

“What about lunch? For lunch we only had soup” - An approach to the study of meal design in Portugal

Maria Daniel Vaz de Almeida, Bela Franchini, Claudia Afonso, Rui Póinhos. Faculty of Nutrition and Food Sciences, Porto University, Portugal*

A meal is an eating occasion in which foods and drinks are consumed following a specific order, at a certain time of the day where place and commensality rules also apply. Our previous research showed that Cape Verdean immigrants adapted in Portugal by modifying the structure and composition of meals, namely breakfast (from a cooked, structured meal to a simpler eating occasion of coffee and bread), but also lunch and dinner with inclusion of soup and wine.

We present a combined approach of qualitative and quantitative methods to illustrate how meals are organized in Portugal. Firstly, semi-structured interviews were carried out as part of the “Food in later life project” to illustrate how Portuguese elderly describe their meals across the life cycle, from childhood to old age (de Moraes et al., 2012). 80 elderly (40 men and 40 women), living in their homes and aged between 65 and 91 years old were interviewed to assess their perceptions of meals during specific periods of their lives, providing a life cycle perspective of foods and meals in a time span of nearly 100 years. Participants’ childhood was marked by economic constraints, which in turn influenced their meal structure and food consumption, specially in the case of those born in the first two decades of the 20th century. Old age, lack of resources, disease and loneliness play important roles in meal structure and food consumption today.

A quantitative study with 24h recalls was used to describe today’s meals in a representative sample of Portuguese adults. 3529 subjects

(52% women) aged between 18 and 93 years were interviewed within the study “Portuguese population food habits and lifestyle” (Póinhos et al., 2009). Food intake, time, meal designation, place and commensality of each meal were registered. On average, respondents had 5 daily eating occasions, lunch and dinner being the most frequent meals eaten, followed by breakfast.

Food and drink combinations in Swedish meals

Henrik Scander, PhD student, School of Hospitality, Culinary Arts and Meal Science, Örebro University, Sweden

The Swedish national survey on dietary intake, Riksmaten, which took place in 2010-11, included details on day of the week, time point of consumption as well as where meals were consumed. The dietary data were collected through an online registration covering four days, combined with questionnaire data on educational level, lifestyle habits and self-perceived health. The data have previously been presented in regards to nutrient intake and food choice related to educational level. An interesting analysis on which drink that is consumed (or reported to be consumed) at different types of meals and with different food combinations and energy intakes has been undertaken.

The results show large differences in choice of drink depending on food choice, gender, day of the week and time of day. We have also shown that a large proportion of the energy intake comes from consumption of sweet or alcoholic drinks in between meals and in combination with meals.

It is important to inform the public about the choice of drink in relation to energy intake, especially for those aiming to restrict their intake. Our results will present a background for such guidelines. Some surprising results in regards to taste combinations will also be briefly discussed, from the sommelier’s horizon.

Historical aspects of commensality during meals in Europe

Richard Tellström, School of Hospitality, Culinary Arts & Meal Science, Örebro University, Sweden

Who are we eating with? There are always companions to relate to in a meal, both to those who are present and they who are on another place or even in a past history. The choice of food and beverages at the market, the selection of flavour and texture combinations, cooking processes and serving the food with different utensils are all originating from a cultural, religious or social context. Commensality therefore seems to not only to be eating together at the same table but also eating with non-present table guests and relations.

During the 20th century in Sweden the eating context and commensality has changed due to urbanization, changing of how families are created, education levels and gender equality. An increased distance between living place and work has made commuting necessary, which effects the commensality at home but also how meals are shared within the work team you belong to. In Sweden’s major cities it is today often more common to live as single but is a single person eating done