

# **Twelfth International Conference on Culinary Arts and Sciences**

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**The Worshipful Company of Cooks  
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The Institut Paul Bocuse Research Center**





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**Twelfth International Conference  
on Culinary Arts and Sciences**

# **TWELFTH ICCAS INTERNATIONAL CONFERENCE ON CULINARY ARTS AND SCIENCES**

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# Food@work: adequacy of food consumption according to the Portuguese food guide

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## Introduction

Food consumption presents a key pillar in terms of health promoting and healthy eating, combining the quality of the food eaten, the quantity and variety. These principles are included in national food guides.

## Objective

To analyse the adequacy of food consumption according to the Portuguese food guide and the association between sociodemographic characteristics, such as gender, function and academic qualifications and food consumption among employees of a Portuguese University.

## Methods

Data collection was carried out face-to-face, by a nutritionist that inquired individuals about food consumption in the previous 24h. It was considered only food consumption from normal intake days. All ethical procedures were considered and an ethical committee approved the research. Statistical analysis was conducted using SPSS software. A critical significance level of 5% was considered.

## Results

It was observed an inadequate consumption of all groups of the Portuguese Food Guide, except in the groups of 'Cereals, Tubers and Derivatives' and 'Oils and Fats'. Individuals with a higher level of education tend to consume more "Fruit", "Vegetables", "Meat, Fish and Eggs" and "Dairy Products". Males had a higher consumption of "Meat, Fish and Eggs" and "Cereals, Tubers and derivatives" than females.

## Conclusions

Sociodemographic characteristics are associated with food consumption but varied according to the food group. In general, the eating habits of the employees of a Portuguese University do not comply with the recommendations from the Portuguese Food Guide.