

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

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





MENU, FOOD & HOSPITALITY MAGAZINE

# MENU

**VOLUME 10 - SPECIAL ISSUE**

REPORT OF ICCAS PROCEEDINGS

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

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

**Lyon, 2 – 3 June, 2022**

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# Intermediate meals and the place of consumption - which relationship?

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*This research was supported by national funds through FCT - Foundation for Science and Technology within the scope of UIDB/05748/2020 and UIDP/05748/2020.*

## Introduction

The distribution of energy and nutrients in 4 to 6 daily meals may have beneficial health effects. The place where people have their meals is frequently identified as a determinant of food consumption.

## Objectives

To evaluate the influence of the place where university employees, have their meals on the adequacy of intermediate meals.

## 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.

## Results

It was observed a relationship ( $p = 0.004$ ), between the place where first mid-afternoon meal were eaten and the adequacy of its energy value. The same applies to second mid-afternoon meal ( $p=0.006$ ). Either consumption at home or food brought from home contribute to a better adequacy of the energy value of that meal.

## Conclusion

The place where intermediate meals were eaten seems to influence their adequacy, reason why it is important to carry out awareness actions related to the topic at workplace, to promote the health and well-being of employees.