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**The Worshipful Company of Cooks
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on Culinary Arts and Sciences**



TWELFTH ICCAS INTERNATIONAL CONFERENCE ON CULINARY ARTS AND SCIENCES

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Food trends in food service in Portugal

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Introduction

The eating habits in the food service sector have been changing as a result of the change of consumer needs, expectations and lifestyles. Consumer food choices are affected by many determinants and can influence the arising of new food trends in the food service sector, associated with a modification in food consumption behaviour.

Objective

Characterize food trends in the food service sector in Portugal, in a sample of Portuguese consumers.

Method & design

An interview guide and a questionnaire online were developed. Questionnaire was applied to a sample of the population resident in Portugal, aged over 15 years. The individuals, interviewed by videocall, were selected by convenience. The behaviour and expectations of food consumption in the food service sector in Portugal were some of the dimensions evaluated. Qualitative and quantitative results were analysed using qualitative data coding software and IBM SPSS Statistics 27, respectively.

Results

Interviews were conducted with 30 adults and 1399 responses were obtained from the online survey. 86.3% of respondents identified bars and cafeterias as the most used services for eating away from home, with fast-food restaurants being mentioned by 85,0%. It was found that food consumption away-from-home is characterized by a greater intake of energy-dense products, with 49.1% reporting taking soft drinks and 65,0% consuming fast-food products. When choosing the places of consumption, aspects related to hygiene and food safety, sustainability, convenience, socialization and food variety were valued. 37.2%, 32.2% and 25.7% of participants identify, respectively, "Healthy snacks", "Vegetarian and/or vegan recipes" and "Low sugar recipes" as the most researched concepts, on the previous year, that influenced their eating behaviour.

Conclusions

The identified trends refer to a diet based on the consumption of more nutritious meals more convenient and sustainable.