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INTRODUÇÃO: As Creches são instituições essenciais para a adoção de hábitos alimentares saudáveis nas crianças, tornando-se importante assegurar uma adequada oferta alimentar nestes locais.
OBJETIVOS: Avaliar o efeito do Projeto Creche com Sabor e Saúde (C2S) na oferta alimentar da refeição do almoço das crianças dos 0 aos 3 anos.
METODOLOGIA: Para aferir a qualidade da oferta alimentar do almoço em 18 instituições particulares de solidariedade social (IPSS), criou-se uma ferramenta para o efeito e aplicou-se no início do projeto. Posteriormente, acompanharam-se as instituições de forma a promover a melhoria da oferta alimentar. No final do projeto, aplicou-se a mesma ferramenta de forma a proceder à avaliação do efeito deste acompanhamento.
RESULTADOS: Apesar de 17 instituições (94%) possuírem a valência dos 6-11 meses, apenas 13 (77%) tinham as respetivas ementas. Dos 6-8 meses, destacou-se o excesso da oferta de fruta confecionada (>2x/semana, 61,5%) e dos 9-11 meses, o défice da oferta de leguminosas na sopa (<1x/semana, 92,3%) e de ovo como principal fonte proteica (<2x/mês, 84,6%), bem como a presença de sopa com fonte de proteína animal mesmo quando já era oferecida no prato. Dos 12-36 meses, nas 18 instituições, realça-se o défice do ovo como principal fonte proteica (<2x/mês, 83,3%) e do peixe gordo (<1x/mês, 44,4%) bem como a falta de variação nos métodos de confeção (ensopados, caldeiradas ou jardineiras) (<1x/mês, 16,7%). No final do projeto, verificou-se uma melhoria de 15,5% no cumprimento dos requisitos (início: 70,3%, final: 80,7%) e um aumento da existência de ementas dos 6 aos 11 meses (final: n=16/17).
CONCLUSÕES: O projeto C2S teve efeito positivo na melhoria da oferta alimentar da refeição do almoço em todas as instituições. Revela-se importante a implementação de projetos similares que abranjam mais instituições a nível nacional para a melhoria da qualidade da oferta alimentar das Creches portuguesas.

FINANCIAMENTO: O projeto C2S foi cofinanciado pela Associação Cultural e Recreativa de Cabreiros e pela Direção-Geral da Saúde.

PO35. UNPROCESSED AND MINIMALLY PROCESSED FOODS ARE POSITIVELY ASSOCIATED WITH NEURODEVELOPMENT IN TODDLERS

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INTRODUCTION: Nutrition is an essential factor in early brain development. Dietary patterns as characterized by different food processing levels have been hypothesized as a potential influencer of neurocognitive function.
OBJECTIVES: This study aimed to estimate the association between different types of food processing and neurocognitive development in toddlers.
METHODOLOGY: Data for the present cross-sectional analysis came from Healthy Children 2021 project and included 213 toddlers (52.1% females, aged 12-36 months) from 15 childcare centers across the city of Braga, Portugal. Cognitive development was assessed using the Bayley Scales of Infant and Toddler Development—Third edition. Dietary intake was gathered by a two-day food record, from non-consecutive days, obtained from the parents and educators. The food and beverage items were categorised using the NOVA classification which groups them according to the extent and purpose of processing they undergo into four groups: unprocessed and minimally processed foods (NOVA 1), processed culinary ingredients (NOVA 2), processed foods (NOVA 3) and ultra-processed foods (NOVA 4). Cognitive development and the energetic contribution to total energy intake of each NOVA group were categorised using the median score of Bayley Scales (inadequate<10 and adequate≥10) and median energetic contribution for each NOVA category, respectively. Logistic regression models were estimated to assess the association between NOVA groups and cognitive development further adjusting for sleeping time and mother´s education.
RESULTS: Girls with a higher energy contribution of unprocessed and minimally processed foods (≥56.93%) had higher odds of achieving a higher cognitive development score (aOR: 4.05; 95%CI 1.06;15.5). However, the same association wasn't observed in boys.
CONCLUSIONS: Our findings suggest that a higher energy contribution of unprocessed and minimally processed foods is associated with a higher neurocognitive development in girls.
Promotion of healthy eating and consumption of unprocessed and minimally processed foods can be promising in improving neurocognitive development.

PO36. FACTORS INFLUENCING ADHERENCE TO A SUSTAINABLE DIET IN PORTUGUESE ADULTS

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INTRODUCTION: A global transformation to healthy diets from sustainable food systems is urgently needed in order to improve health and minimize the environmental impact. Thus, it is important to identify possible factors that explain a low/high adherence to a sustainable diet.
OBJECTIVES: To explore factors influencing adherence to a sustainable diet among Portuguese adults (aged 18-65 years).
METHODOLOGY: Data collection was carried out between October and December 2022 using a self-reported questionnaire applied by interview to 351 adults (31.4% male). Healthy and sustainable practices were assessed using Sustainable HEalthy Diet (SHED) Index, developed by Tepper *et al.* (2021). The choice of possible factors determining adherence to sustainable diet was based on findings reported in literature. Linear regression model was used to estimate the magnitude of the association between total SHED Index score and selected factors (sex, age, education level, body mass index, physical activity, level of urbanization, dietary pattern).
RESULTS: The mean of the total SHED Index score was 82.3±20.98 of 179. Linear regression models showed that participants who lived in lower level of urbanization (i.e., village/community settlement) (B=5.602, CI 95%: 0.657, 10.547, p=0.027), had vegetarian/vegan/plant-based diet (B=25.977, CI 95%: