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INTRODUÇÃO: Evidência científica mais recente demonstrou que diferentes padrões alimentares, nomeadamente o vegetarianismo, podem ter um impacto na redução do risco cardiovascular sobretudo pela relação com a composição corporal, em concreto pelo efeito fisiológico do tecido adiposo.

OBJETIVOS: Avaliar a composição corporal e a sua relação com o risco cardiovascular entre indivíduos vegetarianos e omnívoros.

METODOLOGIA: Estudo transversal, onde os participantes foram divididos em vegetarianos (sem consumo de carne e/ou peixe) e omnívoros (consumo de carne e/ou peixe). A composição corporal foi avaliada através da absorciometria de raios-X de dupla energia (DXA) e o risco para doença cardiovascular a 10 anos, foi calculado através do score QRISK®3.

RESULTADOS: Foram avaliados 125 indivíduos (51 vegetarianos e 74 omnívoros) maioritariamente do sexo feminino (61,60%) com uma média de idade de 39 ± 11 anos. Entre padrões alimentares não existiram diferenças significativas (nem população total, nem entre sexos) no que respeita à percentagem de massa gorda (%MG), tecido adiposo visceral (VAT) e subcutâneo (SAT), rácio VAT-SAT (VAT/SAT) e RCV10. Não obstante, nos homens vegetarianos o RCV10 foi maior nos indivíduos com níveis mais elevados de %MG, VAT, SAT e VAT/SAT ($p \leq 0,05$), sendo que nas mulheres vegetarianas apenas a %MG, VAT e rácio VAT/SAT se correlacionaram positivamente com o RCV10 ($p \leq 0,05$). Nos homens omnívoros o RCV10 foi superior nos indivíduos com maior VAT ($p \leq 0,05$), enquanto nas mulheres omnívoras não só a VAT, como a %MG, SAT e VAT/SAT se correlacionaram positivamente com o RCV10 ($p \leq 0,05$).

CONCLUSÕES: Embora não tenham sido encontradas diferenças estatisticamente significativas entre vegetarianos e omnívoros em nenhum parâmetro de composição corporal, parece ser evidente que a quantidade e distribuição de tecido adiposo são indicadores do RCV10 independentemente do padrão alimentar.

CO13. NUTRITIONAL ADEQUACY ACCORDING TO SUSTAINABLE DIET ADHERENCE AMONG PORTUGUESE ADULTS

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INTRODUCTION: The promotion of sustainable diets is intended to increase health and minimize environmental impact related to food production, food system and consumption. However, little is known about the relationship between nutritional adequacy and adherence to sustainable diet.

OBJECTIVES: To assess the association between nutritional adequacy and sustainable diet adherence among Portuguese adults.

METHODOLOGY: Data collection was carried out between October and December 2022 using a self-reported questionnaire applied by interview to 296 adults (31.4% male; mean age: 35.6 ± 15.9 years old). Sustainable diet adherence was assessed using Sustainable Healthy Diet (SHED) Index, developed by Tepper *et al.* (2021). SHED index score was categorized based on sex-adjusted tertiles into low, medium and high sustainable diet adherence. Diet was evaluated

using a food frequency questionnaire and EFSA's Dietary Reference Values were used to evaluate nutritional adequacy. Logistic regression models were used to estimate the association between sustainable diet adherence and nutrients intake adequacy adjusting for age, sex and energy intake.

RESULTS: The prevalence of inadequacy for saturated fat, trans fat, fibre, vitamins C and E intake was higher in participants with low adherence to sustainable diet, ranging from 42.7% to 77.1% ($p < 0,05$ for all). After adjusting for confounders, participants with higher adherence to sustainable diet were less likely to have inadequate intake of fibre (OR=0.166, CI 95%: 0.072-0.385), saturated fat (OR=0.498, CI 95%: 0.261-0.951), trans fat (OR=0.315, CI 95%: 0.144-0.693), vitamin C (OR=0.250, CI 95%: 0.089-0.706) and vitamin E (OR=0.086, CI 95%: 0.034-0.219). No associations were seen for carbohydrates, total fat, protein, folate, vitamin A, calcium, iron and vitamin B12 intake.

CONCLUSIONS: Higher adherence to sustainable diet seems to be beneficial against nutritional inadequacy. Promoting adherence to sustainable healthy diets, while preserving planetary health, could be a significant part of good nutrition.

CO14. DIFFERENCES IN COOKING SKILLS ACCORDING TO SODIUM AND SODIUM POTASSIUM RATIO URINARY EXCRETION

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INTRODUCTION: Nutritional information devoid of cooking skills can compromise the improvement of eating habits. Little evidence is known about the relationship between sodium (Na) and sodium-potassium ratio (Na:K) intake with cooking skills.

OBJECTIVES: To analyze the differences between urinary excretion of sodium (Na) and the sodium-potassium ratio (Na:K) as a proxy for Na and Na:K intake and cooking skills.

METHODOLOGY: The study was cross-sectional with 114 (54.4% women) workers at a Portuguese public university, participants in the iMC SALT project, with an average age of 48 years. Na and Na:K intake was assessed using 24-hour excretion of urine, validated by the creatinine coefficient. To assess cooking skills, was used a Portuguese version of the cooking skills scale.

RESULTS: The mean Na excretion of the participants was 3132 ± 1340 and the Na:K was 2.1 ± 0.9. Almost all participants answered knowing how to cook (97.4%). More than 50% of participants consider that their cooking skills are sufficient and cook more than 4 to 6 times a week or every day. Participants who that identify as a "cooking" definition: "join "pre-prepared" ingredients to make a complete meal (e.g. frying frozen potatoes or boiling frozen vegetables)" had a higher mean intake of Na (3601 ± 1411 mg vs. 2993 ± 1294, $p=0,38$) and Na:K (2.30 ± 0.7 vs. 2.1 ± 0.9, $p=0,49$) than those who said it wasn't a definition of cooking. There were no significant differences in the other parameters.

CONCLUSIONS: Further studies with a larger sample are needed to verify the association of Na and Na:K intake with cooking skills. Our results show that cooking skills may be related to Na and Na:K intake.

This work was supported by Fundação para a Ciência e Tecnologia under Grant POCI-01-0145-FEDER-029269.