

literature values. Firmness ranged from 2.8 to 5.6 kg/0.5 cm², whose variation may be attributed to different fruit maturation stages and/or physical damage. Higher pear concentration and pectin inclusion yielded darker gummies. The addition of pectin and citric acid led to gummies with lower pH values (~4). Regarding TPA analysis, hardness and gumminess were significantly affected by the addition of pectin, decreasing from ~200-500 to < 100 g, and from ~200 to ~50, respectively. The increase in pear concentration has also decreased these properties, contrary to the inclusion of citric acid. Adhesiveness was also lower for formulations with pectin. Based on TPA results, gummies without pectin were selected for the sensory analysis. Untrained panelists appreciated the gummies, with a preference for those with the highest pear concentration (score~7, global appreciation). Among the evaluated parameters, the texture presented the lowest score values ~6.

CONCLUSIONS: Gummies without pectin exhibited better textural characteristics. Panelists appreciated the gummies, favoring higher pear concentration but suggesting texture improvement. Further research will optimize this property, but gummies demonstrated potential as a healthy and sustainable product.

PO14. VITAMINAS E MINERAIS EM SUPLEMENTOS ALIMENTARES QUE VISAM A PERDA DE PESO

Márcia Martins¹; Rui Jorge^{1,3}

¹ Escola Superior de Saúde do Instituto Politécnico de Leiria

² Centro de Inovação em Tecnologias e Cuidados de Saúde (ciTechCare) do Instituto Politécnico de Leiria

³ Escola Superior de Desporto de Rio Maior do Instituto Politécnico de Santarém

INTRODUÇÃO: Apesar dos baixos níveis de eficácia demonstrados pela generalidade das substâncias presentes em suplementos alimentares que visam a perda de peso, estes são procurados por quem deseja perder peso e alguns destes suplementos alimentares possuem vitaminas e minerais em doses bastante variáveis.

OBJETIVOS: Analisar as dosagens de vitaminas e minerais presentes na rotulagem de suplementos alimentares direcionados à perda de peso, comparando-os com as doses diárias de referência.

METODOLOGIA: Recolheram-se aleatoriamente, em supermercados de Lisboa, entre março e abril de 2023, 40 suplementos alimentares que visam a perda de peso, tendo sido feita uma análise à sua rotulagem.

RESULTADOS: Nos suplementos alimentares recolhidos vinham rotuladas doses muito variáveis de 8 vitaminas e 19 minerais distintos, e em boa parte, com dosagens superiores às doses diárias de referência (*Population Reference Intakes e Recommended Dietary Allowances*). Das vitaminas mais comumente presentes destacam-se a vitamina B1, a vitamina B6 e a vitamina C, com dosagens máximas identificadas de 1,4 mg, 160 mg e 2 mg, respetivamente. As vitaminas menos frequentemente presentes e respetivos valores máximos identificados foram a niacina com 18 mg, o ácido pantoténico com 6 mg, a vitamina B12 com 0,8 µg e a vitamina E com 3,65 mg. O crómio foi o mineral mais frequentemente rotulado, tendo registado a dosagem mais elevada de 250 µg, assim como o zinco (20 mg), o potássio (300 mg) e o selénio (55 µg). Os minerais menos frequentemente indicados no rótulo foram o iodo com valores máximos de 150 µg e o magnésio (56 mg).

CONCLUSÕES: Constatamos que é frequente, os suplementos alimentares, entre uma panóplia de outros ingredientes, também possuírem vitaminas e minerais, que, embora em doses muito variadas e por vezes superiores às doses diárias de referência, tendem a não exceder os Tolerable Upper Intake Levels dessas vitaminas e minerais.

PO15. CLEAN LABEL PRODUCTS: FACTORS AFFECTING LIKING AND ACCEPTABILITY BY PORTUGUESE OLDER ADULTS

Ana Campos Fernandes^{1,2}; Cecília Moraes^{3,4}; Bela Franchini^{1,3}; Bárbara Pereira^{1,3}; Olívia Pinho^{1,5}; Luís Miguel Cunha^{2,3}

¹ Faculty of Nutrition and Food Sciences of the University of Porto

² DGAOT, Faculty of Sciences of the University of Porto

³ GreenUPorto—Sustainable Agrifood Production Research Centre/Inov4Agro of the University of Porto

⁴ University of Trás-os-Montes and Alto Douro

⁵ LAQV/REQUIMTE - Associated Laboratory for Green Chemistry of the Network of Chemistry and Technology of the University of Porto

Consumers are preferring more "natural" foods, made of "healthier" and "familiar" components - the "clean label" trend. As the population ages, understanding older adult consumer segment becomes increasingly important. This study aims to identify the factors influencing the acceptability and liking of clean label products in older adults living in the community. A convenience sample of 100 older adults was used for this cross-sectional study. Socio-demographic data, health status, independence level, lifestyle characteristics, nutritional status and food and nutrient intake data were collected. The acceptability and liking for clean label products comprised two parts: Sensory analysis with overall liking evaluation of 3 pairs of products, using a 9-point hedonic scale and free comments; Willingness to eat and preference assessment of 9 pairs of products using the Food Action scale and a simple preference test. The participants were 80% female with a mean age of 75 years old. The overall liking for clean label versions of cookies and mayonnaise was lower than for traditional versions. Participants were more willing to eat the clean label versions of products, particularly ham and yoghurt. Most of the participants would prefer buying the clean label version of all the 9 pair of products, especially for ham, loaf bread, sausages, and yoghurt. In sum, older adults living in the community exhibit a lower liking but, greater willingness to eat and higher preference for buying for the clean label products. Older adults who favor clean label products have higher levels of education and presented a more adequate diet.

PO16. FORMULATION OF CHUTNEYS WITH STRAWBERRY TREE FRUITS AS SOURCE OF DIETARY FIBRE

Jorge André Oliveira¹; Sandrine Ressureição²; Sandra Dias Santos²; Filomena Gomes^{2,3}; Goreti Botelho^{2,3}

¹ Coimbra Education School of the Polytechnic Institute of Coimbra

² Coimbra Agriculture School of the Polytechnic Institute of Coimbra

³ Research Centre for Natural Resources Environment and Society (CERNAS) of the Polytechnic Institute of Coimbra

INTRODUCTION: Chutney is a spicy or savory condiment, made from fruits, vegetables and/or aromatic herbs, with vinegar, sugar, and spices. Innovative food products that provide dietary fibre are desirable and have a place in the current market.

OBJECTIVES: The main objective of this work was to develop formulations of chutneys using strawberry tree fruits (*Arbutus unedo* L.) as raw material.

METHODOLOGY: Fruits were crushed and their seeds and sclereids removed by physical separation to obtain a smooth pulp. Three chutney formulations were carried out, all consisting of those pulp, and including different raw materials, such as dry raisin and honey (CH2), pineapple (CH5) and beetroot (CH6). The chutneys were evaluated by an untrained sensorial group (66 tasters), physicochemical and colour analyses (CIEL*a*b* system).

RESULTS: From the literature, a low pH level in the chutney is crucial for its stability and shelf life extend. The pH average values reached for each chutney were ≤ 3.50, as desirable, to increase the stability of these products. Total sugars (g/100g) ranged as CH2 (27.23±0.08) > CH6 (23.54±0.36) CH5 > (17.59±0.06). A similar variation was found for total fibre quantification (g/100g), with the following