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BOOK OF ABSTRACTS

6TH MEETING
OF YOUNG RESEARCHERS OF UNIVERSITY OF PORTO



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Developing a Food and Nutrition Quality Stamp for Public Restaurants in Portugal

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The creation of a food and nutrition quality stamp that enables restaurants to advertise the use of good nutritional practices and consumers to identify establishments that supply healthy dietary choices may be a potential strategy to reduce the association between inadequate dietary intake outside home and development of obesity, and increased nutritional risk [1, 2]. The objective of this work was to develop a food and nutrition quality stamp as well as the eligibility criteria, allowing their assignment to catering establishments with a view to creating a healthy restaurants network.

It was defined as working methodology the selection of information that would allow the determination of eligibility criteria for applications to the quality stamp.

The following criteria were established: prerequisites, food quality and balanced menus, portion sizes, employees' training and nutritional composition of meals.

In fact, with the growing public concern for nutrition, this stamp could lead to a competitive advantage for adherent restaurants, allowing generating a value chain, dignity and constant improvement.

Nowadays catering occupies an important role in European society, in economic and social terms. This concept is closely related to social responsibility, since the traders' awareness in relation to health issues is an essential part of the process [3].

This is a quality stamp that recognizes good food and restaurants' adequate nutritional practices in Portugal, and motivates them to continue with the commitment to always do more and better for the health of their clients, offering healthy options on their menus.

References

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