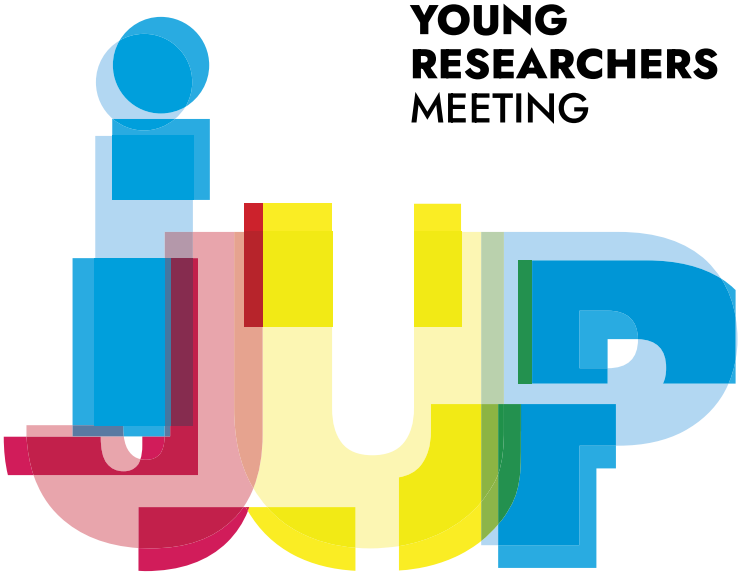
BOOK OF ABSTRACTS

YOUNG RESEARCHERS MEETING



IJUP
4.5.6 MAIO 2022

15.ª EDIÇÃO

ONLINE
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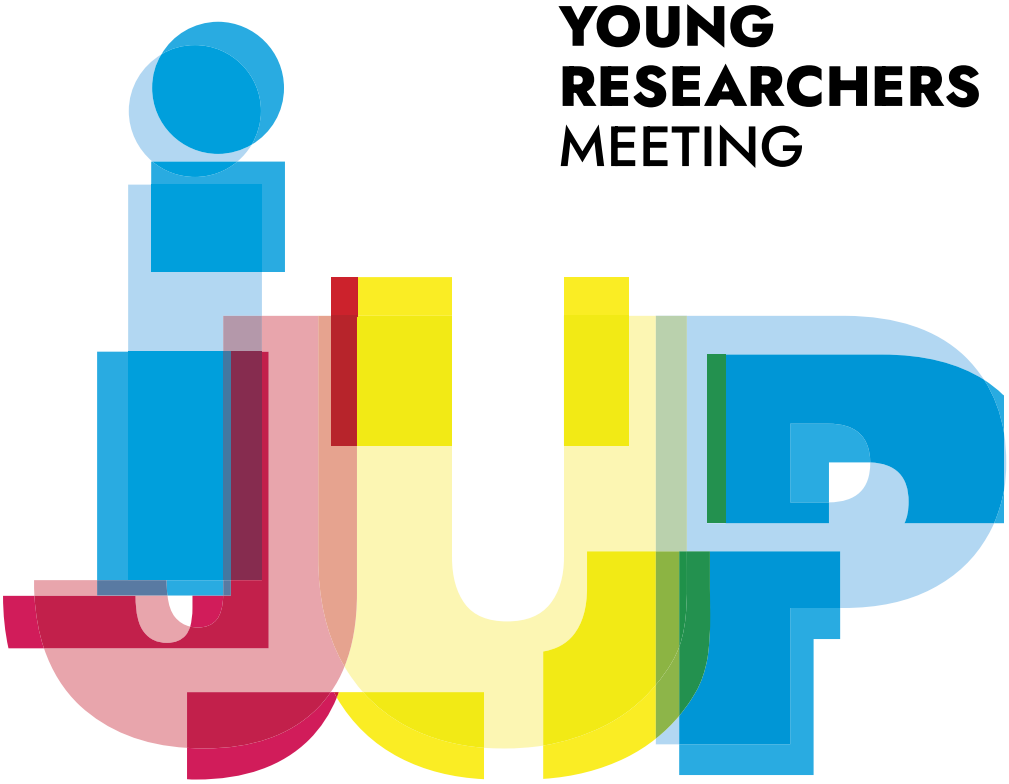

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TÍTULO | *TITLE*

Livro de Resumos do 15.º Encontro de Investigação Jovem da U.Porto

Universidade do Porto

Vice-reitor para a investigação, inovação e internacionalização

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PROGRAMA
PROGRAM

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ONLINE **EVENT LINK** (CLICK HERE)

	MAY, 4TH	MAY, 5TH
08:00 - 18:00		
	PARALLEL ORAL SESSIONS I	**PARALLEL ORAL SESSIONS VI**
	A1 – Mathematics	A1 – Biological Sciences IV
	A2 – Architecture I	A2 – Engineering I
09:00 - 10:30	A3 – Chemistry I	A3 – Physics II
	A4 – Environment I	A4 – Language & Communication
	A5 – AgroFood I	A5 – Health Sciences VI
	A6 – Health Sciences I	A6 – Psychology & Sciences of Education I
10:30 - 10:40	Break	
	PARALLEL ORAL SESSIONS II	**PARALLEL ORAL SESSIONS VII**
	A1 – Health Sciences II	A1 – Biological Sciences V
	A2 – Architecture II	A2 – Engineering II
10:40 - 12:00	A3 – AgroFood II	A3 – Chemistry II
	A4 – Environment II	A4 – Geo-Politics I
	A5 – Physics I	A5 – Health Sciences VII
		A6 – Psychology & Sciences of Education II
12:00 - 12:20	Break	
	PARALLEL ORAL SESSIONS III	**PARALLEL ORAL SESSIONS VIII**
	A1 – Economics & Management	A1 – Biological Sciences VI
	A2 – Biological Sciences I	A2 – Engineering III
12:20 - 13:40	A3 – Architecture III	A3 – Geo-Politics II
	A4 – Chemistry III	A4 – Health Sciences VIII
	A5 – Sport Sciences I	A5 – Health Sciences IX
	A6 – Health Sciences III	A6 – Psychology & Sciences of Education III
13:40 - 14:30	Lunch Break	
	PARALLEL ORAL SESSIONS IV	**PARALLEL ORAL SESSIONS IX**
	A1 – Arts I	A1 – Biological Sciences VII
	A2 – Biological Sciences II	A2 – Engineering IV
14:30 - 16:00	A3 – Sport Sciences II	A3 – Law and Criminology I
	A4 – Chemistry IV	A4 – Health Sciences X
	A5 – Architecture IV	A5 – Heritage & History I
	A6 – Health Sciences IV	A6 – Psychology & Sciences of Education IV
16:00 - 16:10	Break	
	PARALLEL ORAL SESSIONS V	**PARALLEL ORAL SESSIONS X**
	A1 – Astronomy & Physics	A1 – Law and Criminology II
	A2 – Arts II	A2 – Health Sciences XI
16:10 - 17:40	A3 – Sport Sciences III	A3 – Psychology & Sciences of Education V
	A4 – Biological Sciences III	A4 – Heritage & History II
	A5 – Health Sciences V	

RECTORATE OF THE UNIVERSITY OF PORTO

	MAY, 6TH
08:30 - 09:00	*Opening of the secretariat for all participants*
09:00 - 10:00	**POSTER SESSION I**
10 min	Coffee-break
10:10 - 11:00	**POSTER SESSION I**
11:00 - 11:15	Break
11:15 - 12:00	**POSTER SESSION II**
10 min	Coffee-break
12:10 - 13:15	**POSTER SESSION II**
13:15 - 15:00	Lunch Break
15:00 - 18:00	**CLOSING SESSION AND CELEBRATION OF THE 15-YEARS ANNIVERSARY OF IJUP**

ENCONTRO INVESTIGAÇÃO JOVEM

IJUP

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15.ª EDIÇÃO

Salt content in meals served in university canteens - results of an intervention to reduce and control the added salt

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Abstract

Background: The reduction of salt consumption by populations has been recognized as a priority by the World Health Organization and governments around the world to reduce the prevalence of non-communicable diseases. Previous studies demonstrated that the salt content of foods available in the market and restaurants is high and varies greatly, making it difficult for consumers to comply with dietary recommendations. Indeed, most food handlers of canteens recognize that they use a random amount of cooking salt based on personal flavour.

Objective: Analyse the amount of total salt and added salt present in meals served in university canteens and implement an intervention to control and reduce up to 30% the added salt levels in meals using an innovative dosage equipment – SALT CONTROL C, and evaluate the impact on consumers satisfaction.

Methods: Baseline period - the salt content of meals (soup, meat/fish/vegetarian main dishes) served in two university canteens was analysed on five random days through atomic emission spectrophotometry. Intervention period - the canteens were randomized into a control canteen and an intervention canteen. The Salt Control C device was used in the intervention canteen to gradually reduce added salt by 0.5%/day over eight weeks. Throughout the study, the consumers' acceptance was evaluated by an online satisfaction questionnaire and food waste was evaluated by weighing the leftovers on consumers' plates. The content of total salt in meals was compared with the WHO recommendations of less than 5g/day.

Results: The average total salt content per meal (soup and main dish) of both canteens was 5.9 ± 1.9 g/portion, which corresponds to 118% of the WHO maximum daily intake recommendations. The added salt corresponded between 84% to 94% of the total salt analysed in the dishes. Through the use of the Salt Control C device in the intervention canteen, there was a reduction of more than 30% of added salt. On the last intervention week, a complete meal provided a total salt value of 3.9 ± 1.1 g/portion, corresponding to 77% of the recommended daily salt intake. There was no decrease in consumer satisfaction, and no significant differences were found in food waste.

Conclusions: This work showed a great variation in the values of added salt within and between canteens, revealing the inexistence of a standard of cooking salt addition. Also, consumers of university canteens can easily exceed the WHO maximum daily salt intake recommendations. Salt Control C device may be a good and practical tool to help food handlers control and approximate the added amount of cooking salt to values that respect the WHO recommendations.