

considered safe, but the World Health Organization recently recommended restricting the use of NSS, including stevia, highlighting the need to assess their safety during early stages of development.

OBJECTIVES: To investigate the role of RebaudiosideA (RebA) consumption, the main sweetener component of Stevia, as a fetal programmer of metabolic dysfunction.

METHODOLOGY: Female Sprague Dawley rats were administered RebA in the drinking water (4mg steviol equivalents/kg bodyweight/day, corresponding to the EFSA's ADI) from 4 weeks before mating until weaning (total 13 weeks) (RebA, n=8), or water as control (C, n=8). Offspring (G1, both sexes) were weaned at 3 weeks of age into a standard diet until 10 months of age. G1 morphometry, food and water consumption were assessed. G1 glucose homeostasis was assessed by oral glucose tolerance (OGTT) and insulin sensitivity tests (IST) at 2, 6 and 10 months of age. Two-way ANOVA, with Sidak correction, was performed to test the effect of time, RebA, and the interaction between them.

RESULTS: Female offspring early exposed to RebA (RebA-G1) presented greater weight gain from 30 weeks of age and onwards when compared to matched controls (p=0.0165). Food and water consumption were similar between groups. Early exposure to RebA changed the glycemic response of female G1 over time during the IST (p=0.0200) at 10 but not at 2 or 6 months of age. Male RebA-G1 presented higher glycemia 2h-post OGTT at 10 months of age, when compared to matched controls (p=0.0197).

CONCLUSIONS: Maternal RebA consumption during the perigestational period led to increased weight gain and signs of insulin resistance in female offspring, and a degree of dysglycemia in male offspring. These findings strongly suggest a role of RebA in fetal programming of metabolic dysfunction.

PO23. FOOD SUPPLY IN SCHOOL CONTEXT IN PORTUGAL AND ITALY FOR CHILDREN BETWEEN 6 AND 10 YEARS OLD: A QUALITATIVE ASSESSMENT AND A STUDY OF THE MAIN ASSOCIATED FACTORS

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INTRODUCTION: The global rise in obesity and pre-obesity poses a major public health challenge in Europe, with Italy and Portugal reporting some of the highest pediatric overweight rates. Poor dietary habits established in childhood significantly contribute to this issue, and schools play a crucial role in promoting healthy eating. However, school meals often fail to meet nutritional standards. Additionally, sustainable dietary patterns must be prioritized in response to the environmental crisis.

OBJECTIVES: This study aimed to assess school food offerings for children aged 6–10 years in Portugal and Italy, evaluating healthiness and sustainability while identifying factors associated with menu quality.

METHODOLOGY: A cross-sectional observational study was conducted in 17 Portuguese and 15 Italian public schools. In Portugal, three seasonal menus per municipality were collected, while in Italy, two seasonal menus per school were analyzed. Menu quality was assessed using the SPARE+ tool, the Pavia ATS self-assessment questionnaire, and an adapted SPARE+ tool for Italy. School characteristics were also documented through a questionnaire completed by nutritionists or municipal managers.

RESULTS: Portuguese menus had a 73.3% compliance rate, while Italian menus showed a slightly higher 74.7% compliance rate. Italian menus scored better overall, with both countries excelling in fresh fruit availability, limiting sweets, and

using local products, but lacking whole grains. Italy performed well in protein balance, maintaining recommended meat levels and increasing plant-based options, while Portugal excelled in vegetables and fish, but had excessive meat offerings. No significant correlations were found in Portugal, whereas in Italy, menu quality was positively associated with the number of canteens and meals served, particularly in urban settings during winter.

CONCLUSIONS: Both countries showed good compliance with health and sustainability criteria, with Italian menus performing better overall and showing stronger municipal influence on quality.

PO24. AVALIAÇÃO DA SATISFAÇÃO DOS ALUNOS EM RELAÇÃO À OFERTA ALIMENTAR EM CONTEXTO ESCOLAR NO ENSINO PÚBLICO E PRIVADO

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INTRODUÇÃO: Os hábitos alimentares dos alunos podem ser influenciados pela oferta alimentar disponível no ambiente escolar, sendo importante auscultar e conhecer a satisfação dos mesmos em relação ao que é disponibilizado nas cantinas e nos bares, uma vez que as suas preferências são o principal preditor das suas escolhas alimentares.

OBJETIVOS: O presente trabalho teve como objetivo caracterizar a satisfação dos alunos com a oferta alimentar disponibilizada em duas instituições, de ensino público e privado.

METODOLOGIA: Participaram alunos dos 2.º e 3.º ciclos do ensino básico de uma escola do ensino público e outra de privado. Foi desenvolvido e aplicado um questionário de aplicação direta, para compreender a satisfação dos alunos com a oferta alimentar disponível.

RESULTADOS: Relativamente à cantina, a satisfação foi mais elevada entre os alunos do ensino privado, com o valor médio de 3,56 (dp = 0,982), comparativamente aos do público, com o valor de 2,99 (dp = 1,183) (p<0,001), num valor máximo de 5. O mesmo se passa com a satisfação com o bar, em que o privado apresenta uma satisfação média de 4,30 (dp = 0,826) e o público de 3,94 (dp = 0,992) (p<0,001). Alunos mais satisfeitos com a cantina almoçam lá, mas também em casa, e os mais satisfeitos com o bar são os alunos mais jovens e que realizam as suas refeições no bar.

CONCLUSÕES: Verificou-se que a satisfação no ensino privado é superior para a cantina e bar, e tal como esperado, um maior grau de satisfação com estes serviços estava associado a uma maior adesão aos mesmos. Promover a avaliação da satisfação dos alunos com a oferta alimentar escolar e auscultar as suas expectativas, torna-se essencial para a promoção de hábitos alimentares saudáveis neste grupo etário.

PO25. FERRAMENTA PARA AVALIAR A CONFORMIDADE DAS EMENTAS COM A DIETA MEDITERRÂNICA

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