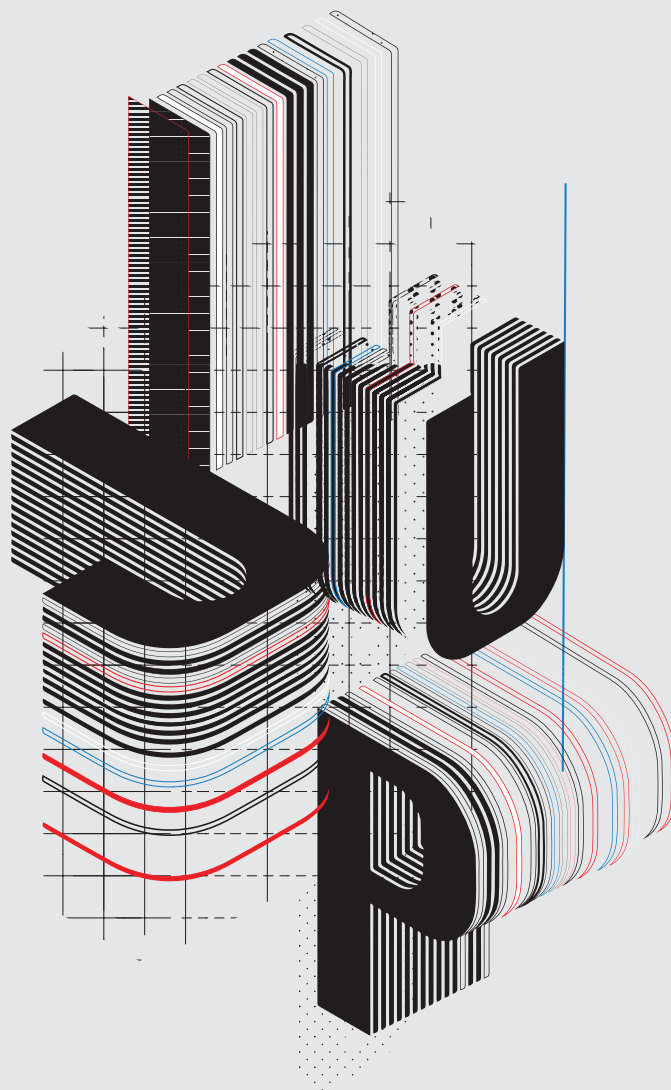


BOOK OF ABSTRACTS

12TH MEETING
OF YOUNG RESEARCHERS
OF **UNIVERSITY OF PORTO**

U.PORTO



- **15187 | Consumption of Dietary Supplements among Students from University of Porto**

Drumond, Bruno, Faculdade de Ciências da Nutrição e Alimentação, Portugal

Oliveira, Bruno, Faculdade de Ciências da Nutrição e Alimentação, Portugal

Pinhão, Sílvia, Faculdade de Ciências da Nutrição e Alimentação, Portugal

Introduction: Dietary supplements (DS) are intended to complement / supplement the normal diet regimen and shouldn't be used as a substitute for it. Its popularity and consumption have been increasing over the years.

Objective: Assess the consumption, type, reasons, monthly expenses and sources of information in the selection of dietary supplements.

Methods: A digital questionnaire was developed and sent to students belonging to 14 faculties of the University of Porto in order to collect personal data, including anthropometric data, physical activity level and dietary supplement use. After proper screening, 813 questionnaires were analyzed.

Results: From all students surveyed, 27,4% reported consuming DS, with male students being more likely to do so ($p < 0,001$). The most consumed DS were *whey* protein, caffeine, multivitamins/minerals, magnesium and vitamin D. The main reasons for consuming dietary supplements were gaining muscle mass (significantly higher in male students, $p < 0,05$), reducing fatigue and being healthy. On average each student spends 20.4 EUR per month and their main sources of information are the internet, nutritionists, scientific articles and doctors. Female students are more likely to choose the doctor as a source of information, while male students are more likely to choose the nutritionist ($p < 0,05$). Male students are more likely to be athletes and to practice physical activity ($p < 0,05$). The practice of physical exercise is positively associated with the consumption of DS ($p < 0,05$).

Conclusion: It is important to develop activities that allow qualified health professionals (nutritionists) to educate people about the responsible use of DS.

Keywords: Dietary supplements, Students, Physical Activity, BMI