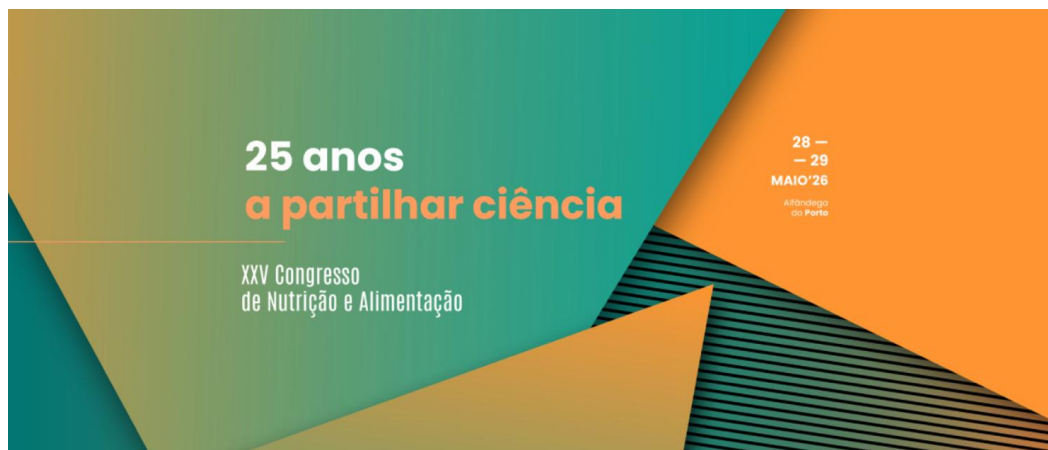


Submission of Abstracts / Submissão de resumos

XXV CONGRESSO DE NUTRIÇÃO E ALIMENTAÇÃO

28 E 29 MAIO 2026

ALFÂNDEGA DO PORTO



Title / Título

(Font: Calibri - Bold; Size: 11; Alignment: justified; Space: 1,5; capital letters)

Note: The title should be written in the same language as the institutions and as the abstract.

(Fonte: Calibri – Negrito; Tamanho: 11; Alinhamento: justificado; Espaçamento: 1,5, letras maiúsculas)

Nota: O título deve ser escrito no mesmo idioma das instituições e do resumo.

Legumes as Drivers of Healthy and Sustainable Diets in Portugal: A Qualitive Study of Farmers' Perspectives

Authors / Autores

Name and Surname written in full (Font: Calibri - Bold; Size: 11; Alignment: justified; Space: 1,5.)

Present all author's Name and Surname or professional name; Between authors, their names should be separated by semicolon;

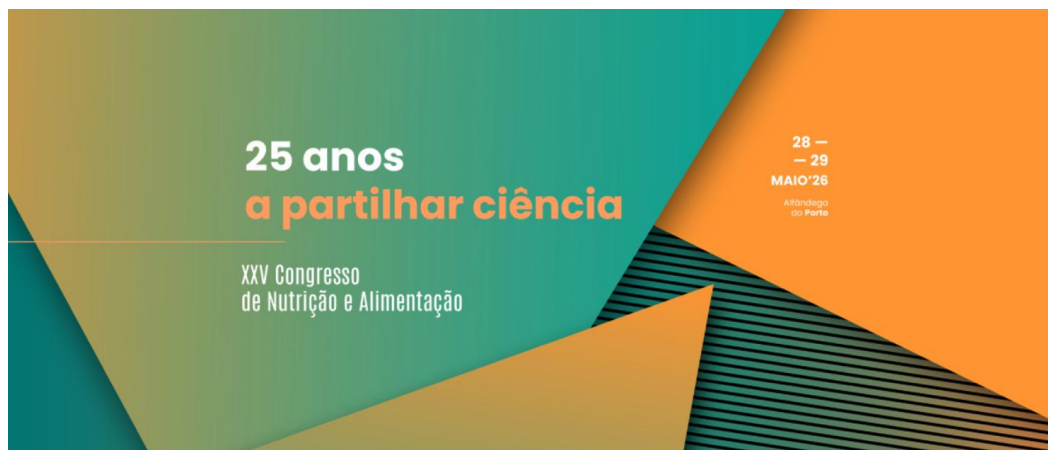
Use underline to highlight the author responsible for doing the presentation.

Nome e Sobrenome escritos por extenso (Fonte: Calibri Negrito; Tamanho: 11; Alinhamento: justificado; Espaçamento: 1,5)

Apresentar Nome e Sobrenome ou nome profissional de todos os autores; Entre os autores, os seus nomes devem ser separados por ponto e vírgula;

Colocar o nome do autor que realiza a apresentação do trabalho em sublinhado.

Sara Pereira¹; Carla S. Santos¹; Marta W. Vasconcelos¹; Elisabete Pinto¹



Institutions / Afiliações

Font: Calibri; Size: 11; Alignment: justified; Space: 1,5.

Number each institution for which the authors work or cooperate with.

They should be numbered next to the author's name (Name + Surname¹) without space, and should be presented as superscripts.

Present the institution's full name. Please, avoid the acronyms.

Use one paragraph for each institution.

Note: The institutions should be written in the same language as the title and as the abstract.

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Numerar cada instituição para a qual os autores trabalham ou colaboram.

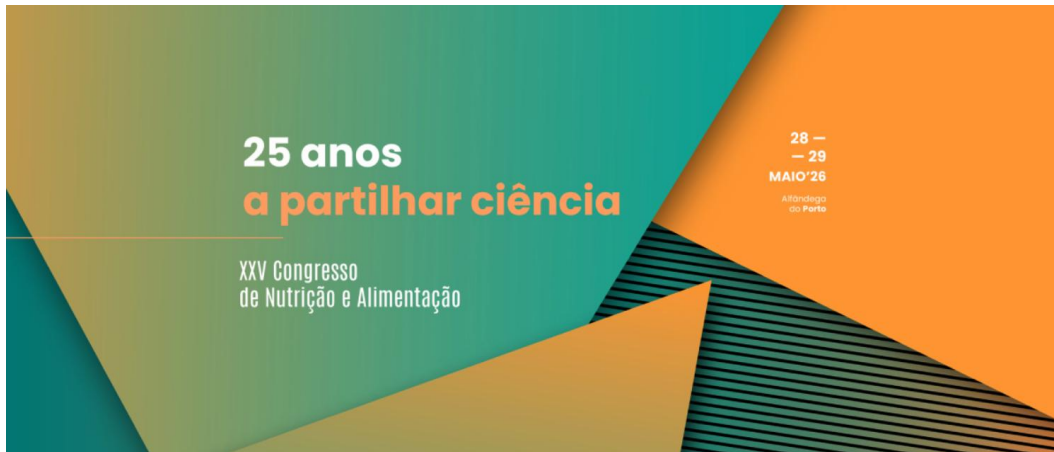
Devem ser numeradas junto ao nome (Nome + Sobrenome¹) sem espaço, e com o número superior à linha.

Disponer o nome completo da instituição. Por favor, evitar o uso de siglas.

Utilizar um parágrafo para cada instituição.

Nota: As instituições devem ser escritas no mesmo idioma do título e do resumo.

¹Universidade Católica Portuguesa, CBQF - Centro de Biotecnologia e Química Fina –
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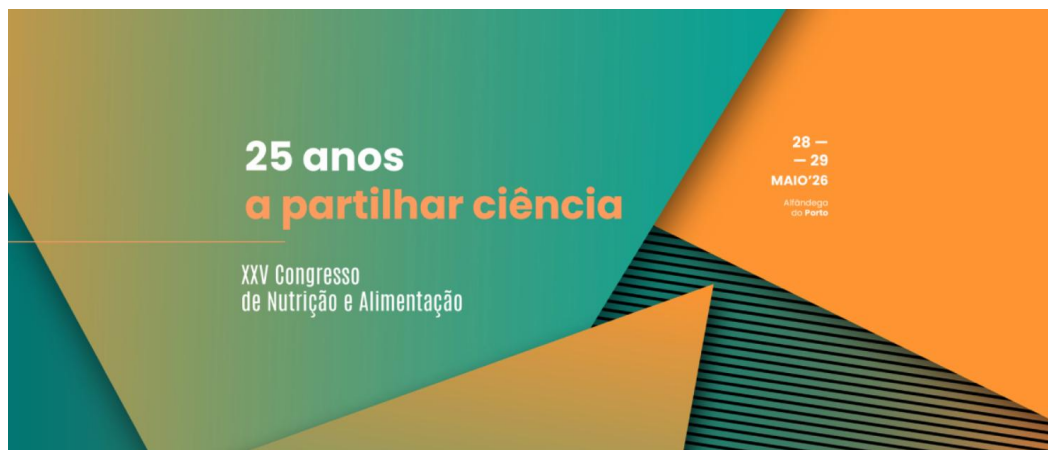


Title / Título

(Font: Calibri - Bold; Size: 11; Alignment: justified; Space: 1,5; capital letters)

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Legumes as Drivers of Healthy and Sustainable Diets in Portugal: A Qualitive Study of Farmers' Perspectives



Abstract / Resumo

Structure: Introduction, Aims, Methodology, Results and Conclusions;

Word limit: 300; Font: Calibri; Size: 11; Alignment: justified; Space: 1,5.

Tables: a simple table, within the assigned space for the abstract. The table title should be brief, clear and concise regarding its purpose. The table's legend should also be displayed in Calibri 11.

References: They should not be included in the abstract.

Note 1: The abstract should be written in the same language as the title and as the institutions.

Note 2: Only original works will be considered. Systematic reviews, meta-analysis and narrative reviews will not be considered.

Estrutura: Introdução, Objetivos, Metodologia, Resultados e Conclusões;

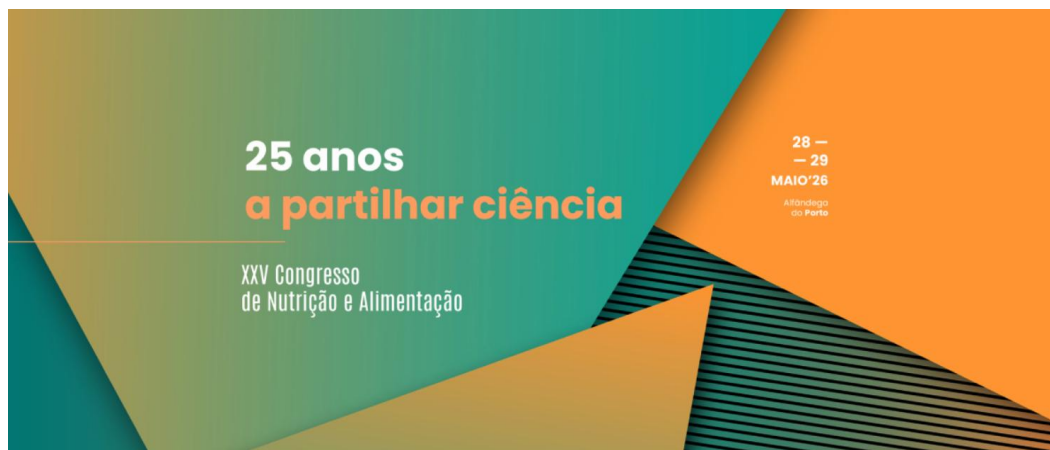
Limite de palavras: 300; Tipo de letra: Calibri; Tamanho: 11; Alinhamento: justificado; Espaçamento: 1,5.

Tabelas: uma tabela simples, dentro do espaço designado para o resumo. O título da tabela deve ser breve, claro e conciso face ao propósito da mesma. A legenda da tabela também deverá ser apresentada em Calibri 11.

Referências bibliográficas: Não devem ser incluídas nos resumos.

Nota 1: O resumo deve ser escrito no mesmo idioma do título e das afiliações.

Nota 2: Apenas trabalhos originais serão considerados. Trabalhos de revisão sistemática, meta-análise e revisão narrativa não serão considerados.



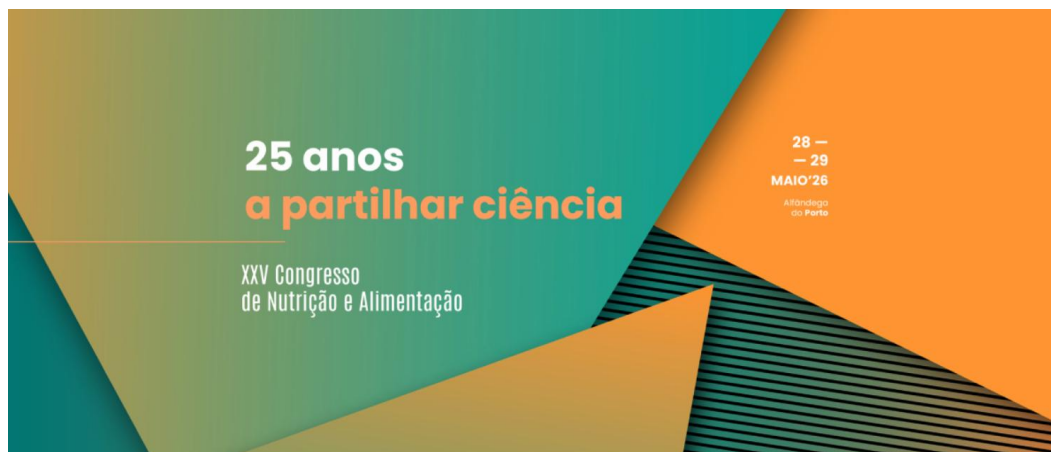
Introduction: Despite providing high-quality plant protein, dietary fiber, complex carbohydrates, and essential micronutrients, legumes consumption in Portugal remains below recommended levels. One contributing factor is the limited domestic production, which restricts diversity, availability, and cultural integration of legumes in everyday diets. Understanding constraints on legume cultivation is therefore essential for strengthening the upstream components of the food system that shape dietary behavior.

Aim: The aim of this study was to link agricultural challenges to broader implications for nutrition and sustainable food systems through the understanding of production sector perceptions on legumes.

Methodology: This study employed a qualitative approach to explore farmers' motivations and barriers related to legume production. Semi-structured interviews were conducted with eight Portuguese legume farmers from different agro-ecological regions and farming systems.

Results: Thematic analysis revealed three main categories of constraints with direct relevance to dietary availability: 1) Economic limitation, including high labour demands, low profitability and insufficient financial support mechanisms. 2) Market-related challenges, such as unstable commercial channels and achieving competitive prices, especially given the dominance of imported products. 3) Technical barriers, which were associated with climatic instability and the scarcity of suitable plant-protection products, especially in organic systems. Conversely, farmers identified as strong drivers for cultivation of legumes, emphasized environmental benefits, linked to soil fertility and low inputs requirements, cultural and nutritional relevance, within the traditional Portuguese diet, and agronomic advantages, including species adaptability, tolerance to adverse conditions, low water requirements, and ease of storage.

Conclusion: These findings reveal a disconnect between the recognized nutrition and environmental value of legumes and their limited practical uptake. Addressing structural



constraints while promoting consumer awareness and technical support is crucial for enhancing the role of legumes in healthy, accessible, and sustainable diets.

Key-words: adoption barriers, circular value-chains, dry pulses, farmer perceptions, structured interview