

## PO19. FOOD NEOPHOBIA AND ITS ASSOCIATION WITH FOOD PREFERENCES AND DIETARY INTAKE OF ADULTS

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**INTRODUÇÃO:** Food neophobia has been associated with less healthy food choices and with poorer overall dietary quality, but it may also affect food preferences.

**OBJECTIVES:** The objective of this study was to assess the association of both food preferences and dietary intake with food neophobia in a sample of Portuguese adults.

**METHODOLOGY:** A cross-sectional study was conducted in a non-probabilistic sample of 229 adults, aged 18 to 84 years. Food Neophobia was measured with the Pliner's and Hobden's Food Neophobia Scale, previously validated. To assess the dietary intake over the previous 12 months, a validated semi-quantitative food frequency questionnaire was applied. We defined a dietary pattern - the Healthy Diet Indicator (measuring adherence to dietary guidelines) to summarise the effects of overall dietary intake. Generalised linear models were performed to test those associations in multivariate analyses ( $\beta$  and the respective 95% confidence intervals, controlled for sex, age and education).

**RESULTS:** Food neophobia was negatively associated with a general liking for the act of eating ( $\beta=-2.976$ , 95% Confidence Interval: -5.324; -0.993) and with reduced preferences for specific foods, such as fruit and vegetables, game meat, oily fish, seafood, fish soup, and traditional Portuguese dishes with blood. Those with higher food neophobia showed a lower consumption of fruits and vegetables, but a higher consumption of milk and codfish, a very popular Portuguese ingredient. However, food neophobia did not affect the macronutrients and energy intake, as well as sodium, added sugars and fibre intake. Adherence to a healthy dietary pattern was not significantly associated with food neophobia.

**CONCLUSIONS:** Our data indicate that the food neophobia level decreases the consumption and the preference for specific foods, but has no impact on a healthy dietary pattern.

## PO20. ADESÃO À DIETA MEDITERRÂNEA POR MULHERES COM CANCRO DA MAMA EM FOLLOW UP

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**INTRODUÇÃO:** A Dieta Mediterrânea (DM) é atualmente o padrão alimentar considerado mais adequado no contexto neoplásico. O PREDIMED é um instrumento prático e válido para categorização da adesão à DM. As recomendações para sobreviventes de cancro da *World Cancer Research Fund* salientam a importância dos cuidados nutricionais enquadrados na adoção de um estilo de vida saudável.

**OBJETIVOS:** Determinar a adesão à DM por doentes com cancro da mama em *follow up* e adesão às recomendações para sobreviventes de cancro.

**METODOLOGIA:** Estudo observacional descritivo realizado no Hospital de Santa Maria, em mulheres com cancro da mama em remissão. Foi realizada avaliação composição corporal através de bioimpedância elétrica. Foi aplicado o PREDIMED para avaliar a adesão à DM e o IPAQ-SF para avaliar o nível de atividade física (AF).

**RESULTADOS:** Amostra preliminar composta por 24 mulheres de 62±13,5 anos, 83% em menopausa, sendo 92% carcinomas hormonodependentes, com 49±3,8 meses de *follow up*. 54% da amostra aumentou significativamente de

peso ( $\Delta=6,1$  kg) entre o momento do diagnóstico e término de tratamentos (cirurgia, QT e RT) ( $p<0.01$ ). Naquelas sob hormonoterapia, 68% aumentou significativamente de peso após término dos tratamentos ( $\Delta=5,4$  kg) ( $p=0,000$ ). O Índice de Massa Corporal (IMC) médio desta amostra é 26,9 kg/m<sup>2</sup>, sendo que 71% apresenta excesso ponderal (50% pré-obesidade e 21% obesidade). O score médio do PREDIMED foi de 8,91±1,9. Apenas 29% cumpre as recomendações de atividade física (495MET-min/semana). Verificou-se correlação positiva entre adesão à DM e prática de AF (0,402;  $p=0,05$ ). 88% não recebeu orientação nutricional após diagnóstico de cancro da mama.

**CONCLUSÕES:** A maioria (54%) não conhece a DM e quase a totalidade da amostra (96%) não conhece as recomendações para sobreviventes de cancro. O aumento ponderal, IMC e massa gorda elevados constituem fatores de mau prognóstico, pelo que a intervenção nutricional personalizada permitirá reduzir o risco de doença e melhorar a qualidade de vida.

## PO21. DEVELOPMENT OF A SOUTHERN EUROPEAN ATLANTIC DIET (SEAD) ADHERENCE INDEX FOR ELDERLY PEOPLE IN BOTH NORTHERN PORTUGAL AND GALICIA

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**INTRODUCTION:** There is a growing interest in Southern European Atlantic Diet (SEAD) since adherence to this food pattern, typical of Northern Portugal and Galicia, was associated with lower odds of nonfatal acute myocardial infarction as well as reduced inflammatory biomarkers, triglycerides, insulin, insulin resistance, and systolic blood pressure. Nevertheless, SEAD is not homogeneous between the two regions, and so far these differences have not yet been addressed.

**OBJECTIVES:** The objective is to develop an index of SEAD adherence among older individuals in both the Northern Portugal and Galicia Region.

**METHODOLOGY:** The conceptual construction of the referred instrument was carried out between September 2017 and February 2018 by a team of Spanish and Portuguese researchers. After a comparative analysis of the traditional dietary specificities between the two countries' regions, a 15-item SEAD adherence tool was developed based on a formerly proposed SEAD adherence index. Olive oil, nuts, fruit, vegetables and legumes (separately), cooking techniques and fresh, local and seasonal products were identified as being food/dietary items associated with the SEAD. Therefore, these items were added to the previous 9 items considered as key components of the SEAD: *fresh fish excluding cod, cod, red meat and pork products, dairy products, legumes and vegetables, vegetable soup, potatoes, whole-grain bread, and wine*. The score adjustment in the levels of SEAD adherence, the review of the established food portions and language translation issues are discussed.

**CONCLUSIONS:** It is expected that the inclusion of these new food/dietary items, identified as essential for an international application of the proposed tool, will allow a proper assessment of the SEAD adherence in both Northern Portugal and Galicia.

## PO22. EFEITOS DA CONSULTA DE NUTRIÇÃO EM ADULTOS COM EXCESSO DE PESO OU OBESIDADE NO CENTRO HOSPITALAR UNIVERSITÁRIO DO ALGARVE

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