

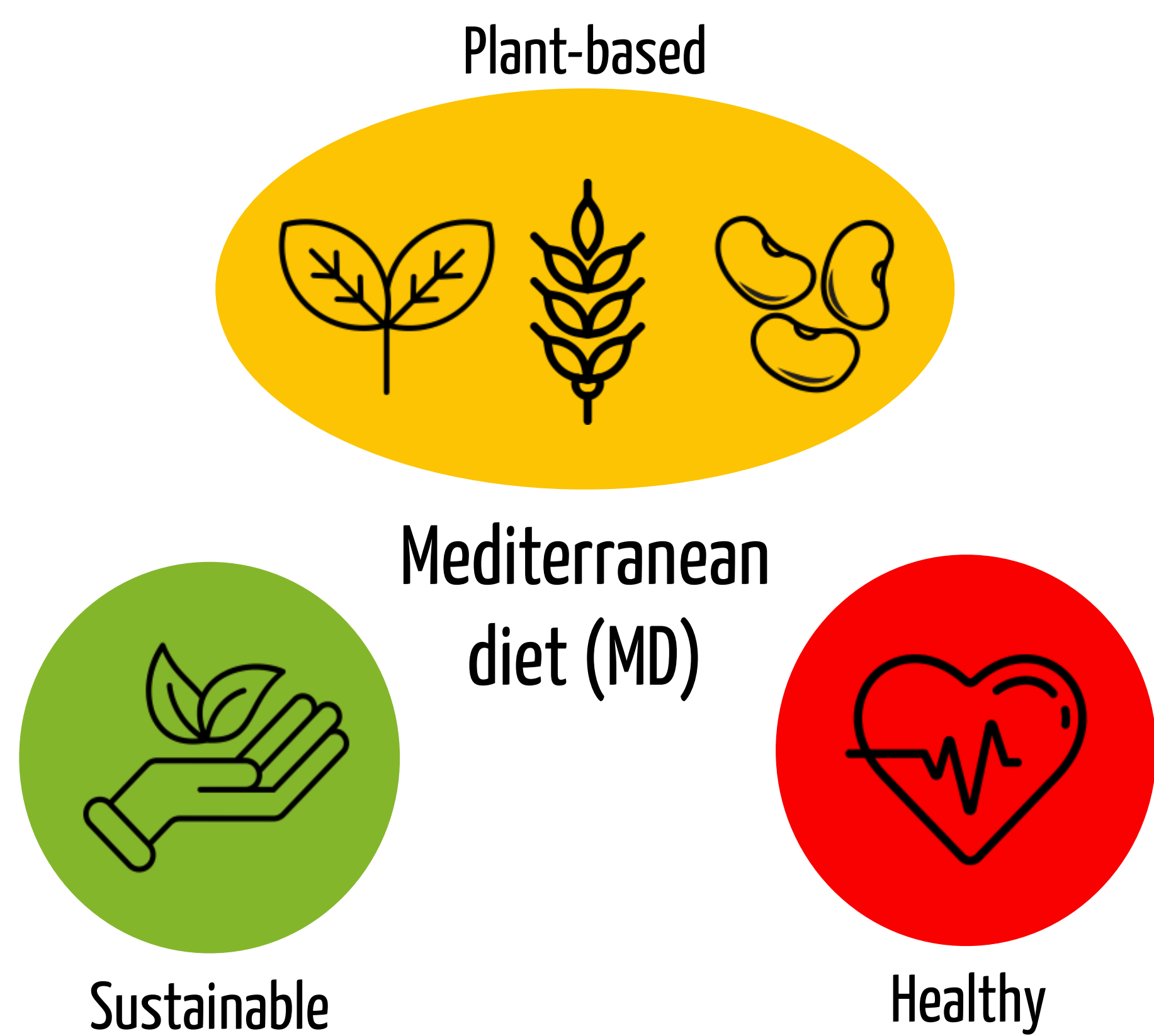
Desenvolvimento de um indicador para avaliar a concordância das ementas em cantinas com a Dieta Mediterrânica

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MEDDiET
- MENUS 4 CAMPUS -

Background



Adherence to MD is measured...



Successfully through several **individual** indicators. (MEDAS, MDI, Med-DQI, KIDMED, MDS)



There are no indexes to assess **MENU** compliance with the MD

People **eat out more** and the **food offer impacts** on individual choices and **food habits**.

Aim

Develop an indicator to assess the degree of compliance of canteen menus with the principles of the MD and adapt it to other catering contexts.

Methods

Literature review
Compiling items of individual indexes
Compiling items of other menu indexes
Identifying MD principles



Results

The index is organised in 4 dimensions:

- I - availability and variety of foods/food groups
- II - nutritional quality of the menus based on their nutritional declaration
- III - quality of the menus based on the information provided by the technical specifications of the dishes
- IV - evaluation of the menu by checking its applicability on-site and consulting additional documentation

Each item is given a score between -2 and 3. The final score can vary between -33.5 and 41.5 points depending on compliance with MD principles.

Currently under pilot testing for **reliability** and **internal consistency**

Dimension I - FOODS and VARIETY	
IA - Foods	IB - Variety
QA1 Availability of traditional Mediterranean dishes	QB1 Stewed dishes with olive oil, tomato, garlic and/or onion at least 3 times a week
QA2 Availability of vegetable soup	QB2 Traditional soups of the MD (vegetables soup, use of pulses in some soups) at least 3 or 4 times a week
QA3 Availability of non-starchy vegetables (side dish or on dish)	QB31 More than 1 variety daily and not repeated in consecutive days QB32 More than 1 variety daily and not repeated in three consecutive days different in at least 3 week days
QA4 Availability of seafood dishes	QB4 Higher number of fish than meat dishes
QA5 Availability of dishes with eggs as the main protein source	QB5 Dishes with eggs as the main protein source at least once a week
QA6 Availability of meat dishes	QB61 White meat dishes in a higher number than red meat dishes QB62 No use of processed meat QB63 Use of processed meat dishes no more than once a week
QA7 Availability of dishes containing pulses	QB71 Pulses - 1 to 2 times a week QB72 Pulses - 3 or more times a week
QA8 Availability of fresh fruit as dessert	QB81 Fruit - Daily QB82 Fruit - 3 times a week QB83 Fruit - 1 to 2 times a week QB84 Sweet desserts no more than 3 times per month QB85 Sweet desserts no more than once a week QB86 Sweet desserts 2 to 3 times / week QB87 Sweet desserts more than 3 times / week
QA9 Availability of whole grains	QB9 Whole grains - 2 or more times a week
QA10 Availability of nuts and seeds (in dishes or salads)	QB10 Nuts and seeds (in dishes or salads) - once or more a week
QA11 Availability of olive oil (cooking and seasoning)	- -
QA12 Use of seasonal products	- -

Conclusion

The index for evaluating menu compliance with the MD is intended to be a simple, practical and easy-to-apply tool for evaluating food service menus and promoting menus that are closer to the MD and promote healthier and more sustainable eating habits.