

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

S.S. Silva¹, C. Viegas³, M. Prada⁴, M. Nogueira⁵, S. Gomes⁵, A. Rocha^{1, 2}

1 - Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto, Rua do Campo Alegre 823, 4150-180 Porto; 2 - GreenUPorto Sustainable Agrifood Production Research Centre/Inov4Agro, Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto; Rua do Campo Alegre 823, 4150-180 Porto; 3 - H&TRC—Health & Technology Research Center, ESTeSL—Escola Superior de Tecnologia da Saúde, Instituto Politécnico de Lisboa; 4 - Iscte - Instituto Universitário de Lisboa, CIS_Iscte, Portugal; 5 - Instituto Português de Administração e Marketing, Europeia ID.

claudia.viegas@estesl.ip.pt

Background



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

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

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.

Dimension I - FOODS AND VARIETY	
IA - Foods	IB - Variety
Q01 Availability of traditional Mediterranean dishes	Q01 Stewed dishes with olive oil, tomato, garlic and/or onion at least 3 times a week
Q02 Availability of vegetable soup	Q02 Traditional soups of the MD (vegetables soup, use of pulses in some soups) at least 3 or 4 times a week
Q03 Availability of non-starchy vegetables (side dish or on dish)	Q031 More than 1 variety daily and not repeated in consecutive days More than 1 variety daily and not repeated in three consecutive days Q032 Different in at least 3 week days
Q04 Availability of seafood dishes	Q04 Higher number of fish than meat dishes
Q05 Availability of dishes with eggs as the main protein source	Q05 Dishes with eggs as the main protein source at least once a week
Q06 Availability of meat dishes	Q061 White meat dishes in a higher number than red meat dishes Q062 No use of processed meat Q063 Use of processed meat dishes no more than once a week
Q07 Availability of dishes containing pulses	Q071 Pulses - 2 to 3 times a week Q072 Pulses - 3 or more times a week
Q08 Availability of fresh fruit as dessert	Q081 Fruit - Daily Q082 Fruit - 3 times a week Q083 Fruit - 1 to 2 times a week Q084 Sweet desserts no more than 3 times per month Q085 Sweet desserts no more than once a week Q086 Sweet desserts 2 to 3 times / week Q087 Sweet desserts more than 3 times / week
Q09 Availability of whole grains	Q09 Whole grains - 2 or more times a week
Q10 Availability of nuts and seeds (in dishes or salads)	Q10 Nuts and seeds (in dishes or salads) - once or more a week
Q11 Availability of olive oil (cooking and seasoning)	-
Q12 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.