

## TOOLS AND INTERVENTIONS DEVELOPED

### 2 WEEK MENUS

PROJECT OUTCOMES | FROM MEDDIETMENUS4CAMPUS

EAT LOCAL  
EAT SEASONAL  
EAT REAL

MEDDIET

4th July, 2025

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## NEW FOOD SERVICE

### WP3 WORK PACKAGE 3 - OBJECTIVES

- 1 Design and implement intervention strategies to promote healthier and sustainable food habits
- 2 Develop new food service menus/meals concept to change the food offer towards Mediterranean Diet

Create guidelines for the menus

Create and test the recipes

### WP3 MENUS GUIDELINES



Guidelines defined by the Nutrition Team in collaboration with a Chef



Meals consist of a **starter**, **main dish**, and **fruit**



**Whole bread** can complement the meal

### WP3 MENUS GUIDELINES - STARTERS

Consist mainly of **vegetables** and may include **pulses, cereals, starchy vegetables, nuts and seeds, and olive oil**



Available everyday, varying in **color, consistency, texture and taste**

Alternative to soup



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## MENUS GUIDELINES - MAIN DISHES

Dishes should emphasize **typical mediterranean dishes**

- One-pot meals (e.g.) stews with olive oil, onions, tomatoes and other vegetables.



**Seasonality** must be considered

**Fried** foods should be avoided



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## MENUS GUIDELINES - MAIN DISH

1

### Vegetables

- Consider seasonality
- At least **2 different** vegetables

2

### Cereals, starchy vegetables, pulses

- Preference for **wholegrain** cereals
- **Pulses** at least 3 times/ week

3

### Fish, eggs or meat

- **Seafood** – at least 1-2 times /week
- **Eggs** – at least 1 time/week
- **Lean meat** (poultry) – at least 1-2 times /week
- **Red meat** (beef and pork) – max 1 time/week



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## MENUS GUIDELINES



### Energy Requirements

**X** Man, and women, age 18 to 25 years, with low or moderate physical activity  
**2256 Kcal / day**

**30 to 35%** of daily value for lunch = **677 to 789 kcal / meal**

**CHO**  
(45-60%) **76.1 - 118.4 grams**

**Lipids**  
(20-30%) **15 - 26.3 grams**

**Protein**  
(10-15%) **16.9 - 29.6 grams**



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## CREATION AND CALCULATION - MEDITERRANEAN MEALS



Creation of the **recipes** based on the guidelines and testing in collaboration with the Chef

Dishes should be **innovative, appealing, tasty and Mediterranean**



Elaboration of the **technical specifications** using Excel to calculate nutritional values and the food portions

Infographic



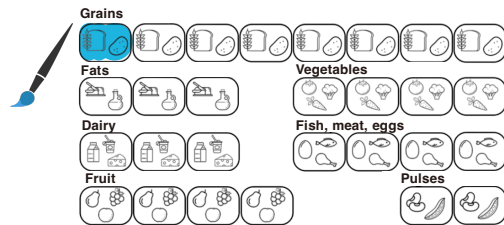
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WP3

## INFOGRAPHIC FOR FOOD PORTIONS

Represents the recommendations for food portions from the Portuguese Food Wheel  
(Roda dos Alimentos, PNPAS)

Created based on reference values of food portions for a medium adult (2000 kcal)



Viegas C, Rocha A, 2021

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WP3

## CREATION AND CALCULATION - MEDITERRANEAN MEALS

6 Mediterranean starters

18 Mediterranean dishes



12 recipes include pulses



8 meat dishes



8 fish dishes



2 vegetarian dishes

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## MEDITERRANEAN STARTERS

1. Grilled vegetable salad

2. Grilled vegetable salad with broad beans

3. Cauliflower 2 ways (purée and roasted) w/ bulgur

4. Spinach, pumpkin, and walnut salad

5. Cabbage and pasta salad with walnuts

6. Hummus with salad



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## MEAT DISHES

1. Sautéed turkey with potatoes and cabbage (Blitva)

2. Portuguese-style turkey

3. Wraps filled with meat and vegetables (Börek)

4. Chestnut stew

5. Fusilli with pesto and chicken

6. Meatball and chickpea tagine






7. Moussaka

8. Couscous with chicken, vegetables, eggs and feta cheese



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## FISH DISHES

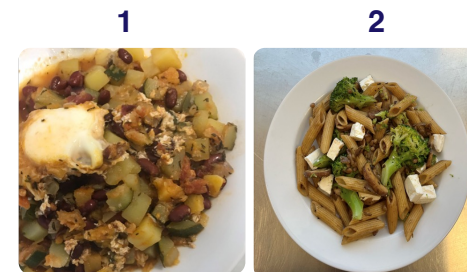
1. Seafood rice 
2. Seafood rice version 2 
3. Portuguese cabbage, potato and calamari sautéed
4. Codfish, chickpea and veggies stew 
5. Hake and shrimp enchiladas
6. Hake pie 
7. Cod with crispy crust 
8. "Rice pie" with tuna and spinach



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## VEGETARIAN DISHES

1. Vegetables stew with poached egg  
2. Penne mushrooms, cheese with lentils, balsamic and feta 

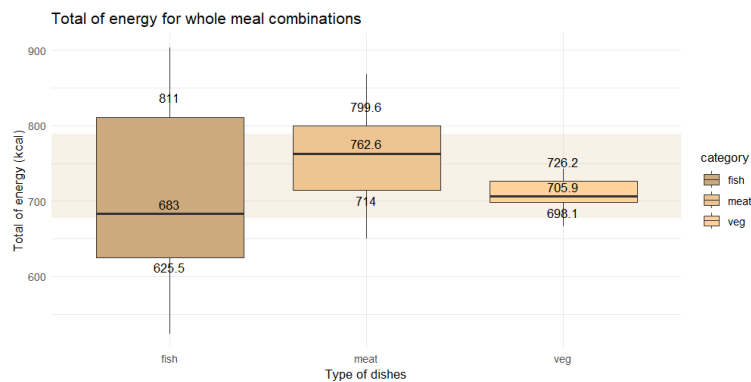


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## WP3 RESULTS WHOLE MEAL - ENERGY

677 - 789 calories

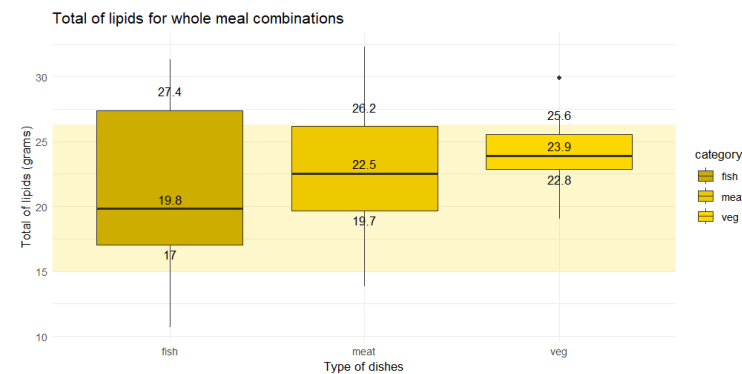
Whole meal: Starter, main dish (Fish, Meat or Veg) and fruit (apple)



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## WP3 RESULTS WHOLE MEAL - LIPIDS

15 - 26.3 grams

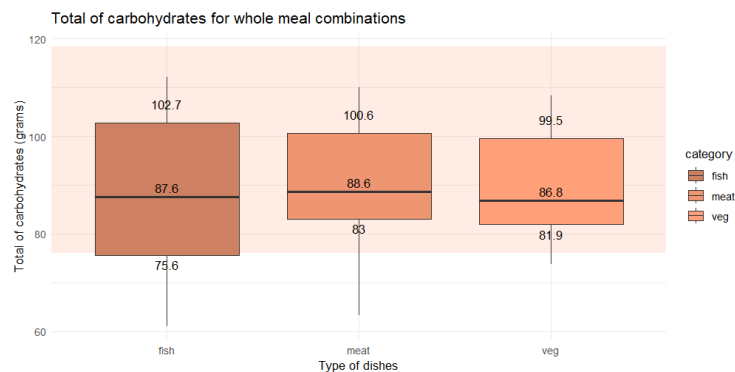


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## RESULTS WHOLE MEAL - CARBOHYDRATES

76.1 - 118.4 grams



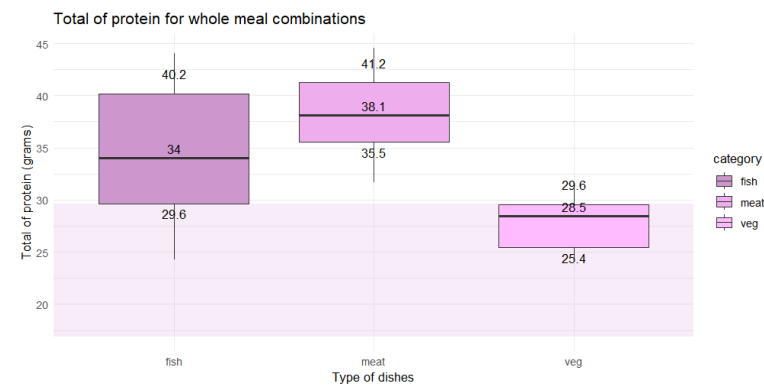
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## RESULTS WHOLE MEAL - PROTEIN

16.9 - 29.6 grams

! Reduced quantities: 100 g of meat/fish

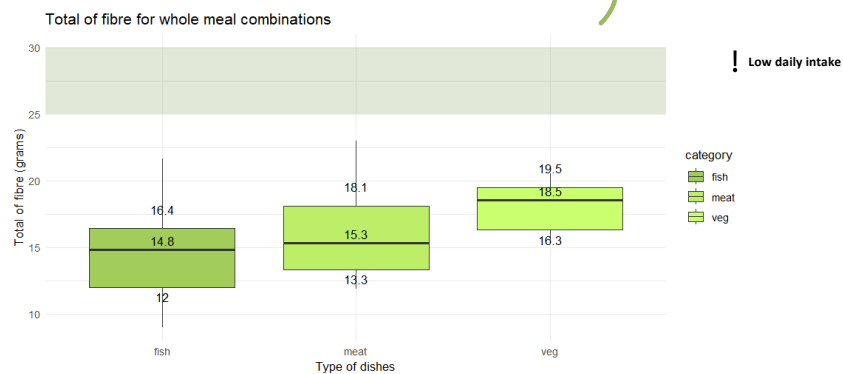


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## RESULTS WHOLE MEAL - FIBRE

25-30 grams/day (WHO)

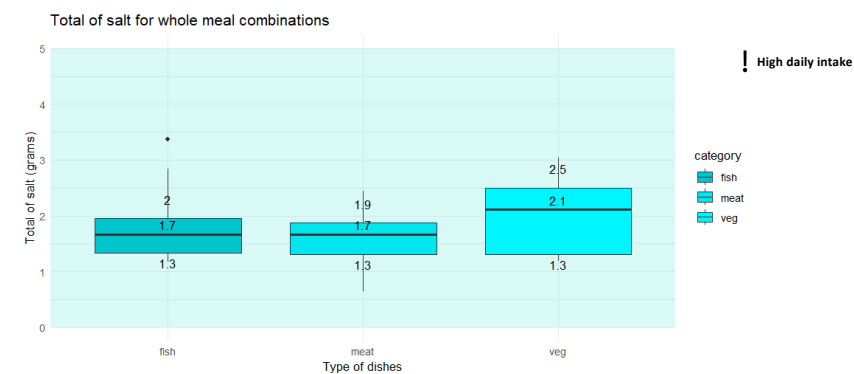


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## RESULTS WHOLE MEAL - SALT

< 5 grams/day (WHO)

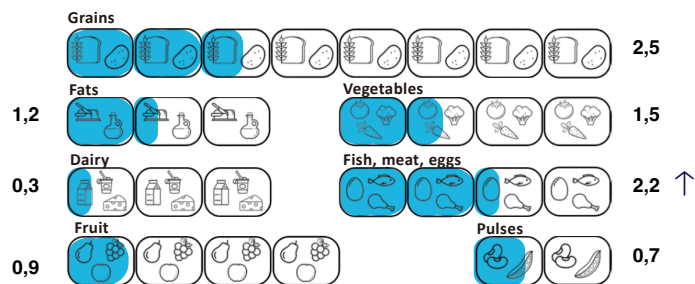


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## COMPLETE MEAL - TOTAL OF FOOD PORTIONS

Starter + Main dish (M,F,V) + Fruit



**Guidelines**  
 2,4 - Grains  
 2,1 - Vegetables  
 0,9 - Fats  
 1,2 - Pulses  
 1,6 - Fish, Meat, Eggs

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## CONCLUSIONS

- ▶ High variability in terms of nutritional values for the different type of dishes
- ▶ Food portions vs Nutrient content
- ▶ Carbohydrates and lipids are the nutrients that appear to be most adequate;
- ▶ Improvements on the quantities of protein (meat and fish dishes)
- ▶ Need to control the ingredients that contribute to salt content (e.g.: cheese)



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**Thank you for your attention**

For further details and information:

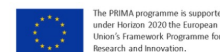
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SCAN ME

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