

falta de tempo e a ideia equivocada, para manter uma alimentação saudável é necessário um alto desembolso financeiro, foram demonstrados como pontos dificultadores entre os profissionais da UBS, o que aponta a necessidade de capacitação e maior inserção da Nutrição para a promoção da saúde.

## P04: CONTRIBUIÇÃO DAS FRUTAS E HORTALIÇAS PARA A INGESTÃO DE POLIFENÓIS E CAPACIDADE ANTIOXIDANTE DA DIETA DE BRASILEIROS

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Há indícios crescentes do papel protetor à saúde do consumo de frutas e hortaliças, as quais são as principais contribuintes para a ingestão de polifenóis totais na dieta. Mas há pouca informação sobre o consumo desses compostos bioativos em alimentos de origem vegetal habitualmente consumidos no Brasil. O estudo tencionou estimar a contribuição do consumo de frutas e hortaliças mais consumidos pela população brasileira para a ingestão de polifenóis e a capacidade antioxidante da dieta. Foram avaliados os extratos etanólicos da manga, açaí, batata-doce, couve, tomate e repolho. O método de Folin-Ciocalteu foi usado para estimar o teor de fenóis totais (mg EAG/100 g peso seco). A atividade antioxidante foi avaliada pelo radical DPPH. Apesar da baixa ingestão de frutas e hortaliças pela população, os vegetais ingeridos mostraram valores consideráveis de polifenóis e de capacidade antioxidante, como a batata-doce que apresentou maior conteúdo fenólico, 1094,2 ± 53,8 mg Equivalente de Ácido Gálico (mg EAG)/100 grama de peso seco, juntamente com a couve (1153,3 ± 29,3 mg EAG/ 100 g de peso seco) e maior percentual de neutralização com 84,3%, seguida do repolho com 79,6 % e do tomate com 74,7%. Já as frutas apresentaram conteúdo fenólico um pouco menos considerável em relação às hortaliças, com apenas 625,0 ± 37,8 mg EAG/100 g de peso seco para a manga e 547,5 ± 37,3 mg EAG/100 g de peso seco para o açaí e capacidade antioxidante também inferior, com apenas 57,9% de neutralização para a manga e de 45,4% para o açaí. O consumo médio de polifenóis de 232 mg EAG/g de peso seco/dia/pessoa, apresentou valor consistente ao da dieta Francesa (287 mg/dia), mas ainda muito inferior ao da dieta Espanhola (padrão de dieta mediterrânea) (923 mg/dia). Portanto, existe a necessidade da promoção do maior consumo de frutas e hortaliças pela população brasileira.

## P05: CHOOSE UNIVERSITY CANTEEN OR NOT: A QUESTION OF QUALITY

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**INTRODUCTION:** University Food Services are responsible for produce healthy food according to nutritional requirements of users. A qualitative assessment of menus allows to recognize the compliance with recommendations for healthy eating. However, in a recent research about food consumption at the workplace conducted in university employees, just 36.1% of them used university food services for having lunch regularly.

**OBJECTIVES:** This research aims to evaluate the quality of menus available at

university canteens and understand if quality of meals is an important determinant in the choice of lunch spot by university employees.

**METHODOLOGY:** Qualitative assessment of menus was conducted, based on the criteria proposed by Bessa et al, through the percentage of compliance for each criterion. The main determinants of food choice were identified and, through a self-administrated questionnaire, 513 university employees pointed out the main determinants that are involved in the choice of place to have lunch.

**RESULTS:** The respondents identified as the most important determinants to choose the place for having lunch, "price" (22.5%), "meals quality" (20.7%), "location/distance" (16.5%), "healthy food options" (13.1%) and "lead time" (10.6%). From eight menus evaluated, only one of them was considered acceptable, and the remaining ones were classified as not acceptable. The criteria with the highest degree of noncompliance were related to a high use of red meat, repetition of the protein source and low offer of eggs as the main protein source.

**CONCLUSIONS:** For university employees that quality of meals is an important determinant and it is necessary to improve the quality of food service to increase frequency of attendance. These analyses of the percent fulfillment of each criterion enables the identification of the most frequently missing items, allowing the implementation of corrective measures that can be generalized to all units, by the social services of the university.

## P06: VEGETABLE CONSUMPTION IN PRESCHOOL AND ELEMENTARY SCHOOL CHILDREN IN MAIA CITY

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**INTRODUCTION:** School-based interventions are important to encourage and increase vegetable consumption by children. The *Vegetable Buddies Project* implemented in the elementary schools of Maia city at the year 2017/2018 in partnership with FCNAUP and Maia County, intends to aware the importance of vegetable consumption and to encourage their intake by children.

**OBJECTIVES:** To evaluate vegetable consumption during lunch time in preschool and elementary school children and to assess the impact of the *Project* on the vegetable intake.

**METHODOLOGY:** Epidemiological study involving 89 children and respective guardians. To evaluate the consumption of vegetable portion on the meal and soup was made the photographic registration of this two, during the lunch time, 3 days before the *Project* implementation and 3 days after (7 months after the intervention), totalizing 399 meals and 404 soups photos. Additionally a questionnaire was applied to the guardians of the 89 children involved.

**RESULTS:** The median consumption of vegetable on the meal increased 16.7% and the percentage of children who ate 100% of the vegetable on the meal increased 19.0%. The median consumption of soup was 100% on the two moments. According to the questionnaire 94.5% of the guardian report knowing the *Project* and 86.0% describe an increase in vegetable consumption by the child, at home. Additionally 50.0% presented a "very good" opinion about the *Project* and 62.7% consider the maintenance of the *Project* in Schools as "very important". Also the opinion about the *Project* was correlated with the maintenance of it ( $p < 0.001$ ) and vegetable consumption with the number of children in the household ( $p = 0.021$ ).

**CONCLUSIONS:** The *Vegetable Buddies Project* demonstrates to be a good strategy to increase the vegetable consumption by children, having the advantage of being valued by the guardian. Finally, promoting the consumption of vegetable in school can be an effective strategy to increase their consumption by children.