

Encontro Investigação Jovem da Universidade do Porto

**BOOK OF
ABSTRACTS**

**06 - 07 - 08
Maio 2026**

19.^a Edição



ORGANIZAÇÃO



APOIO



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Investigação
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Universidade
do Porto**

**YOUNG
RESEARCHERS
MEETING**

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24986 | Assessment of vegetarian option availability in “Dish of the Day” menus at commercial establishments around the University of Porto

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Background & Aim: Vegetarian dietary patterns are associated with several health benefits and the availability of such options may influence food choices, particularly among university students. Higher education institutions are required to provide a vegetarian option in their food services. This study aimed to characterize the availability of vegetarian options in “Dish of the Day” menus offered by public catering establishments located near the University of Porto and to explore associations with other menu characteristics. **Methods:** Data were collected through a questionnaire assessing establishment type and menu characteristics, including soup availability, vegetarian option and average menu price. Statistical analysis were conducted using IBM SPSS 30.0. **Results:** The study included 82 establishments, of which 42 (51%) were restaurants, 36 (44%) were cafés/snack bars/bakeries/pastry shops, and 4 (5%) offered fast-food/takeaway services. Overall, 55 establishments (67%) offered soup and 23 (28%) offered a vegetarian option. The availability of vegetarian options differed significantly according to the type of establishment ($p = 0.002$), being higher in fast-food/takeaway establishments (75%) and restaurants (38%) than in cafés (11%). No significant association was observed between the availability of vegetarian options and soup ($p = 1.000$). The average menu price was €9.95 in establishments offering a vegetarian option and €8.50 in those without it, but the difference was not statistically significant ($p = 0.051$). **Conclusions:** The availability of vegetarian options in “Dish of the Day” menus varies according to the type of establishment surrounding the University of Porto. However, it was not associated with soup availability. There was a tendency for menus with a vegetarian option to be more expensive. Studies with larger and more representative samples should be carried out.

Keywords: Vegetarian option, catering establishments, university students.