

Encontro Investigação Jovem da Universidade do Porto

**BOOK OF
ABSTRACTS**

**06 - 07 - 08
Maio 2026**

19.^a Edição



ORGANIZAÇÃO



APOIO



**Encontro
Investigação
Jovem da
Universidade
do Porto**

**YOUNG
RESEARCHERS
MEETING**

**06 - 07 - 08
Maio 2026**

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ORGANIZAÇÃO



APOIO



TÍTULO | *TITLE*

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Young Researchers Meeting of U.Porto*

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Encontro Investigação Jovem da Universidade do Porto



PROGRAM

**06 - 07 - 08
Maio 2026**

19.^a EDIÇÃO

May, 6th

May, 7th

May, 8th

8H	Opening of the secretariat for all participants		
8H30 > 10H30	PARALLEL ORAL SESSIONS I A1 – Criminology and Law I A2 – Health Sciences I A3 – Sport Sciences I A4 – Architecture I A5 – Engineering I A6 – Biological Sciences I	PARALLEL ORAL SESSIONS IV A1 – AgroFood I A2 – Health Sciences IV A3 – Sport Sciences III A4 – Astronomy A5 – Chemistry I A6 – Biological Sciences IV	PARALLEL ORAL SESSIONS VII A1 – Arts I A2 – Health Sciences VII A3 – HSS IV – History, Archeology, Cultural Studies and Communication Sciences A4 – Physics I A5 – Chemistry III A6 – Biological Sciences VII
10H30 > 11H	Coffee Break		
11H > 13H	PARALLEL ORAL SESSIONS II A1 – Criminology and Law II A2 – Health Sciences II A3 – Sport Sciences II A4 – Architecture II A5 – Engineering II A6 – Biological Sciences II	PARALLEL ORAL SESSIONS V A1 – AgroFood II A2 – Health Sciences V A3 – Sport Sciences IV A4 – Maths & Physics A5 – Engineering IV A6 – Biological Sciences V	PARALLEL ORAL SESSIONS VIII A1 – Environment II A2 – Health Sciences VIII A3 – Psychology & Education Sciences III A4 – Physics II A5 – Chemistry IV A6 – Economics & Management
13H > 14H30	Lunch Break		
14H30 > 16H	POSTER SESSION I Architecture Biological Sciences I Criminology and Law Engineering I Health Sciences I Sport Sciences I	POSTER SESSION II AgroFood Biological Sciences II Chemistry Engineering II Health Sciences II Sport Sciences II	POSTER SESSION III Arts Astronomy, Physics & Maths Economics & Management Environment & Geology Health Sciences III History & Sociology Psychology & Education Sciences
16H > 16H30	Coffee Break		
16H30 > 18H30	PARALLEL ORAL SESSIONS III A1 – HSS I – Political Sciences A2 – Health Sciences III A3 – Psychology & Education Sciences I A4 – HSS II – Political Sciences, Sociology and Geography A5 – Engineering III A6 – Biological Sciences III	PARALLEL ORAL SESSIONS VI A1 – Environment I A2 – Health Sciences VI A3 – Psychology & Education Sciences II A4 – HSS III – History of Art A5 – Chemistry II A6 – Biological Sciences VI	PARALLEL ORAL SESSIONS IX A1 – Arts II A2 – Health Sciences IX A3 – Psychology & Education Sciences IV A4 – HSS V – History A5 – HSS VI – Literature and Philosophy A6 – Health Sciences X

24246 | Nutritional Guidelines and Practices in Daycare Centres: A Scoping Review of International Recommendations

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Background & Aim: The first three years of life are critical for establishing lifelong dietary and health patterns, with daycare centres providing key environments for implementing early nutritional interventions. This scoping review aimed to analyse existing national and regional guidelines for food provision in daycare settings, identifying common principles, inconsistencies and gaps. **Methods:** Searches were performed on the official websites of national and regional health ministries from December 2024 to January 2025, following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR) Checklist. This scoping review is registered in the Open Science Framework (DOI: 10.17605/OSF.IO/CWG8E). **Results:** Twenty-nine official documents from seventeen countries were included. Findings revealed wide heterogeneity in age ranges, portion sizes and recommended food frequencies. Most guidelines recommend the daily inclusion of breastmilk, meat, fish, eggs, vegetables, fruits and dairy products, alongside a broad consensus on limiting added sugars and salt. However, several gaps were identified, including frequent inclusion of red and processed meat, insufficient emphasis on fish and plant-based protein sources, limited promotion of whole grains, and permissiveness toward fruit juices and ultra-processed foods. Quantitative recommendations were often incomplete, and few guidelines addressed vegetarian diets or texture progression. **Conclusions:** This review highlights the urgent need for harmonised, evidence-based, and context-specific nutritional guidelines tailored to daycare centres. Standardised frameworks could improve the quality of food provision, foster healthier eating habits in early childhood, and support long-term public health benefits.

Keywords: food provision, daycare centres, guidelines, early childhood