

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**

19.ª Edição



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APOIO



TÍTULO | *TITLE*

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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

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

Beatriz Mata¹; Diana Lopes¹; Joana Silva¹; Sofia Teixeira¹; Rui Poínhos¹; Bruno Oliveira¹; Ada Rocha¹; Cláudia Afonso¹

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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.