ijuf '13
6th Meeting of Young Researchers of University of Porto
CREDITS

Livro de Resumos IJUP'13
6º Encontro de Investigação Jovem da U.Porto

© Universidade do Porto
AA ID-1
t.22 040 81 46
secid@reit.up.pt

Design
Ana Fernandes & Daniel Martins
Rui Mendonça

Impressão e acabamentos
Invulgar - artes gráficas

Tiragem
1000 exemplares

Depósito Legal
340336/12

ISBN
978-989-746-006-7

Scientific Committee

Albino Lima
Armando Jorge Teixeira
Aurora Teixeira
Elisa Keating
Filipe Castro
Filipe Magalhães
Gonçalo Furtado
Graciela Machado
Helena Madureira
Jorge Moreira Gonçalves
Laura Oliveira
Manuel Simões
Marcela Segundo
Maria Oliveira
Maria Paula Santos
Patrícia Antunes
Patrícia Valentão
Paulo Aguiar
Pedro Sousa Gomes
Rita Faria
Rute Pedro
Teresa Almeida

Secretariat
Paula Coelho
Developing a Food and Nutrition Quality Stamp for Public Restaurants in Portugal

A. I. Teixeira, A. R. Esteves, J. Lima, A. Rocha

Faculty of Nutrition and Food Sciences, University of Porto, Portugal

The creation of a food and nutrition quality stamp that enables restaurants to advertise the use of good nutritional practices and consumers to identify establishments that supply healthy dietary choices may be a potential strategy to reduce the association between inadequate dietary intake outside home and development of obesity, and increased nutritional risk [1, 2]. The objective of this work was to develop a food and nutrition quality stamp as well as the eligibility criteria, allowing their assignment to catering establishments with a view to creating a healthy restaurants network.

It was defined as working methodology the selection of information that would allow the determination of eligibility criteria for applications to the quality stamp.

The following criteria were established: prerequisites, food quality and balanced menus, portion sizes, employees’ training and nutritional composition of meals.

In fact, with the growing public concern for nutrition, this stamp could lead to a competitive advantage for adherent restaurants, allowing generating a value chain, dignity and constant improvement.

Nowadays catering occupies an important role in European society, in economic and social terms. This concept is closely related to social responsibility, since the traders’ awareness in relation to health issues is an essential part of the process [3].

This is a quality stamp that recognizes good food and restaurants’ adequate nutritional practices in Portugal, and motivates them to continue with the commitment to always do more and better for the health of their clients, offering healthy options on their menus.

References

