

appreciated, consumers have perceived cheese as a food with a high fat content, rich in nutritionally controversial saturated fatty acids, which are usually related to the increase of blood plasma cholesterol concentration and for a growing incidence in coronary heart diseases.

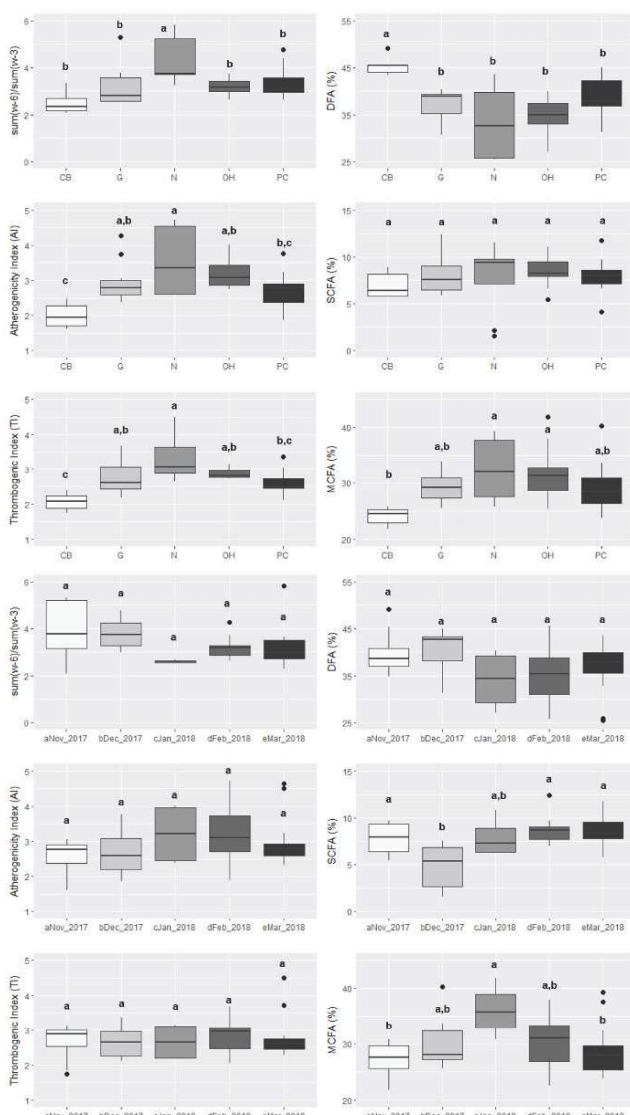
OBJECTIVES: This study aimed to establish fatty acids (FA) profiles and related nutritional (ω -6: ω -3 ratio), desirable fatty acids contents and healthy indices (atherogenic and thrombogenic indices) of SE cheeses, and to evaluate the influence of cheese origin and production date.

METHODOLOGY: SE cheeses were acquired from 6 certified producers located in 5 municipalities (Celorico da Beira, Gouveia, Nelas, Oliveira do Hospital and Penalva do Castelo, and produced from Nov 2017 to March 2018. The FA profiles were established, by gas chromatography with a flame ionization detector, being extracted according to ISO 14156:2001. All statistical analysis was performed using the Subselect and MASS packages of the open source statistical R program.

RESULTS: The results showed that cheese origin differences arisen on the total contents of saturated, unsaturated and polyunsaturated FA (P-value<0.05, one-way ANOVA), whilst no such differences were found for the production date (P-value>0.05, one-way ANOVA). Cheese origin also significantly influenced nutritional and healthy indices, which was not so clear for the production date (Figure 1).

FIGURE 1

Nutritional and healthy indexes of Serra da Estrela cheeses: geographical origin and production date effects



CONCLUSIONS: Although a diet rich in fats may increase the risk of some diseases, in the correct dose, it could be possible to reach a positive association between cheese consumption and healthy fat.

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P71: COMPARISON OF THE INGESTION OF FIBRE RICH FOODS IN DIFFERENT COUNTRIES

Sofia G. Florença¹; Marcela Leal²; Ivana Rumbak³; Irena Barić³; Drazenka Komes³; Zvonimir Satalić⁴; Marijana Sarić⁴; Monica Tarcea⁵; Zita Fazakas⁶; Viktória Szűcs⁶; Júlia Harangozó⁶; Dace Klava⁷; Evita Straumite⁷; Raquel Guiné⁸

¹ Faculty of Food and Nutrition Sciences, University of Oporto

² Faculty of Health Sciences, Maimonides University

³ Faculty of Food Technology and Biotechnology, University of Zagreb

⁴ Department of Health Studies, University of Zadar

⁵ University of Medicine and Pharmacy from Targu-Mures

⁶ National Agricultural R&I Centre - Food Science Research Institute

⁷ LUA Latvia University of Agriculture

⁸ CI&DETS/CERNAS Research Centres, Polytechnic Institute of Viseu

INTRODUCTION: The ingestion of fruits, vegetables and cereals, especially whole grain, is associated with a healthy lifestyle and has been recognized as having multiple health benefits, associated, among others, to the ingestion of adequate amounts of dietary fibre.

OBJECTIVES: The aim of this work was to evaluate some eating habits related to fibre rich foods in six different countries: Argentina, Croatia, Hungary, Latvia, Portugal and Romania.

METHODOLOGY: A cross-sectional descriptive study was carried out by means of questionnaire survey applied to a sample of 4905 participants, all over the age of 18 years old. The preparation and application of the questionnaire followed the necessary ethical guidelines and the treatment was made by SPSS.

RESULTS: The results showed that for the global sample was observed a low ingestion of salads and vegetables (78.2%), being this particularly problematic for Croatia (86.6%). Regarding the consumption of fruits, for the whole sample the great majority also showed a low consumption (92.3%), and for Latvian participants the percentage is very much expressive (98.3%). As for the consumption of whole cereals, most participants also showed a low consumption, either for the global sample (72.6%) or in the different countries, and particularly for Latvia (90.0%). Some eating habits were also studied and it was observed that for the whole sample 71.9% showed a low frequency of meals ate out of home, while 88.6% revealed acceptable frequency of eating fast food, i.e., only once or twice a week.

CONCLUSIONS: The results indicated that in the countries at study the ingestion of foods rich in dietary fibre is very low, and therefore it is necessary to implement strategies to increase the consumption of such foods.

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P72: DETERMINAÇÃO DE ANTOCIANINAS EM GRÃOS DE SOJA PRETA

Daiana Rosso Ferreira Leithardt¹; Aline Naomi Yamashita¹; Adelaide Del Pino Belía¹