INTRODUÇÃO: A educação nutricional e alimentar assume-se como um importante veículo para aumentar os conhecimentos dos cidadãos e consumidores, em geral, sobre o tema dos cereais integrais.

OBJETIVOS: A construção e a disponibilização *online* do *e-book* intitulado "Cereais integrais: integra-te na saúde!" pretendeu contribuir para: a) o aumento de conhecimento sobre os cereais e pseudocereais; b) demonstrar os efeitos benéficos do consumo de cereais integrais para a nutrição e saúde humana; c) incentivar o consumo de cereais integrais integrando-os numa dieta adequada, completa, equilibrada e variada.

METODOLOGIA: A recolha de informação estatística, alimentar, nutricional e centrada nos efeitos do consumo dos cereais integrais na saúde humana, em literatura científica e bases de dados nacionais e internacionais, realizou-se no período entre abril e outubro de 2017.

RESULTADOS: O lançamento oficial do *e-book* realizou-se na Escola Superior Agrária de Coimbra, no âmbito da Comemoração do Dia Mundial da Alimentação, em 16 de outubro de 2017. A construção do *e-book* permitiu evidenciar que o consumo de cereais integrais apresenta diversos benefícios: a) riqueza nutricional: elevada densidade nutricional devido à presença do farelo e gérmen ricos em fibras, compostos antioxidantes, vitaminas e minerais. b) para a saúde: o consumo de cereais integrais tem sido relacionado positivamente com a redução da prevalência de diversas doenças crónicas.

CONCLUSÕES: Considera-se a existência deste *e-book*, uma mais-valia e um forte contributo para a promoção do consumo de cereais integrais, devidamente integrada num contexto de alimentação saudável.

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PO97. THE KNOWLEDGE AND BELIEFS OF PORTUGUESE HIGHER EDUCATION STUDENTS ABOUT VEGETARIANISM

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INTRODUCTION: The way people view eating has significantly changed in the last years. Food is now seen not only as a primary need to support the basic functions of human body, but also an important tool to promote a healthy life. In this context, growing attention has been paid to vegetarianism, which encompasses food patterns that avoid, restrict or abolish foods from animal origins. In fact, the amount of vegetarians is increasing and it is thought that may account for up to 10% of total population.

OBJECTIVES: The present work aimed to characterize the knowledge about vegetarianism in students from different Portuguese institutions of higher education, attending different degrees (Nursing, Dental Medicine, Laboratory Biomedical Sciences and Medical Imaging and Radiotherapy).

METHODOLOGY: A questionnaire was developed and applied to the students. Differences were considered significant when $p < 0,05$.

RESULTS: There were 291 valid questionnaires. The study population was comprised by 229 women and 62 male students, with mostly 18 years of age. Only 4 students were vegetarians while 5 have adopted that food pattern in the past. It was observed significant differences in several points of the questionnaire, related to the gender of the students. Generally female students appeared more prone to adopt vegetarianism, and would like to know more about it, while male students seemed to associate more vegetarianism with potential negative health outcomes and loss of muscle mass. Furthermore, the attended degree also influenced some of the responses of the students.

CONCLUSIONS: Taken together, the studied population revealed a noticeable knowledge about vegetarianism, although also revealed some important misinformation about the issue. Since higher education students are often living without the parents and, thus, with more independence on their choices, more information is required in order to elucidate them about the risks and benefits of vegetarianism.

PO98. SUGAR CONTENT IN BREAKFAST CEREALS AND YOGURTS – THE PORTUGUESE MARKET BASELINE IN ORDER TO DESIGN AND PROMOTE HEALTHY EATING

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INTRODUCTION: Scientific studies have related excessive sugar intake to chronic diseases, leading several European countries, namely Nordic, United Kingdom and Ireland, to the development of initiatives towards public health. Portugal defined an integrated strategy that encourages healthy eating (EIPAS) and aims for a major reduction of sugar intake. To accomplish this, monitoring sugar content in food is required.

OBJECTIVES: Evaluate and compare sugar content in breakfast cereals and in solid and liquid yogurts, in Portugal and Ireland, focusing those near and below the goal established by EIPAS.

METHODOLOGY: Nutritional evaluation was conducted in the labels of the referred food categories from Portuguese and Irish markets. Collected data were compared with EIPAS recommendations for sugar: 5 g/100 g for solids and 2.5 g/100 mL for liquids.

As breakfast cereals are usually consumed with milk or yogurt, best and worst scenarios were created to show sugar content in these meals.

RESULTS: From 192 breakfast cereals results (100 PT and 92 IE), only 5 Portuguese *versus* 6 Irish comply with EIPAS. In 158 yogurts (152 PT and 6 IE), 19 solid yogurts from Portugal meet the requirements and none from Ireland. Concerning liquid yogurts, neither achieves the goals. Using mean values, a meal composed by 30 g of breakfast cereals and 125 mL of milk contributes with 12.4 g of sugar. If composed with yogurt, sugar reaches 20.3 g.

CONCLUSIONS: Few products being around or below the requirements, may justify a joint intervention with industry. Because some products with specifically allegations are below the target values, sugar reduction seems possible. As for liquid yogurt, the target seems ambitious, as none comply the recommendations. Since children are a target audience for a large amount of breakfast cereals and yogurts, necessary measures should be taken for sugar reduction, preventing associated diseases and improving public health.

PO99. IMPACT OF SALT REDUCTION ON BREAD PHYSICOCHEMICAL PROPERTIES AND CRUMB COLOUR AND STRUCTURE

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INTRODUCTION: Bread is a staple component of the Portuguese diet but is also a major source of dietary salt. Many countries have chosen bread as one of the priority foods for reducing salt content in their national salt reduction initiatives,