

## POSTER 55

## Assessment of the nutritional adequacy of dietetic food products available in Portuguese supermarkets

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## Resumo

**Introduction:** The demand for food products has been increasing in Portugal [1]. To respond to this growing trend, the offer of products in the dietary areas of supermarkets has also increased. **Objectives:** To characterize the nutritional value of food products placed in the supermarkets' dietetic areas using the Directorate-General of Health (DGS) Label decoder. **Methods:** In February/March 2022, nutritional information of products placed in the dietetic areas of 3 supermarkets was collected on the commercial surfaces in the district of Porto and through their websites. Data were analyzed and categorized according to the Label decoder of the Directorate-General of Health (DGS) [2], based on the Traffic light food labelling system. Statistical descriptive analysis was performed using Microsoft Excel®. **Results:** A total of 125 products were identified, distributed in 6 categories (Sweets, ices and desserts (15.2%); plant-based dairy alternatives (20%); prepared dishes (11.2%); bread

and cereals (16%); bakery products (21.6%) and snacks (16%)). According to Label decoder cut-offs, 97.6% of the featured products presented at least one of the nutritional parameters high. Total fat was the nutritional parameter that was high in a greater number of products (75%), followed by sugar (63%), saturated fat (62%) and salt (43%). The categories that presented a greater number of foods with high fat, saturated fat, sugar and/or salt content were bakery products and snacks and the greatest suitability was found in plant-based dairy alternatives. **Conclusions:** It was found that although the products are placed in the dietetic areas, they may have high levels of fat, saturated fat, sugar and/or salt and as such their consumption must be integrated into the assumptions of a healthy diet. Although it is important to have a diversified food offer that meets consumer expectations, it is essential to invest in consumer food and nutritional literacy so that they can make nutritionally adequate choices [3].

**Keywords:** food allergy; labelling; dietetic food; nutrition; biologic food

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