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doentes oriundos de lar (52,7%). O IMC na admissão hospitalar expôs uma média de 16,9Kg/m<sup>2</sup> (dp:2,8) e na segunda avaliação 17,5Kg/m<sup>2</sup> (dp:2,8). A patologia que motivou o internamento assentou na respiratória (32,7%) e a patologia crónica mais prevalente incidiu na neurológica (28,7%). Identificou-se, através do MUST, 29,3% (N=44) dos doentes com risco de desnutrição moderado e 70,7% (N=106) com risco de desnutrição elevado. Relativamente aos dias de internamento registou-se uma média de 12 dias (dp:10,7), tendo o reinternamento ocorrido em 38% da população-alvo e a mortalidade em 34,7% da amostra. A dieta instituída por via entérica (sonda nasogástrica) fora a predominantemente instituída (20% da amostra). Relativamente aos valores laboratoriais, o parâmetro ureia na admissão apresentou uma média inicial de 62mg/dL (dp:53,29) e final de 52,5mg/dL (dp:48); o parâmetro creatinina apresentou uma média inicial de 1,19mg/dL (dp:0,79) e final de 1,07 mg/dL (dp:0,72) e o parâmetro albumina apresentou uma média inicial de 3,1mg/dL (dp:0,63) e final de 3,3mg/dL (dp:2,9).

**CONCLUSÕES:** A amostra demonstrou que a taxa de desnutrição nos doentes internados é elevada, o que pode prejudicar o quadro clínico. Deste modo, a rastreabilidade e monitorização do estado nutricional deve estar patente no meio hospitalar. Perante esta realidade, o Nutricionista desempenha um papel crucial, de modo a intervir na alimentação e consequentemente prevenir e controlar o quadro de desnutrição, bem como interferir na melhoria da evolução da doença.

## PO11: NUTRITIONAL GENOMICS: A SURVEY TO IDENTIFY KNOWLEDGE, INTEREST, AND CONTINUING EDUCATION NEEDS AMONG SWISS AND PORTUGUESE NUTRITIONISTS AND DIETITIANS

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**INTRODUCTION:** Recently, new knowledge about interactions between nutrients and the genome, proteome, transcriptome and metabolome has been abounding. The perspective of incorporating nutritional genomics into the dietetic practice is nearing, bringing along a treatment path which differentiates itself from the traditional "one fits all" route. Bern University of Applied Sciences in collaboration with the Faculty of Nutrition and Food Sciences at the University of Porto led a research project about this topic.

**OBJECTIVES:** Evaluate a nutritional genomics knowledge and educational needs questionnaire among Swiss and Portuguese dietitians and nutritionists: Part 1 for general knowledge in nutritional genomics; Part 2 to gain insights about their interest, preferences and needs for continuing education in nutritional genomics.

**METHODOLOGY:** The questionnaire was developed partially based on published international peer-reviewed papers. The final version was distributed from July 1st to September 2nd 2014. Descriptive analyses were performed on 151 and 141 voluntarily completed and returned questionnaires on the Swiss side and on the Portuguese side, respectively.

**RESULTS:** 93% of respondents were female. 47% of the Swiss respondents were aged 40-54 years old, while close to 60% on the Portuguese side were aged 25-39 years old. The highest obtained degree among the Swiss dietitians was a post-graduate diploma HF (44%) and a Bachelor diploma for the Portuguese respondents (72%). Most participants worked in hospitals or private clinics. Based on the amount of correctly answered questions, Portuguese professionals seem to have slightly better knowledge of nutritional genomics than their Swiss counterparts. This may be explained by the fact that 44% of the Swiss respondents had no and 52% only a little genetic in a course within their education, while 66% of Portuguese respondents had a complete course in genetics. 49% of respondents were absolutely not confident on how to translate the results from genetic tests to their patients. Genetic discrimination was the main concern among about 30% of respondents for using genetic tests in consultation. Most of them were

interested in continuing education courses, mainly as a one-day course, with a thematic preference for interactions between nutrition, genes and diseases.

**CONCLUSIONS:** Dietitians and nutritionists from Switzerland and Portugal have shown interest for the nutritional genomics field and readiness to take part in continuing education courses. Attractive continuing education programs that are adapted to the levels and needs of dietitians from both countries are needed to assist them in being prepared for the future of their profession.

## PO12: NUTRITIONAL COMPOSITION OF TWO MEXICAN PRODUCTS FOR ALFALFA BEVERAGES PREPARATION

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**INTRODUCTION:** Nowadays, consumers are aware of their health, playing an active role in selecting specific foods and supplements that can improve their quality of life. Most of these products are composed of different plants. In Mexico, beverages based on alfalfa are daily consumed. Two different preparations, namely freeze-dried juice (FDJ) and powdered dehydrated residual fiber (RF) are produced for this purpose. These products are intended to be launched as new shelf raw material for instant beverage preparation. According to wide popular consent and even some studies, alfalfa is a good source of fiber, protein and iron. However, the nutritional potential of these specific products have not been evaluated until now.

**OBJECTIVES:** The aim of this work was to assess the nutritional value of two Mexican beverages ingredients obtained from alfalfa harvested at five different times along the year.

**METHODOLOGY:** Macro analysis was carried out according to AOAC specifications. Moisture was determined using an infrared moisture analyzer. Total ash was measured by calcination of the sample while extraction by Soxhlet was applied to determine total fat. Crude protein was analyzed using the Kjeldahl method and carbohydrates contents were established by difference.

**RESULTS:** FDJ have almost higher amounts of all the parameters studied than RF. This is the case for ash (12-14.5% in FDJ and 6.5-7.5 % in RF), fat (2.5% and 1.5%) and protein contents (25-28% and 13-17.5%), with statistical differences. Finally, the carbohydrates content varied between 67-68 % for FDJ and 51-52 % for RF. Another difference between products are the moisture contents varying from 5.7-6.8 % in FDJ to 7-8.5 % in RF. So, the two types of alfalfa based products showed differences between them but little variations between alfalfa samples harvested in different months of the year 2014 were found.

**CONCLUSIONS:** The nutritional composition of FDJ and RF are considerably different but stable along the harvesting period. Both beverages ingredients are good natural sources of protein and carbohydrates. Further studies are under development to better characterize these products.

## PO13: NATURAL RESOURCES OF PHYTOCHEMICAL CONSTITUENTS IN CITRUS FRUITS WASTES

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