

INTRODUCTION

Mediterranean Diet has been considered one of the healthiest and sustainable dietary patterns existent, being also recognized as an Intangible Cultural Heritage of Humanity by United Nations Educational, Scientific and Cultural Organization (UNESCO)¹.

One of the central aspects of Mediterranean Diet is olive oil consumption. Bragança is located at a region of a long tradition of olive oil production and consumption, however is not clear whether new generations are keeping this traditional heritage and if people coming from other countries adopt this cultural tradition of olive oil consumption and adherence to a Mediterranean Diet.

AIM: Evaluate and compare the adherence to Mediterranean Diet of a national and international community members of Instituto Politécnico de Bragança (IPB)

METHODS

Adherence to Mediterranean Diet was measured using a Portuguese version of a 14-item Mediterranean Diet Adherence Screener (MEDAS), a tool consisting of 14 questions, each scored with 0 or 1 point. The criteria for assigning 1 point was used according to original developers². Normality was tested using Kolmogorov-Smirnov and Mann-Whitney U was used to compare consumption. The differences between nationalities in MD adherence was compared using the Chi-squared test.

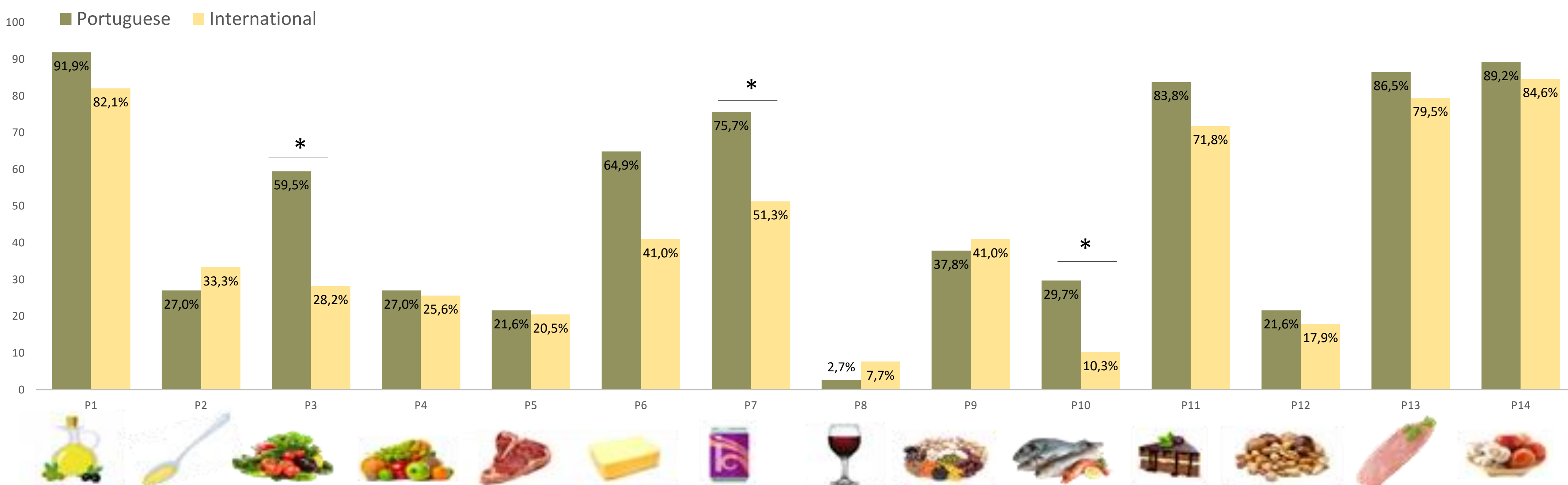


Figure 2. Percentage of individuals scoring at individual components of MEDAS tool (PREDIMED), by nationality. * p<0,05 (Chi-square).

Table 1. Frequency of olive oil and sofrito consumption.

Nationality	n	Olive oil consumption (tbsp/day)	Consumption of sofrito made with olive oil consumption (dishes/week)
National	37	2.5 (1-4)	5 (3-7)
International	39	2 (2-4)	7 (4-7)
		p= 0.432	p= 0.326

Results are expressed as median and interquartiles. p values based on Mann-Whitney test.

International participants had a higher prevalence of low score at MD adherence (44%) and lower prevalence of medium score (53%) (p=0.01). Prevalence of high score was very low independently of nationality. (Fig.1)

91% of Portuguese and 82% of internationals use olive oil as main culinary fat but only 27% of Portuguese consumed 4 or more tablespoons of olive oil per day. Differences in quantity were not different between groups (table 1)

Less internationals scored at consumption of ≥ 2 portions of vegetables per day, consumption of refrigerants <1 per day or ≥ 3 times of fish per week. Participants did refer to prefer chicken, turkey or rabbit over red meat however only 21% of nationals and 20% of international stayed below the threshold of 1 serving of red meat per week.

CONCLUSIONS

High adherence to a Mediterranean food pattern was rare in our community. Notwithstanding, Portuguese individuals had a higher adherence score than internationals.

Olive oil is one of the main components of Mediterranean Diet, however differences between nationalities were more significant at components like consumption of vegetables and fish and absence of refrigerants.

Taking into account these pilot study, the sample size will be expanded. Broader results may confirm the interest of community interventions aiming at promoting adherence to a Mediterranean food pattern, specially between international individuals.

References:

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- 2-Martínez-González MA, García-Arellano A, Toledo E, Salas-Salvado J, Buil-Cosiales P, Corella D, et al. A 14-item mediterranean diet assessment tool and obesity indexes among high-risk subjects: The PREDIMED trial. *PLoS One*. 2012 Aug 14;7(8).

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