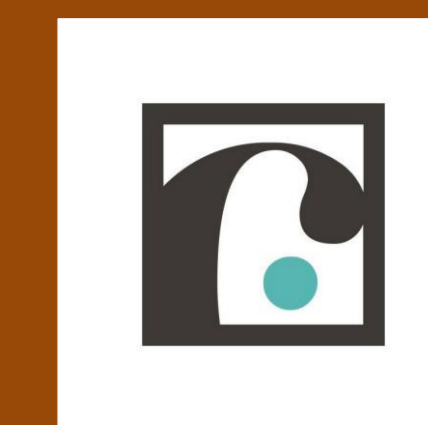


FOODS RICH IN BIOACTIVE COMPOUNDS: HOW TO INCREASE ITS CHOICE BY CONSUMERS

I. Torgal ¹, R. Mendes, P. Pinto ^{1,2}

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I.T.orgal ¹, R. Mendes, P. Pinto ^{1,2}

Introduction

Functional food is defined as a food that has a beneficial effect in health, beyond its nutritional value, mainly due to the content in bioactive contents. Scientific evidence has been accumulating during the last decade on the beneficial health effects of bioactive compounds, when consumed regularly as part of a healthy diet [1].

AIM

This study aimed to increase knowledge on how to potentiate the choice of foods rich in bioactive compounds.

FOODS RICH IN BIOACTIVE COMPOUNDS: HOW TO INCREASE ITS CHOICE BY CONSUMERS

Results

Data was collected anonymously with an online questionnaire designed in Google Forms, and distributed during a period of six months. A total of 115 answers were obtained from which 18 were rejected (less than 15 years old), leaving 97 responses from Portuguese adults for statistical analysis.

Demographic characteristics of the studied population	% (N)
Gender	
Male	30,9/366
Female	69,1/819
Age range	
18-29 years	54,9/651
30-39 years	26,0/308
40-49 years	17,0/202
50-59 years	1,9/23
RA	
North	10,9/129
Middle	55,1/653
Lisbon and Tagus Valley	30,0/356
South	2,8/33
Islands	1,4/14
Education level	
Secondary not completed	8,5/100
Secondary	45,8/538
University	47,7/537

s) The total number of answers is not constant since there is a variable number of blank answers in each question.

Isabel Torgal, Rita Mendes, Paula Pinto

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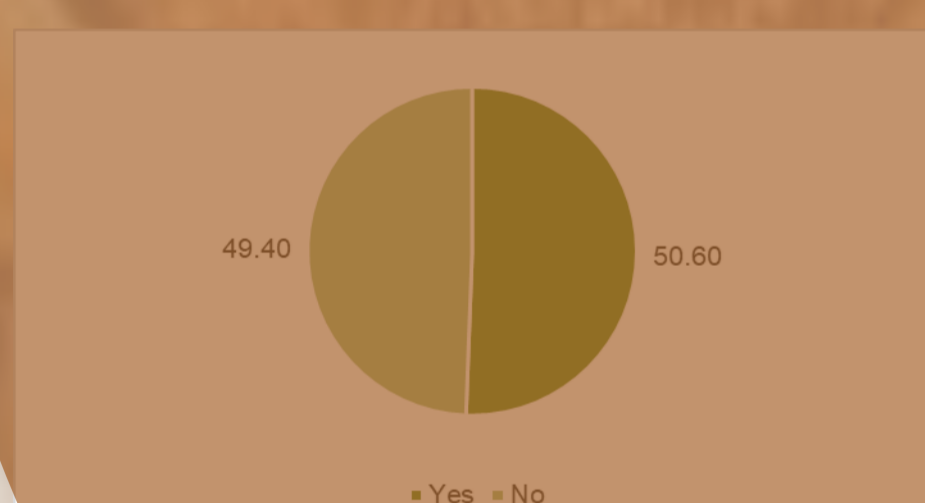


Fig. 1 – Bioactive compounds knowledge level.

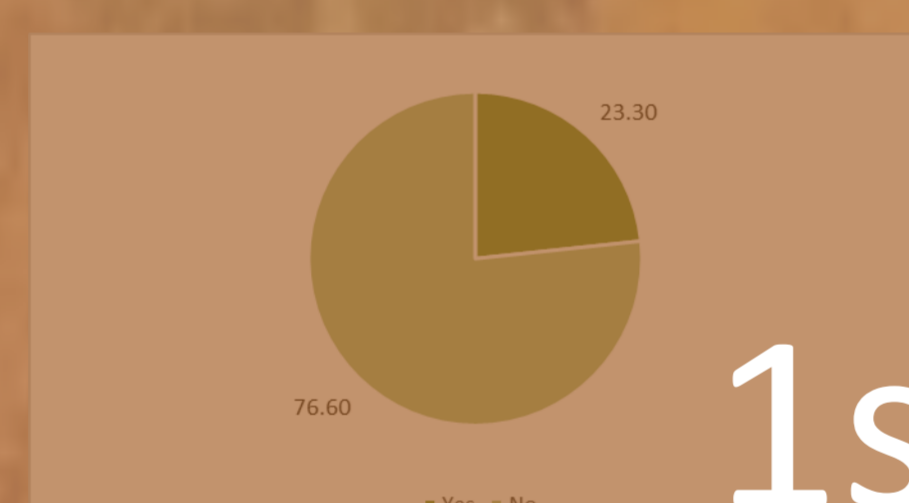


Fig. 2 - Knowledge degree of bioactive compounds vs. food uses.

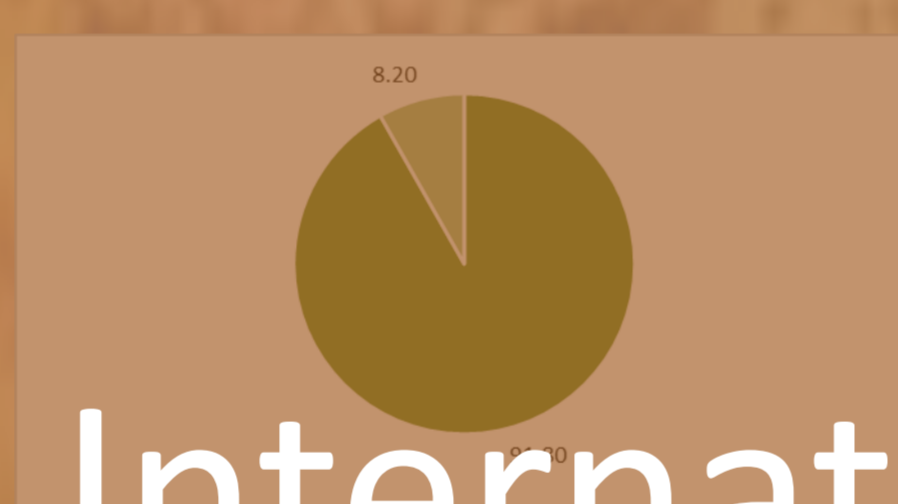


Fig. 3 - Knowledge about bioactive compounds vs. development of new functional foods.

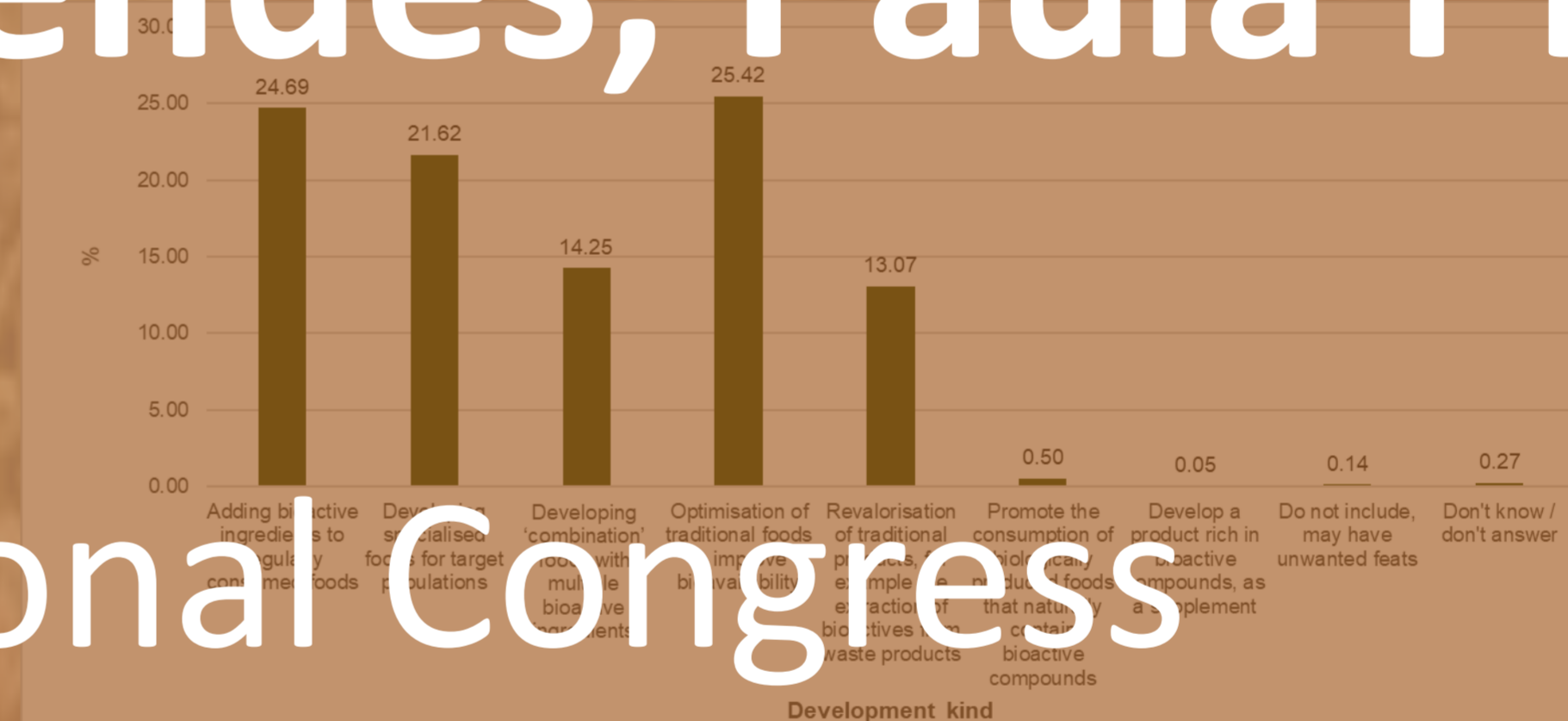


Fig. 4 – Bioactive vegetable compounds in health.

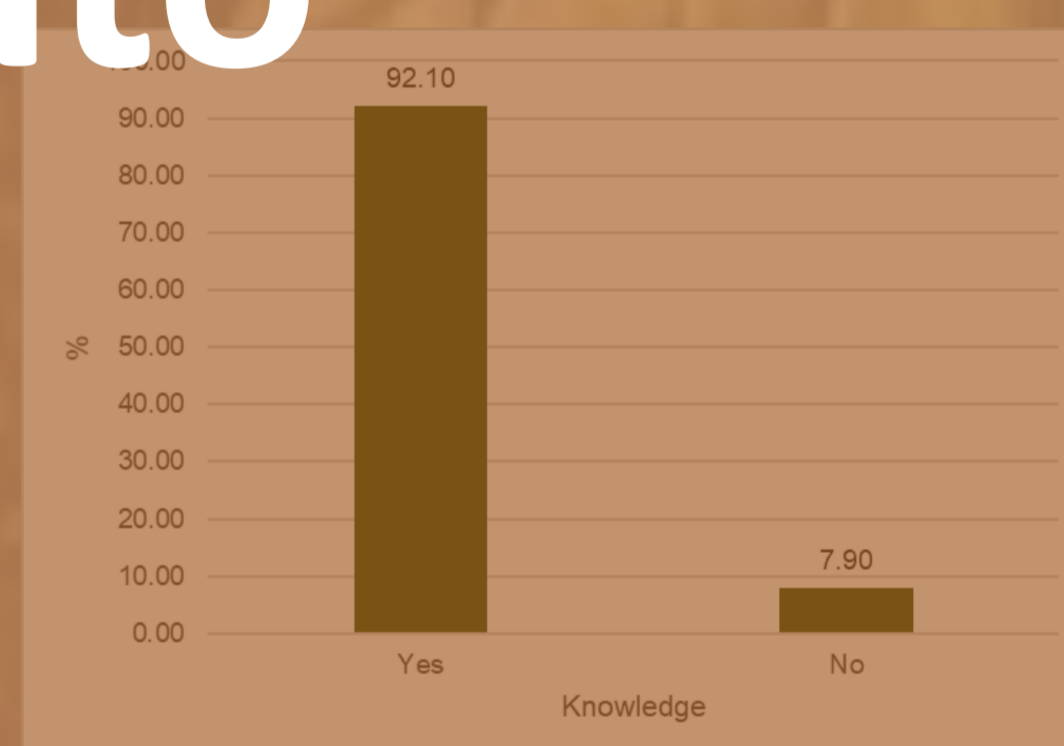


Fig. 5 - Knowledge about bioactive compounds effectiveness in health of population groups vs. development of new functional foods.

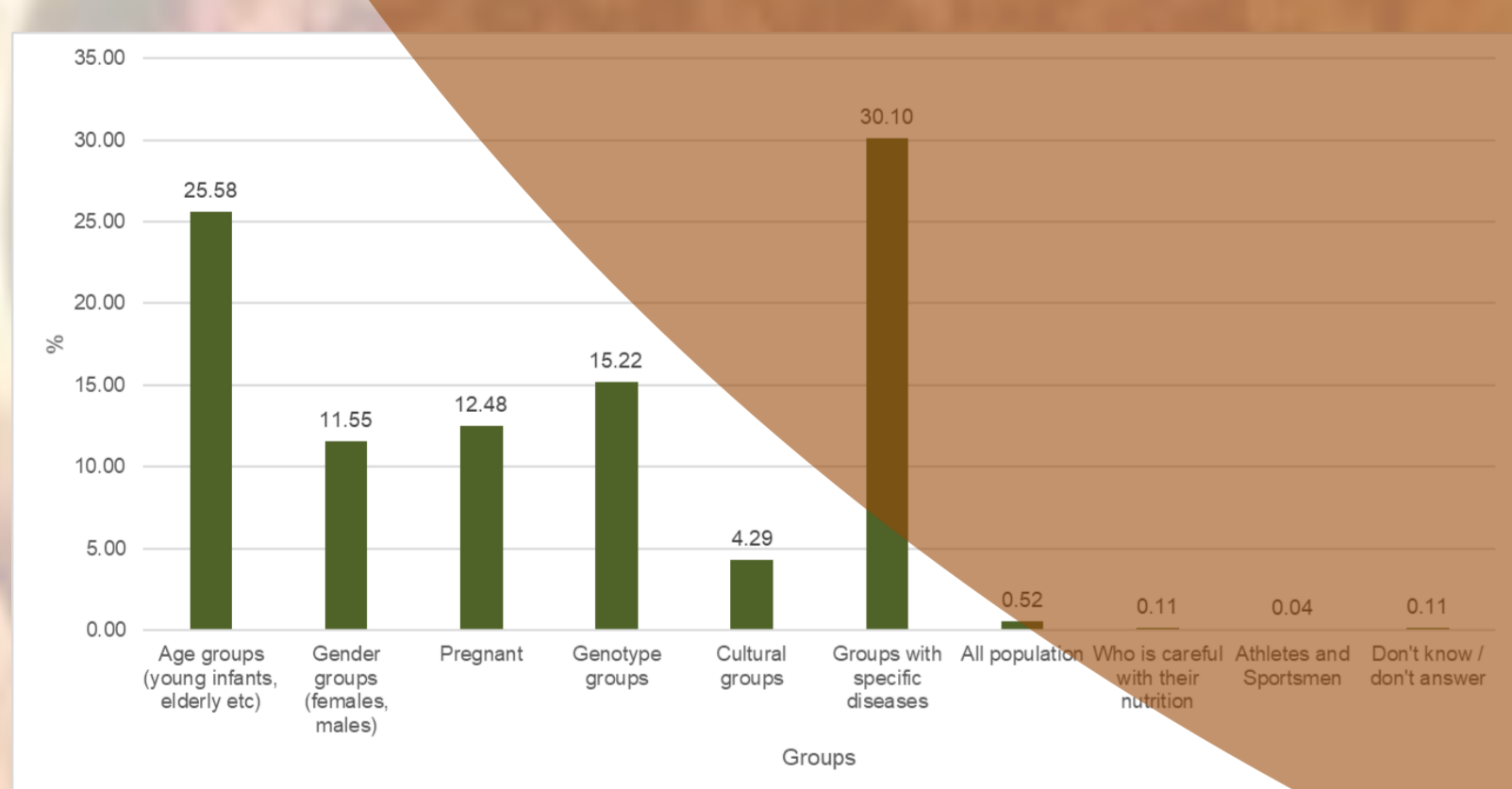


Fig. 6 – Bioactive compounds in the health of certain population groups

IPSantarém – ESA, CIEQV

Fig. 7 – Knowledge degree about bioactive compounds vs. new food uses.



Fig. 8 - Bioactive compounds in health and dietary recommendations.

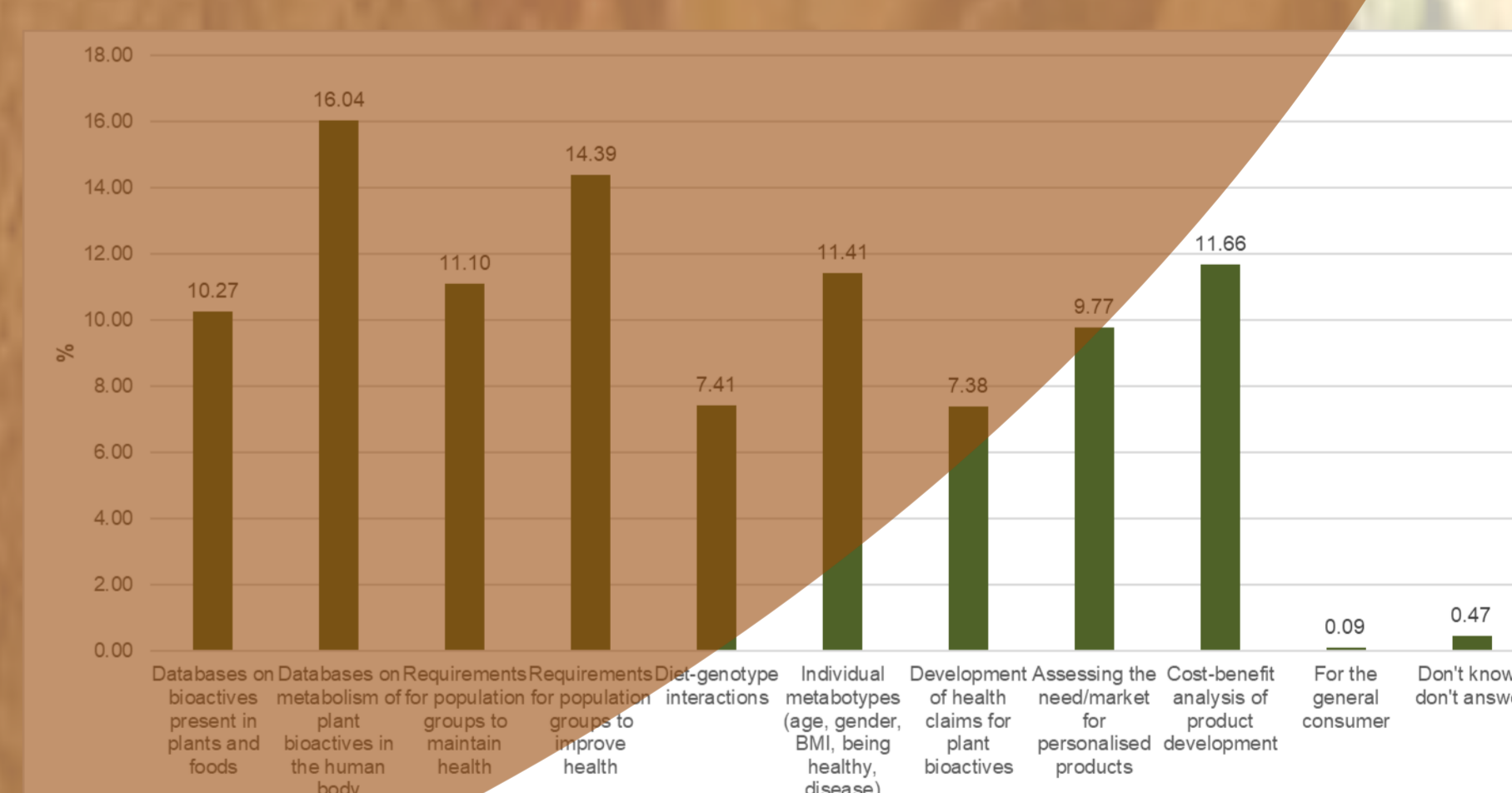


Fig. 9 – More knowledge need about bioactive compounds.

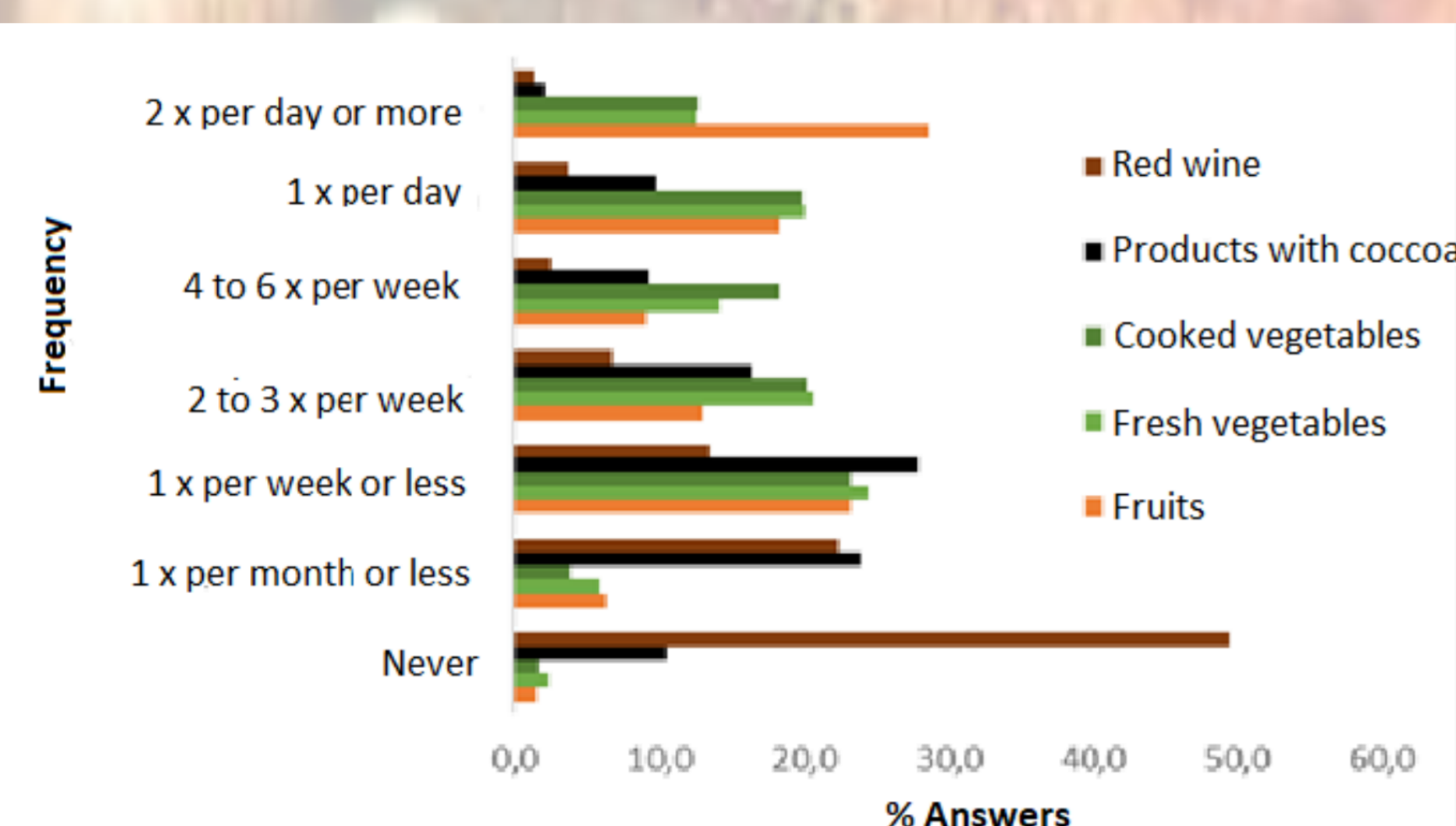
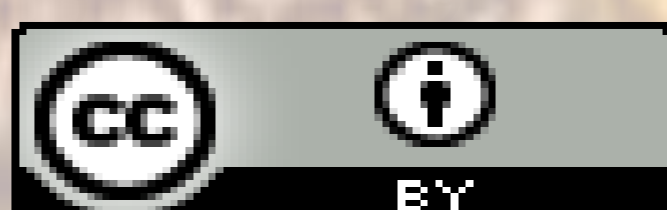


Fig. 10 - Consumption frequencies of foods rich in bioactive compounds by the studied population.

Conclusion

In order to promote the development of functional foods and its choice by the consumers, it is essential to enhance the access to nutritional information, as well as information on the beneficial effects of bioactive compounds.



FOODS RICH IN BIOACTIVE COMPOUNDS: HOW TO INCREASE ITS CHOICE BY CONSUMERS

Introduction

Functional food is defined as a food that has a beneficial effect in health, beyond its nutritional value, mainly due to the content in bioactive contents. Scientific evidence has been accumulating during the last decade on the beneficial health effects of bioactive compounds, when consumed regularly as part of a healthy diet [1].

AIM

increase knowledge on how to potentiate the choice of foods rich in bioactive compounds.

Methodology

Data was collected anonymously with an online questionnaire designed in Google Forms, and distributed during a period of six months. A total of 1193 answers were obtained, from which 18 were rejected (ages younger than 8 years old), leaving **1185 responses** from Portuguese adults for statistical analysis.

Acknowledgements – The study was adapted from a questionnaire elaborated by POSITIVE (Interindividual variation in response to consumption of plant food bioactives and determinants involved, COST Action FA1403).

FOODS RICH IN BIOACTIVE COMPOUNDS: HOW TO INCREASE ITS CHOICE BY CONSUMERS

Results

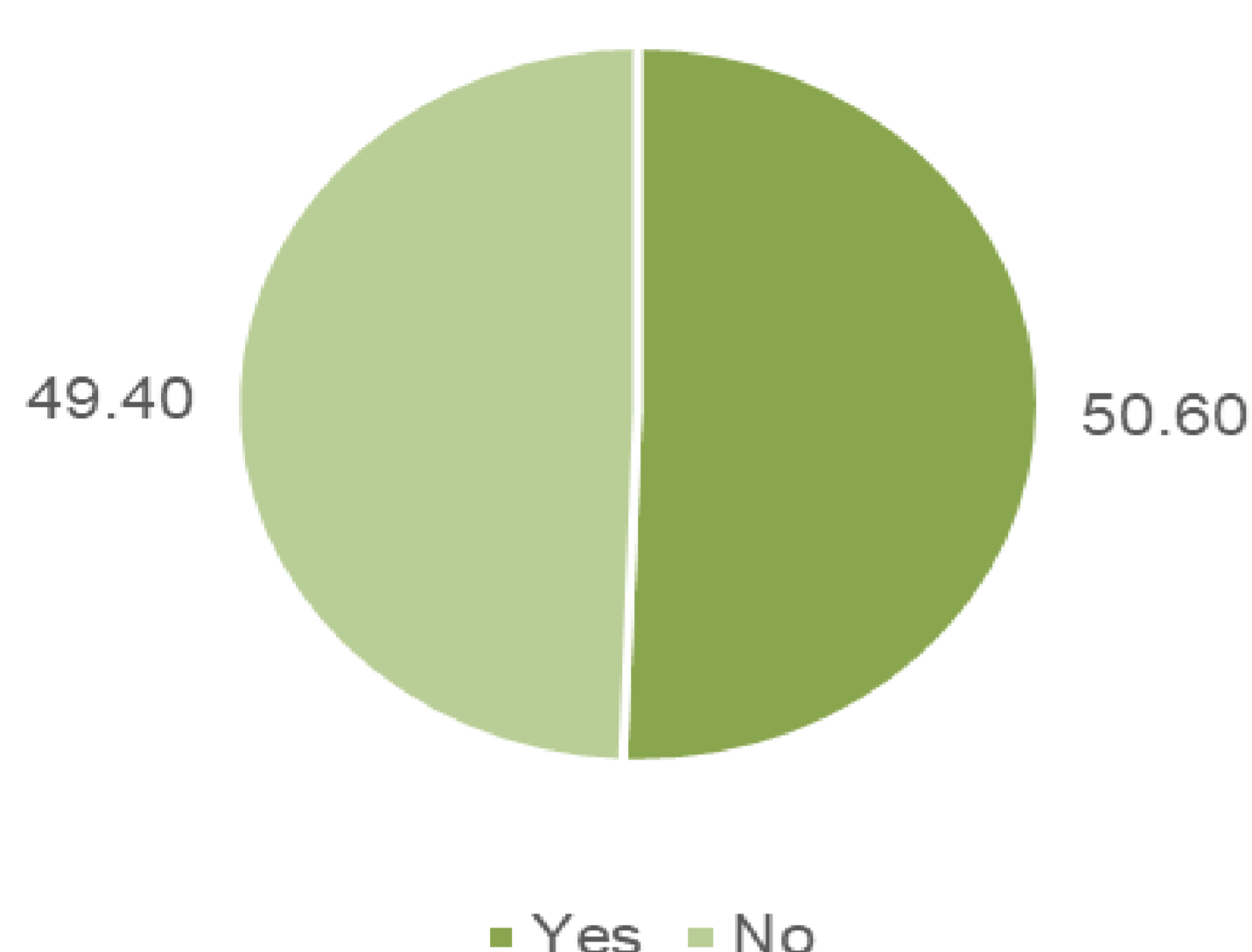


Fig. 1 – Do you know what are bioactive compounds?.

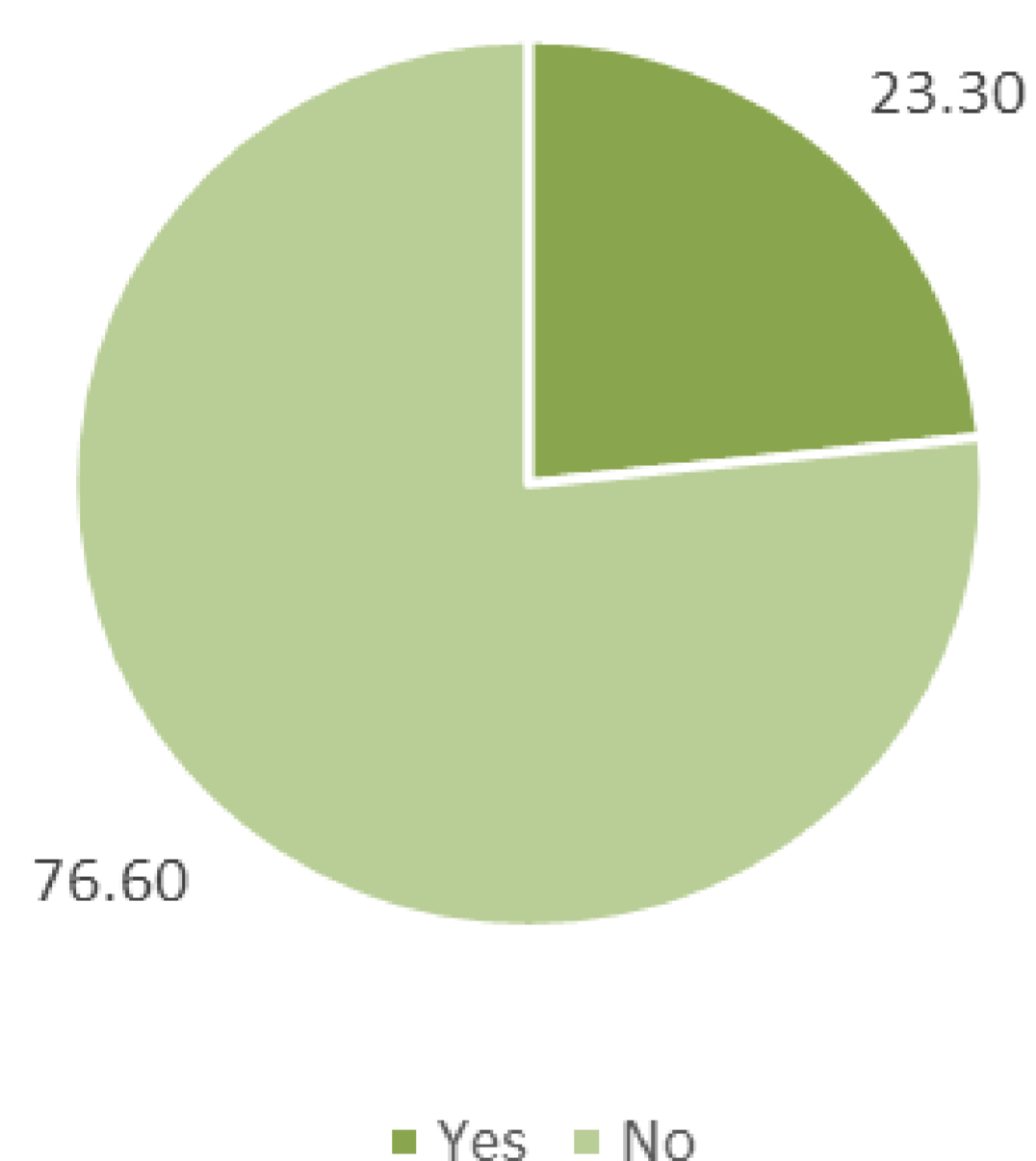


Fig. 2 – When you buy food, do you consider the content in bioactives?

Table 1 - Sociodemographic characteristics of the studied population.

	%/N ^{a)}
Gender	
Male	30,9/366
Female	69,1/819
Age range	
18-29 years	54,9/651
30-44 years	26,0/308
45-59 years	17,0/202
>60 years	1,9/23
Region	
North	10,9/129
Middle	55,1/653
Lisbon and Tagus Valley	30,0/356
South	2,8/33
Islands	1,4/14
Education level	
Secondary not completed	8,5/100
Secondary completed	45,8/538
University	47,7/537

a) The total number of answers is not constant since there is a variable number of blank answers in each question.

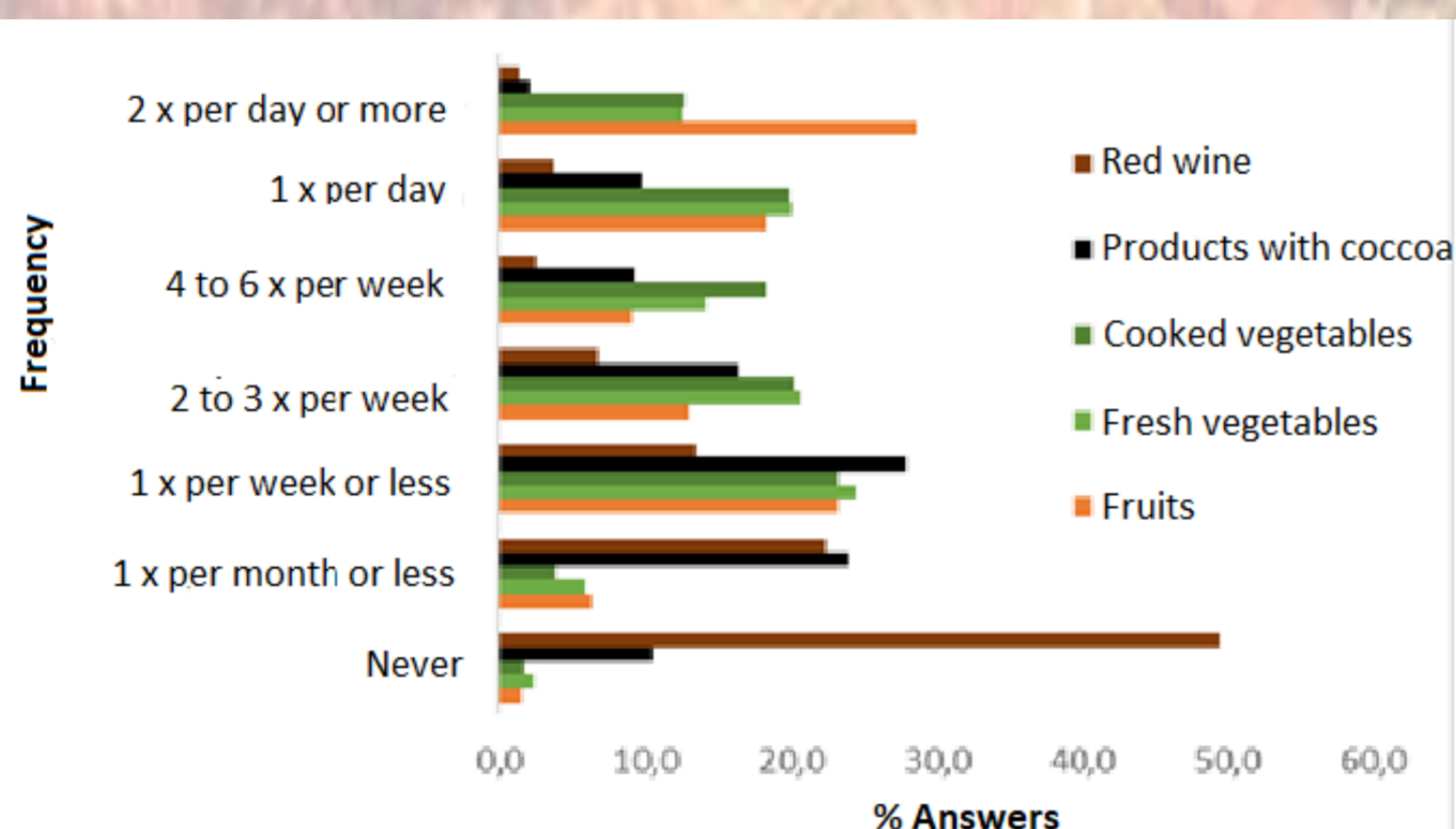


Fig. 10 - Consumption frequencies of foods rich in bioactive compounds by the studied population.

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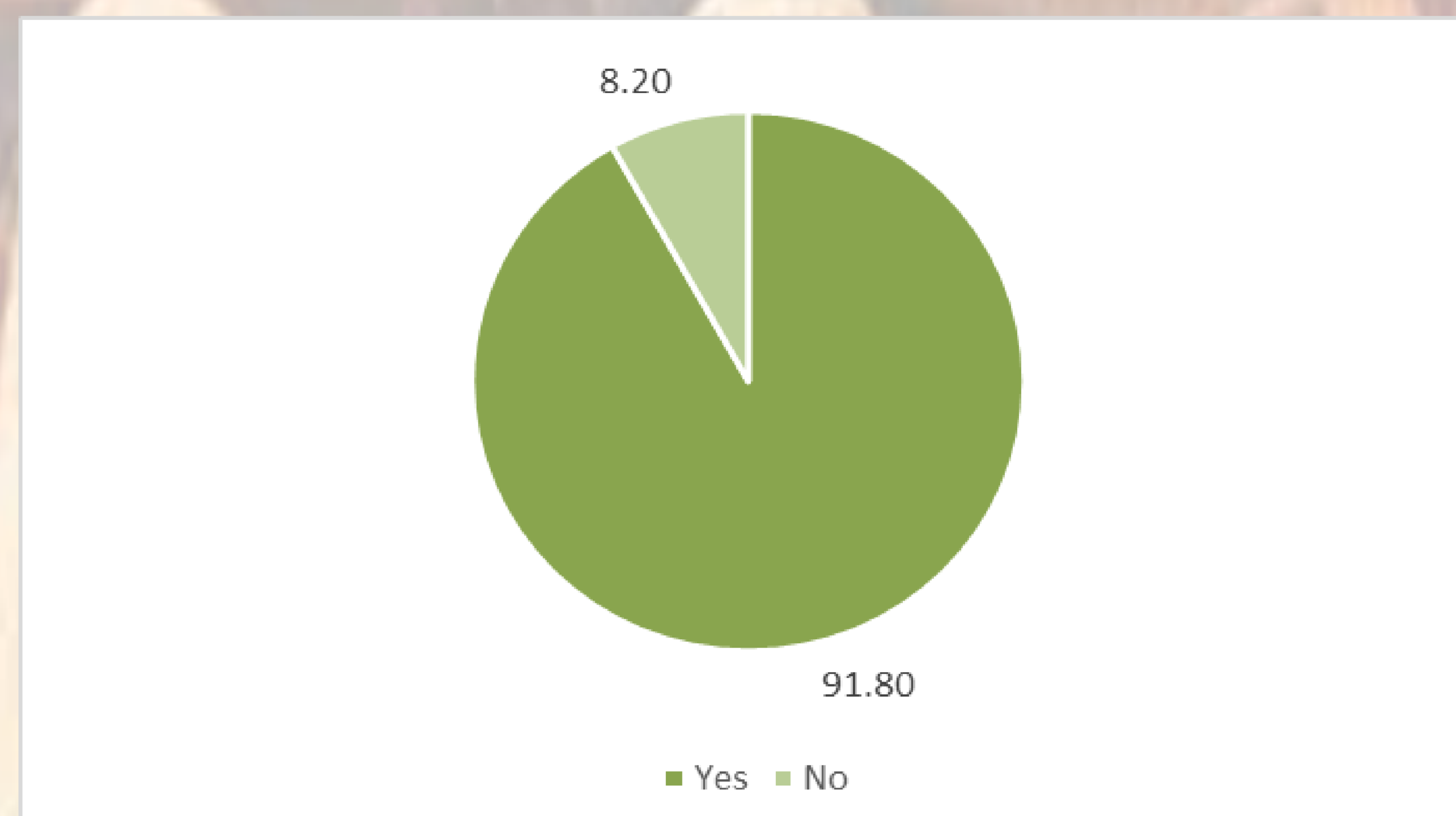


Fig. 3 – Do you think it is important to have more foods with bioactive compounds?.

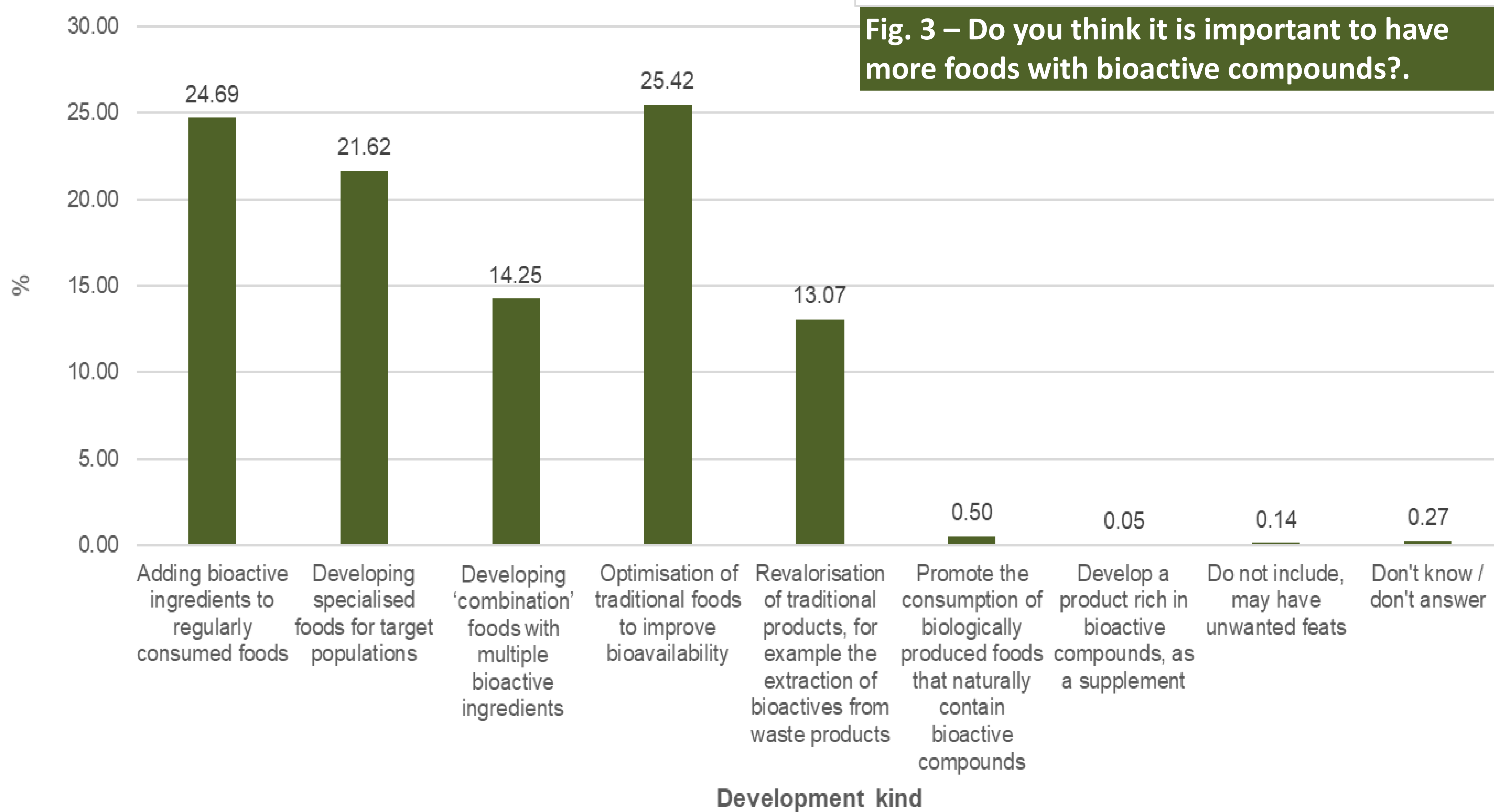


Fig. 4 - How to increase consumption of bioactive compounds?

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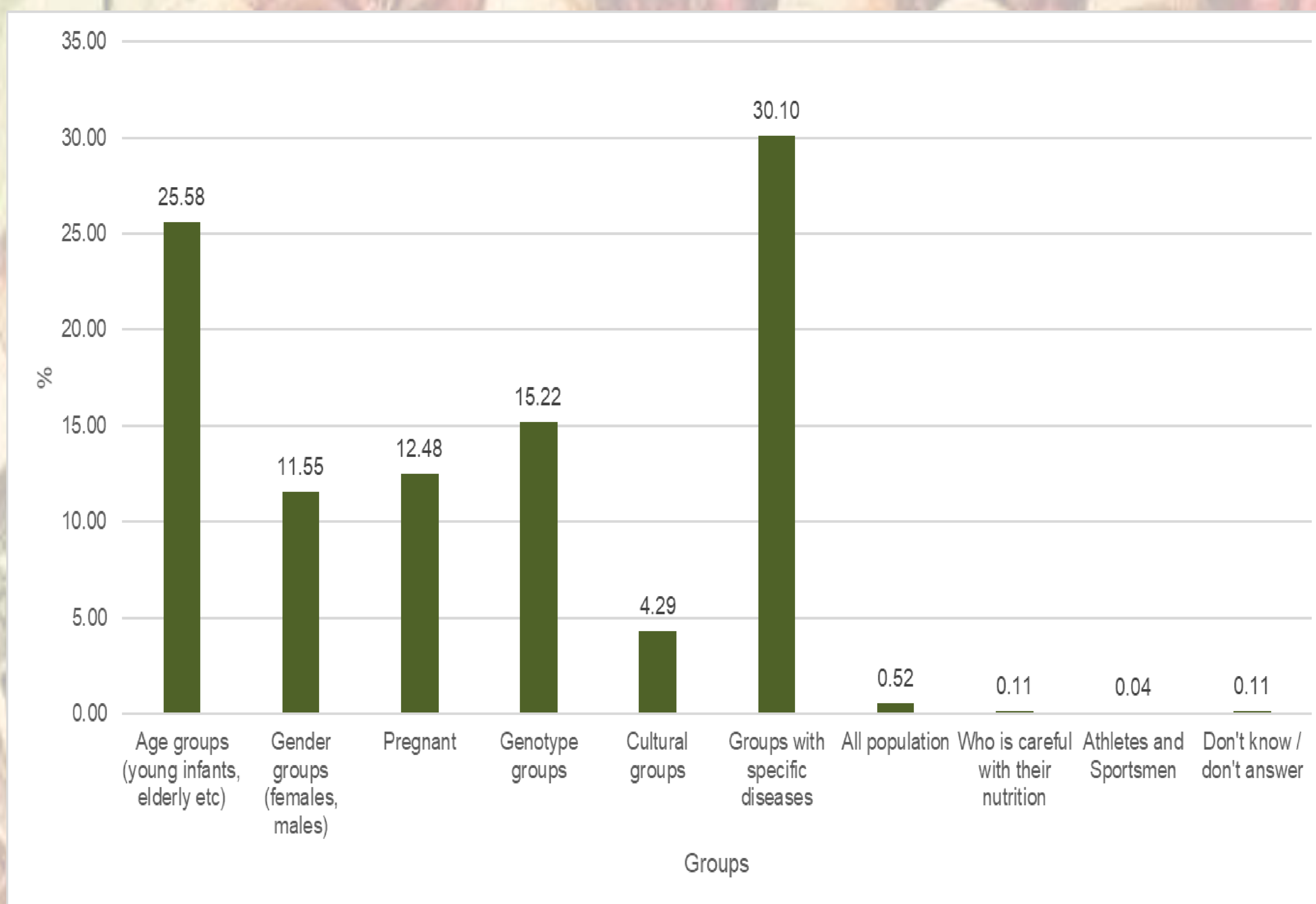


Fig. 5 – Bioactive compounds in the health of certain population groups

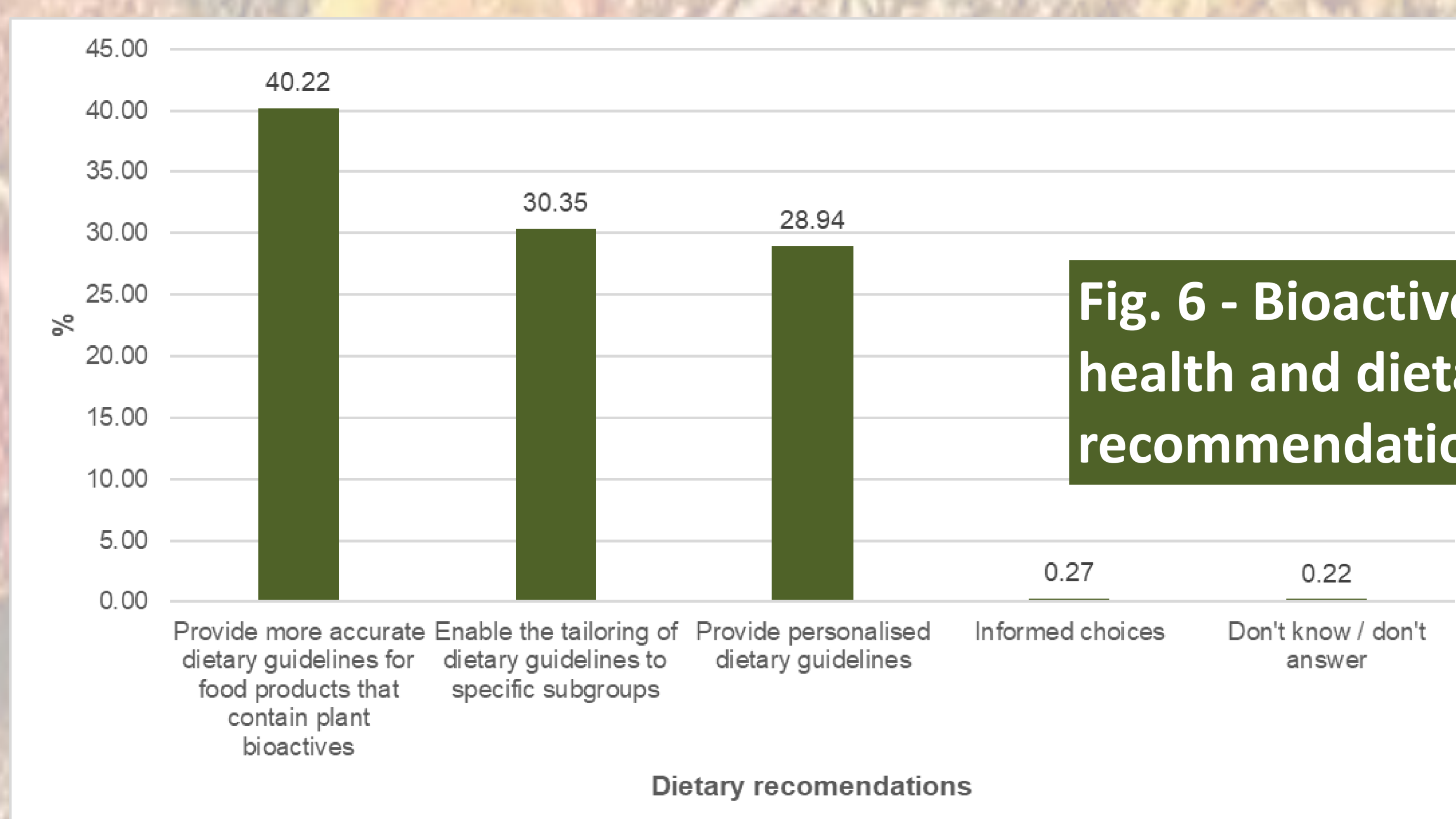
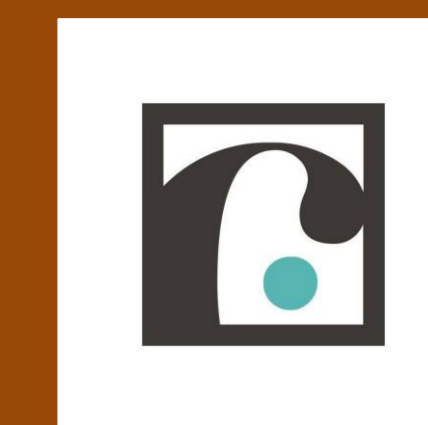


Fig. 6 - Bioactive compounds in health and dietary recommendations.

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AIM

This study aimed to increase knowledge on how to potentiate the choice of foods rich in bioactive compounds.

CONCLUSIONS

To promote the development of functional foods and its choice by the consumers, it is essential to enhance the access to nutritional information, as well as information on the beneficial effects of bioactive compounds.

Results

Methodology

Data was collected anonymously with an online questionnaire designed in Google Forms, and distributed during 4 printing shop events. 7126 questionnaires were completed, from which 13 were rejected (ages younger than 19 years old), leaving 7113 responses from Portuguese adults for statistical analysis.

Demographic characteristics of the studied population	%/N
Gender	
Male	30,9/366
Female	69,1/819
Age	
18-24 years	64,5/728
25-34 years	16,1/183
35-44 years	10,2/117
45-54 years	6,2/71
55-64 years	2,3/27
65-74 years	1,2/14
75+ years	0,7/8
Region	
North	51,1/579
Middle	55,1/633
Lisbon and Tagus Valley	30,0/346
South	2,8/33
Islands	1,4/16
Education level	
Secondary school	8,5/100
Superior secondary school	45,8/530
University	47,7/557

n) The total number of answers is not constant since there is a variable number of blank answers in each question.

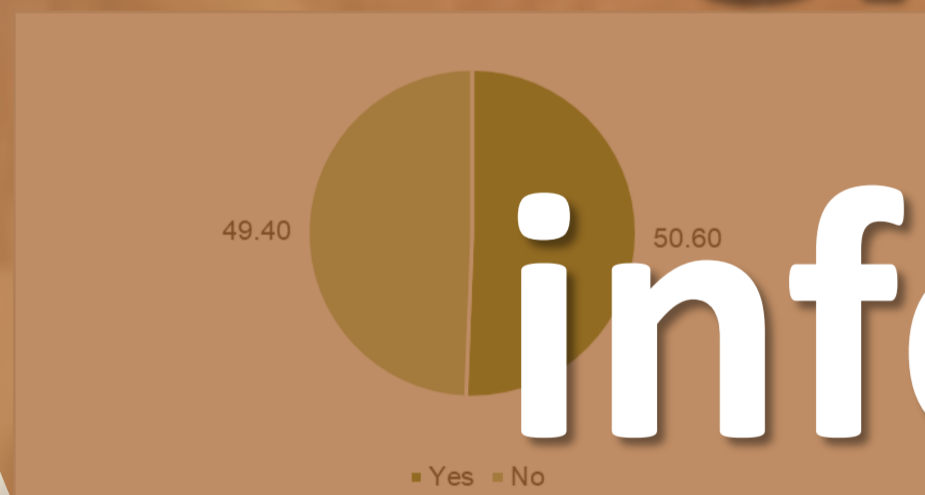


Fig. 1 – Bioactive compounds knowledge level.

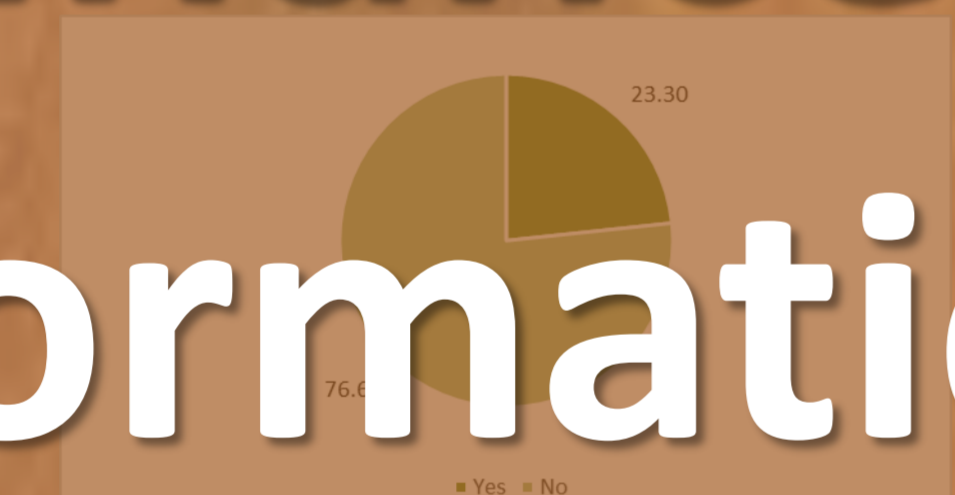


Fig. 2 - Knowledge degree of bioactive compounds vs. food use.



Fig. 3 - Knowledge about bioactive compounds vs. development of new functional foods.

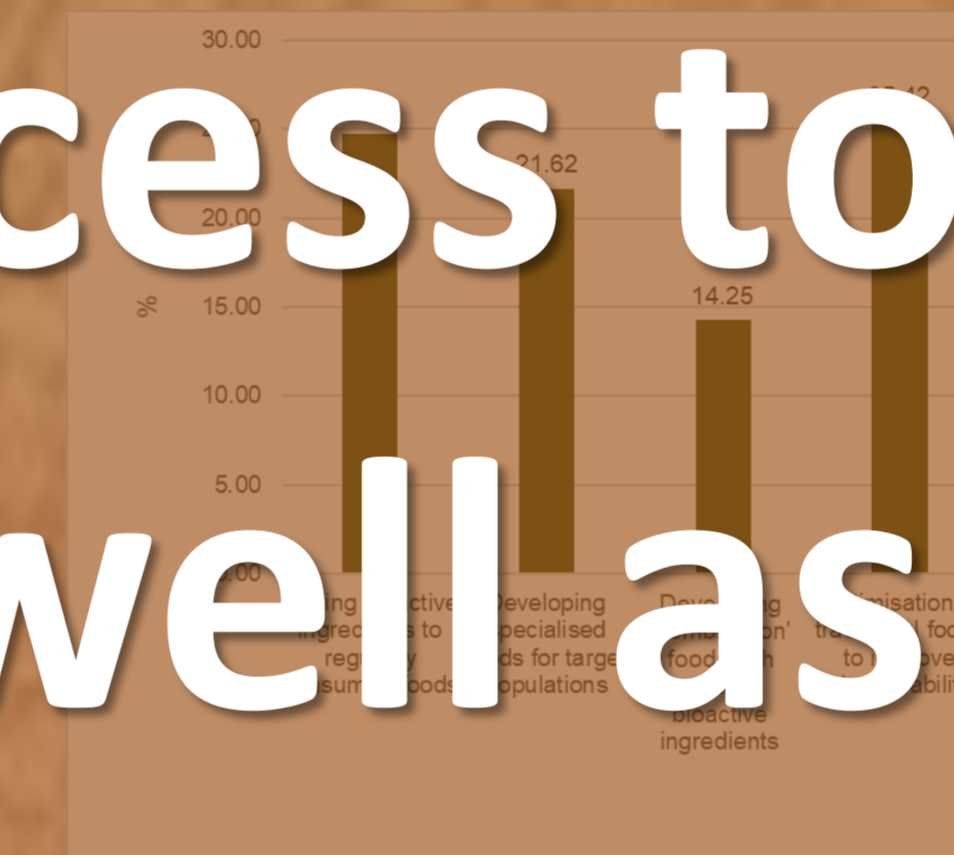


Fig. 4 - Vegetable compounds in health.



Fig. 5 - Knowledge about bioactive compounds effectiveness in health of population groups vs. development of new functional foods.

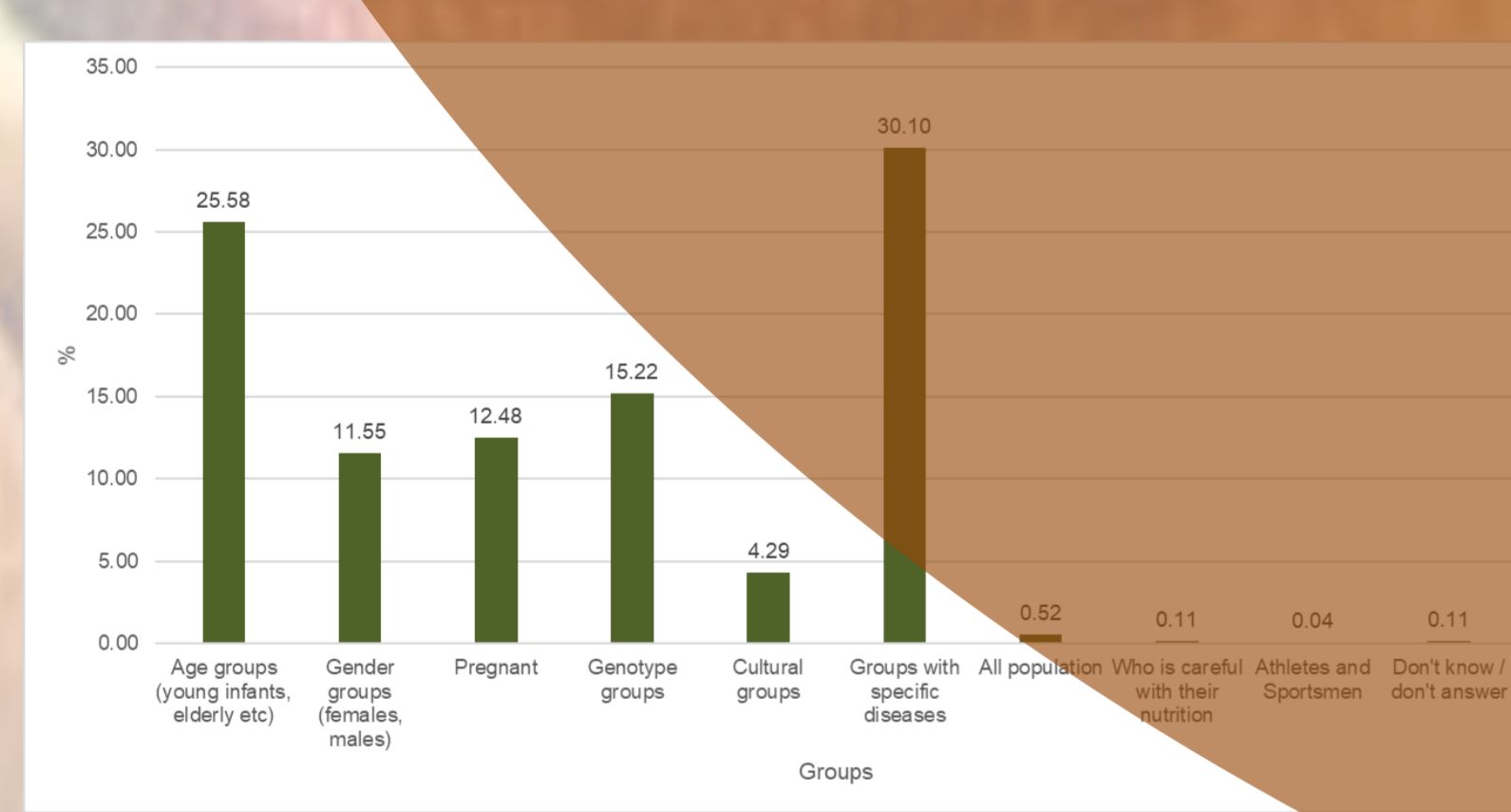


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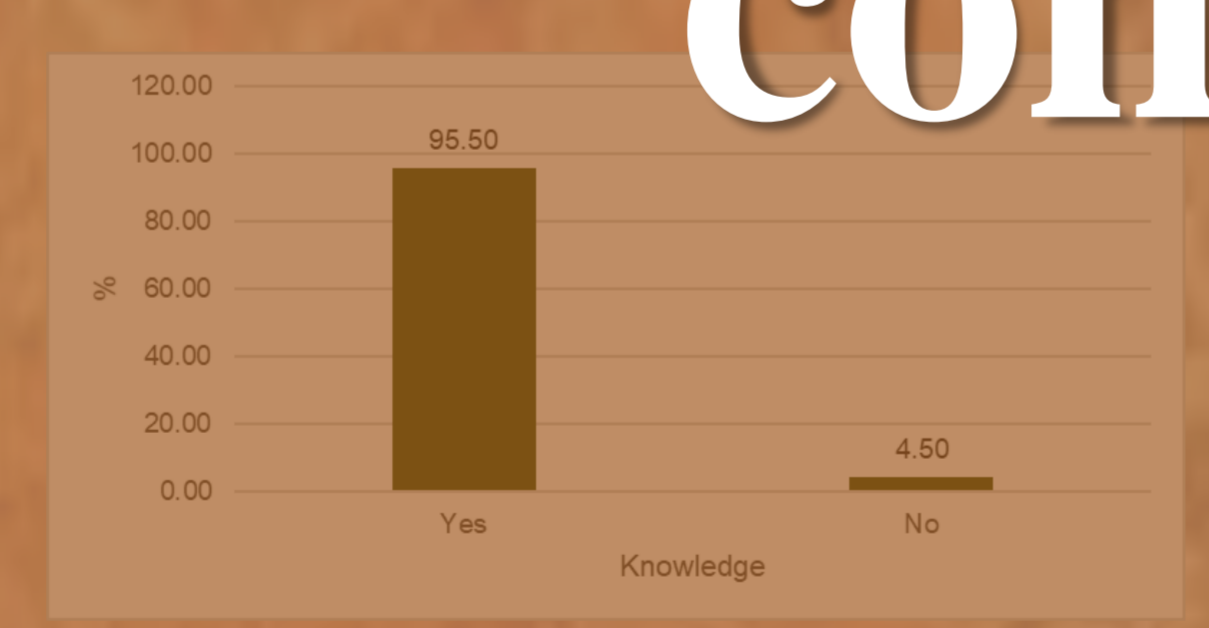


Fig. 7 – Knowledge degree about bioactive compounds vs. new food uses.



Fig. 8 - Bioactive compounds in health and dietary recommendations.

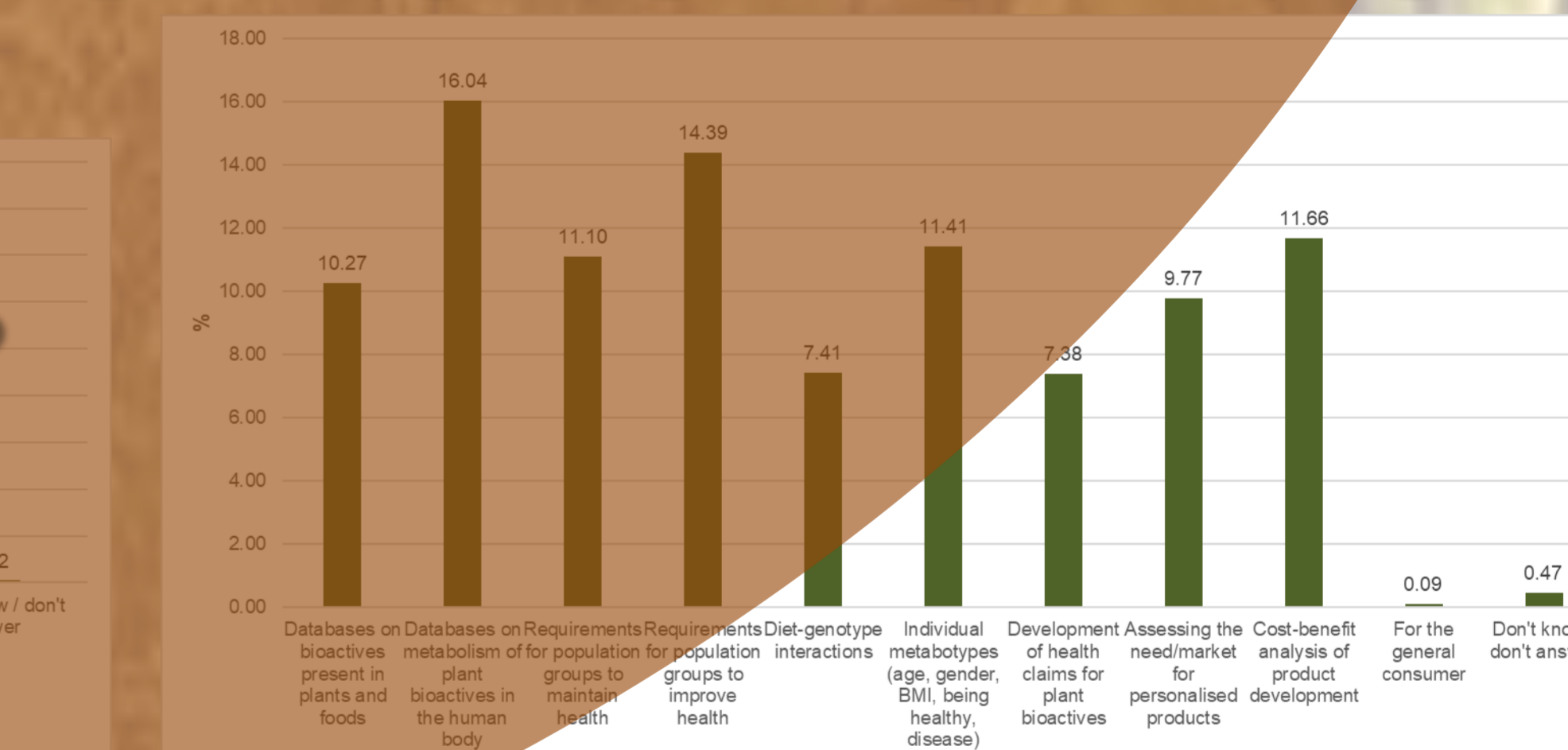


Fig. 9 – More knowledge need about bioactive compounds.

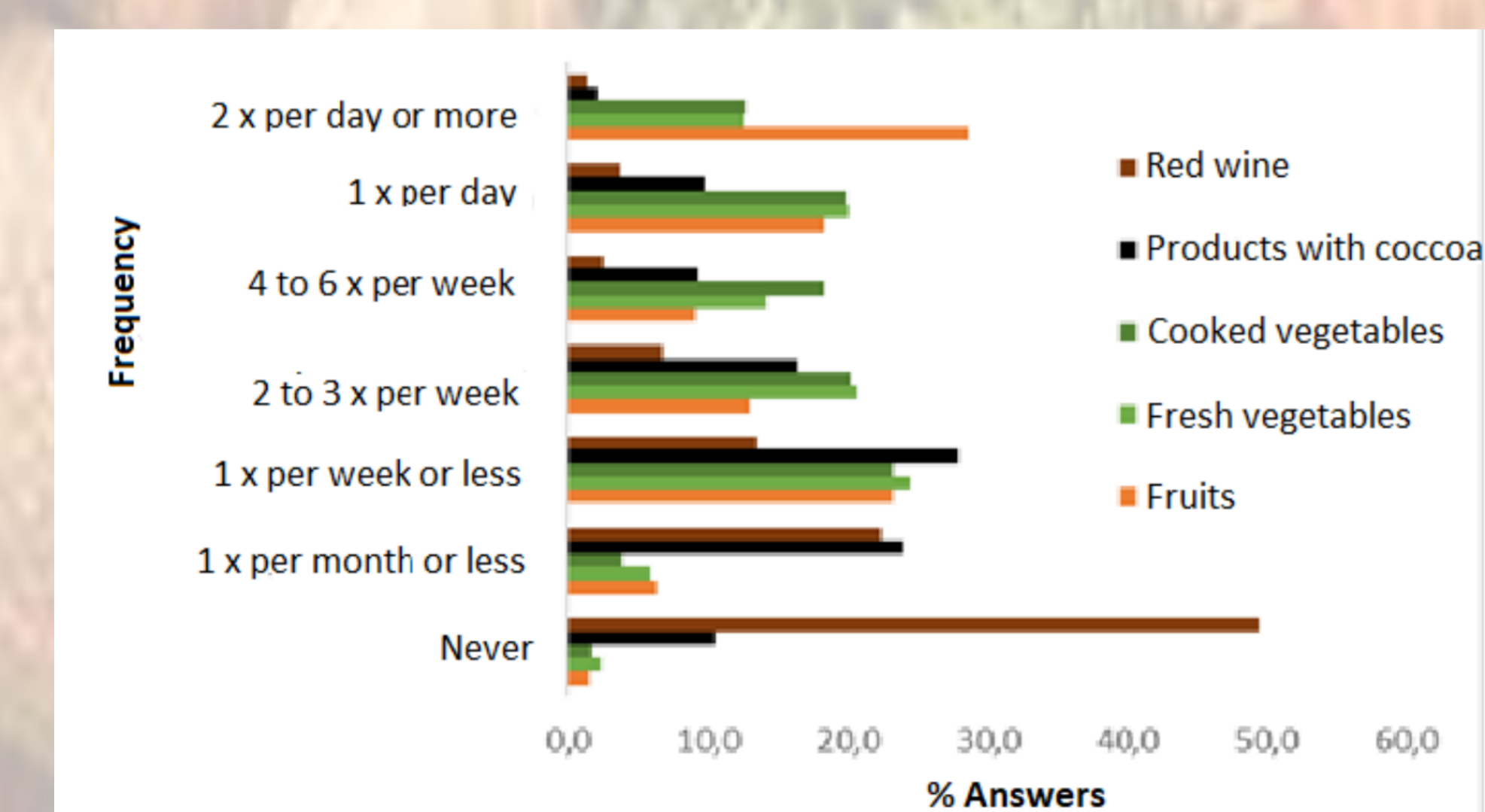


Fig. 10 - Consumption frequencies of foods rich in bioactive compounds by the studied population.

Acknowledgements – The study was adapted from a questionnaire elaborated by POSITIVE (Interindividual variation in response to consumption of plant food bioactives and determinants involved, COST Action FA1403).