

## **Eating in or out of home in the Portuguese population: Are there differences in dietary intake?**

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### **Background**

Eating out of home (OH) has been increasing due to social and contextual changes. This phenomenon varies according to age, region and eating location and can contribute to a poor diet quality. Overall, there is insufficient information on the nutrient intake and types of food groups consumed OH by the Portuguese population.

### **Objectives:**

Describe and compare energy and nutrient intake and food groups (FG) consumption according to eating out patterns (EOP), by age groups.

### **Methods**

This analysis used data from the National Food, Nutrition and Physical Activity Survey (IAN-AF;2015–2016) and includes 5005 individuals (3-84 years). Dietary intake was estimated by two non-consecutive days of food dairies in children (<10 years) or 24-hrs recalls for the other age groups. Four EOP were defined according to eating location: “Home” (at least 80% of meals at home) “Other homes”, “School/Work” and “Restaurants/Other Places” (<80% of meals at home and the highest prevalence of consumption of meals in the respective location).

### **Results**

Consumption at Home contributed in 70.3% for total energy intake (TEI). Compared with “Home” EOP, “Restaurants/other places” was characterized by higher TEI (2110 vs. 1780 kcal;p<0.001 in adults), saturated fatty acids (in adults, adolescents and children) and sodium intake (in children and adults).

“Restaurants/other places” presented also the highest consumption of sweets/cakes/biscuits and non-alcoholic beverages. “School/work” presented the highest fibre intake and fruit/vegetables/pulses consumption, significant in children, adolescents

and adults. “Non-alcoholic beverages” presented higher mean daily intakes in “Restaurants and other places”, in adults and adolescents.

In adults, a higher odds of drinking alcoholic beverages in “Restaurants and other places” was found (OR=1.73;IC95%:1.17-2.56).

### **Conclusion**

“School/work” and “Restaurants/other places” are the EOP more relevant when considering OH-consumption; the first seems to contribute to higher consumption of nutrient-dense foods and the second to higher consumption of energy-dense foods, reflecting different nutrient profiles.