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BOOK OF ABSTRACTS



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P.2.1 Milk consumption: comparison between Portuguese and French consumers

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Milk has been consumed since immemorial times by humans as a way to provide essential nutrients from infancy to adulthood. Humans consume milk from different animals, like sheep, goat, camel or buffalo, but cow milk is by far the most consumed.

This work intended to focus on the consumption of milk among citizens from two European countries, Portugal and France.

This study was undertaken questionnaire survey, distributed online among citizens from France and Portugal, following all ethical principles. Data were collected only from adult citizens after informed consent.

A high percentage of participants in both countries regularly consume milk, on a daily dose varying from 125 to 250 mL. Some participants in both countries do not consume milk because they do not feel the need to. Additionally, a high number of French participants do not consume milk because they don't like it, while in Portugal a high percentage do not consume due to reported lactose intolerance. The participants in both countries tend to consume semi-skimmed milk more often than other types of milk. Finally, significant differences were observed for the consumption of white brands, being these preferred in France, while in Portugal consumers tend to adopt more frequently the commercial brands. The results obtained allowed concluding that there are some common aspects regarding the milk consumption patterns among the participants from the two countries, but also highlighted some differences, that are relevant to better plan public policies in both countries.

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