

International FoodTec Conference

Shaping the Future
of Sustainable
Food Ecosystems



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Net4food
RED DE INVESTIGACIÓN E INNOVACIÓN
PARA EL SECTOR ALIMENTARIO

BOOK OF ABSTRACTS

-  Challenges and Opportunities in the Food System of the Transborder Region
-  Innovation, Technology, and Food Security in a Changing Global Landscape
-  Nutrition and Consumer Trends: Enhancing the Value of Endogenous Resources
-  Quality, Food Safety, and Environmental Responsibility
-  Marketing, Digitalization, and the Future of the Food Sector
-  Strategic Developments in the Net4Food Project

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Authors

Lillian Barros (CIMO/IPB, Portugal)

Alexandre Gonçalves (MORE, Portugal)

Sara Vieira (CIMO/IPB, Portugal)

Tiago Reis (CIMO/IPB, Portugal)

Natacha Pinto (MORE, Portugal)

Bárbara Matias (MORE, Portugal)

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Instituto Politécnico de Bragança

Campus de Santa Apolónia,

5300-253, Bragança, Portugal

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P77 | SUSTAINABLE AND HEALTHY DIETS IN PORTUGAL

Sofia G. Florença^{1*}, Raquel P. F. Guiné¹

¹CERNAS-IPV Research Centre, Polytechnic University of Viseu, Campus Politécnico, Repeses, 3504-510 Viseu, Portugal. *sofiaflorenca@outlook.com

Dietary patterns are significantly influenced by culture and tradition, although they present differences according to more modern trends that have been incorporated into the dietary habits of the populations. Also, in the present a great emphasis is given to make healthier and more sustainable food choices, both to preserve the environment while also promoting human health. Having in mind that cultural and social aspects contribute to shape dietary patterns, some examples include the Nordic Diet (ND), also known as Baltic Sea Diet (BSD), the Mediterranean Diet (MD), the Atlantic Diet (AD), and the specific South European Atlantic Diet (SEAD). All these dietary patterns are considered healthy and sustainable [1].

Portugal has a long tradition linked with gastronomy and use of local, seasonal foods, that comply with culinary traditions, being influenced by the Atlantic Ocean to the west and the Mediterranean Sea to the south. It is therefore not surprising that the dietary patterns in Portugal include both the MD and the AD. This work explores the characteristics of both diets, evidencing their common aspects as well as their unique features (Figure 1). While having quite a deal of similarities, like for example privileging varied, natural, local and seasonal foods, particularly those of vegetable origin like fruits and vegetables, they also have some distinct aspects, like for example the most important role attributed to socialization in the MD or the consumption of cod and chestnuts as specific elements of the AD.

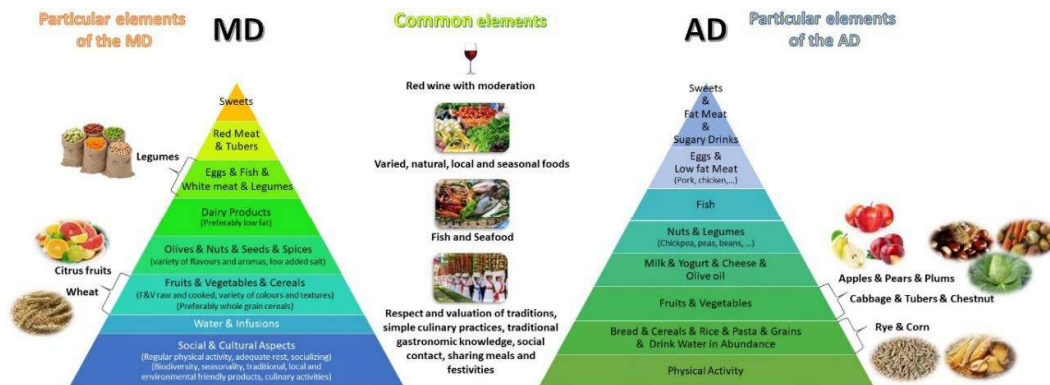


Figure 1 – Comparing the Mediterranean and the Atlantic diets.

References

[1] R. P. F. Guiné *et al.*, *Open Agriculture*, 10, 2025, 20220406.

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