

Knowledge and Attitude towards the Gradual Reduction of Salt in Bread – an Online Survey

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Background Excessive salt intake is linked to the development of cardiovascular diseases¹. Bread and toasts are one of the main foodstuffs that contribute to Portuguese daily salt intake². In 2017 a protocol signed between national Health Sector and the Associations of Industrial Bakeries³, established gradually decrease salt in bread until 2021. Moreover, school available bread was targeted to not exceed 1g since the end of 2018.

Aim Assess knowledge and attitude towards the gradual reduction of salt in bread and the potential impact on eating habits of children (6-18 years) and their families, as part as a Health Impact Assessment pilot study.

Material and Methods A REDCap⁴ online survey was developed and validated. Targeted to parents or guardians of child/young people enrolled in selected school groups, from Almada and Seixal cities, accessed and answered via online interface. Gathered 86 complete surveys from a total of 98 (including incomplete ones).

Main message

Good acceptance to a less saltier bread flavor was observed.

Results and Discussion

Changes in bread in the last 12 months

- ⇒ Majority of the respondents didn't notice any changes in bread.
- ⇒ 31% who refers to feel some changes, highlighted flavor (N=23), durability (or shelf life) (N=7) and texture (N=3) (Figure 1).

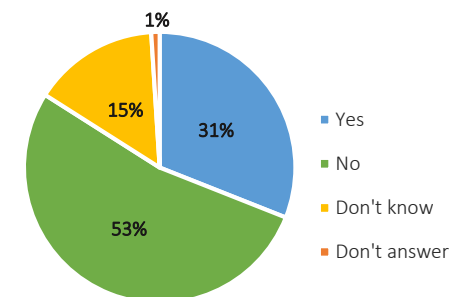


Figure 1: 'Have you felt any changes in the bread you eat in the last 12 months?'

Actual bread flavor appreciation

- ⇒ 69% judge it as 'Normal' (neither salty or tasteless) flavor.
- ⇒ 16% feels it 'unsalted' and 11% tastes 'slightly salty', the bread usually consumed (figure 2).

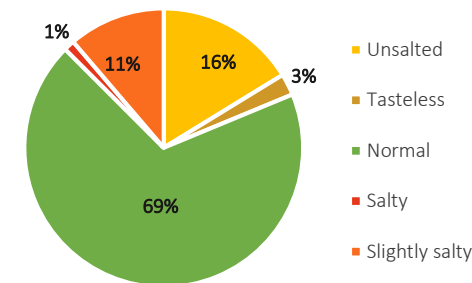


Figure 2: 'Overall, how do you currently evaluate the taste of the bread you eat?'

Home bread buying pattern in the last 12 months

- ⇒ 65% didn't change the amount of bread purchased.
- ⇒ Among the 31% (N=25) who changed it, 92% (N=21) affirmed purchase less bread for home consumption and 15 participants (71%) didn't substituted it for other products.

Scholar context bread consumption

- ⇒ 92% of the parents/guardians of affirm their child/young didn't told them about any changes in school' bread taste.

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