



U. PORTO



FACULTY OF NUTRITION
AND FOOD SCIENCES
UNIVERSITY OF PORTO



FACULDADE DE CIÊNCIAS DA NUTRIÇÃO E ALIMENTAÇÃO
UNIVERSIDADE DO PORTO

FCNAUP is the only national public faculty dedicated exclusively to the teaching and learning of Nutrition Sciences and, over the last decades, it has helped to build the Nutritionist profession in Portugal and its international reputation.

A handwritten signature in black ink, appearing to read 'P. Graça', with a stylized flourish at the end.

Pedro Graça | FCNAUP Dean

Historical landmarks of the Porto Nutrition School



Beginning of University Education in Food and Nutrition in Portugal
(Higher Education Course in Nutrition)



Creation of the Bachelor degree in Nutrition Sciences of the University of Porto



Creation of the Higher Institute of Food and Nutrition Sciences of the University of Porto and approval of the respective Statutes (in 1997)



Approval of the current designation:
Faculty of Nutrition and Food
Sciences of the University of Porto
(FCNAUP)



Approval of the Statutes of FCNAUP



FCNAUP facilities move to its own
building

Be welcome to the Porto Nutrition School

Located in a renovated building since 2020, in the center of Porto city, FCNAUP has adequate facilities for teaching, research, innovation and community service activities. We emphasize the Teaching and R&D Support Laboratories, namely the Gastrotechnics Laboratory or the Body Composition Laboratory, as well as the ergonomically designed computer rooms or the Dr. Emilio Peres Space, a multipurpose area to support Teaching and Culture.



**BROWSE FCNAUP
WHEREVER
YOU ARE!**



3rd FLOOR

Direction Board
Teaching staff offices
Erasmus Mobility (Support Room)

2ND FLOOR

Laboratories of Support for Teaching and R&D
Laboratory of Gastrotechnics
Helpdesk ICT
Classrooms

1ST FLOOR

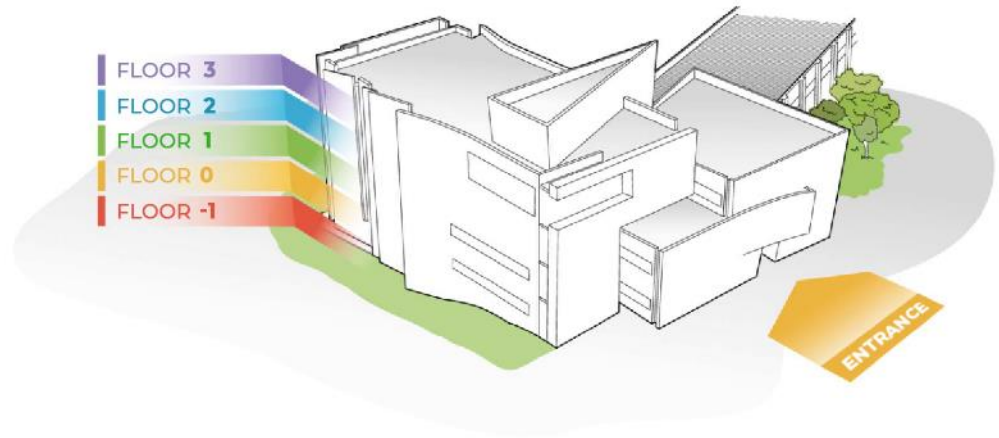
Space Dr. Emilio Peres | Library
Computer Rooms / Classrooms
Classrooms
Support and Logistics

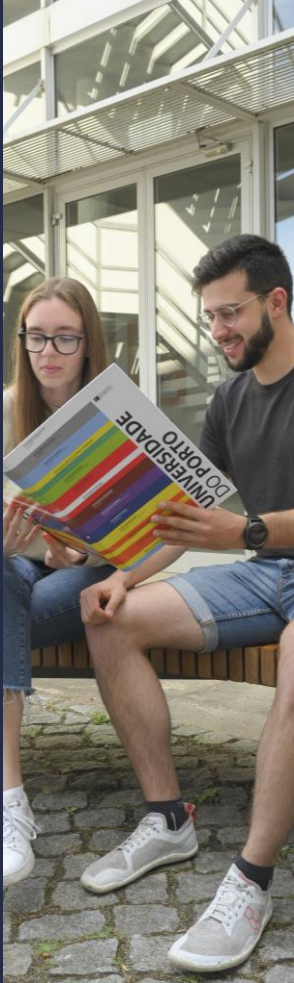
GROUND FLOOR (0)

Auditory
Bar
Academic Services
Accounting and Human Resources
Classrooms
Body Composition Laboratory
Students Association
Students Room

FLOOR -1

Laboratories of Support for Teaching and R&D
Food Counselling Service
Academic Activities (Support Room)





FCNAUP

Leading on Teaching Nutrition

NUTRITION SCIENCES

Duration: 8 Semesters | 240 ECTS

Diploma: Bachelor degree in Nutrition Sciences (240 Créditos ECTS)

Prevalent Scientific Areas: Health Sciences

1st YEAR

1st SEMESTER

Human Anatomy I
Food Consumption Assessment
Biostatistics I
Cellular and Molecular Biology
Biochemistry
History of food
Assessment of the Nutritional Status of
Populations

2nd SEMESTER

Human Anatomy II
Metabolism Biochemistry
Nutrition Science Communication
Physiology I
Gastrotechnics
Histology

2nd YEAR

1st SEMESTER

Assessment of the Nutritional Status of
Individuals
Physiology II
Metabolic Integration and Regulation
Basic Microbiology
Human Nutrition

2nd SEMESTER

Human and Nutrition
Food Composition
Genetics
Immunology
Food Microbiology
Nutrition and Physical Exercise

3rd YEAR

1st SEMESTER

- Food for Athletes
- Bromatology
- Pharmacodynamics
- Public Health Nutrition
- Food Technology and Innovation
- Food Toxicology and Risk Assessment

2nd SEMESTER

- Catering and Management
- Biostatistics II
- Epidemiology
- Pathology and Dietotherapy I
- Psychology and Eating Behaviour
- Food Safety

4th YEAR

1st SEMESTER

- Community Nutrition Intervention
- Food Marketing
- Paediatric Nutrition
- Pathology and Dietotherapy II
- Nutritional Policy
- Food Quality
- UPorto Option and/or Personal Development/Transversal Competences

2nd SEMESTER

- Internship

Duration: 8 semesters | 240 ECTS
Academic Degree: Degree in Nutritional Sciences
 Academic internship within a professional context



THE FUTURE OF NUTRITION HERE!

The second cycle of studies allows students to consolidate specific knowledge or explore subjects in greater detail. Thus, FCNAUP offers a wide range of master's degrees that address **several areas of knowledge** - some of which can be attended by students with bachelor studies other than Nutrition Sciences / Dietetics / Dietetics and Nutrition.

FOOD SERVICE MANAGEMENT

Duration: 4 Semesters | 120 ECTS.

Recipients: holders of a bachelor's or master's degree in the areas of Nutrition Sciences, Pharmaceutical Sciences, Health Sciences, Life Sciences, Biological Sciences, Biochemistry and Biotechnology, or another recognized as appropriate by the scientific committee of the course; Holders of a foreign higher academic degree in the same areas; Holders of a school, scientific or professional curriculum in the same areas.

Diplomas: Master in Food Service Management (120 ECTS) | Master's Course in Food Service Management (60 ECTS).

CLINICAL NUTRITION

Duration: 4 Semesters | 120 ECTS.

Recipients: health professionals (Nutrition Sciences, Dietetics, Medicine, Pharmacy, Nursing).

Diplomas: Master in Clinical Nutrition (120 ECTS) | Master's Course in Clinical Nutrition (60 ECTS).

PAEDIATRIC NUTRITION

FCNAUP*, FMUP, ESEP

Duration: 4 Semesters | 120 ECTS.

Recipients: holders of a bachelor's degree or legal equivalent in the areas of Nutrition Sciences, Dietetics, Medicine, Pharmaceutical Sciences, Nursing, or another recognised as appropriate by the scientific committee of the course; Holders of a foreign higher academic degree in the same areas; Holders of an academic, scientific or professional curriculum that is recognised as attesting the ability to carry out this CE by the scientific committee of the cycle of studies.

Diplomas: Master's Degree in Paediatric Nutrition (120 ECTS) | Master's Course in Paediatric Nutrition (60 ECTS).

NUTRITION EDUCATION

FCNAUP*, FPCEUP

Duration: 4 Semesters | 120 ECTS.

Recipients: professionals in the field of Health and Education who wish to acquire skills to act within the scope of intervention in food education for different audiences, as well as scientific skills focused on this research field.

Diplomas: Master in Food Education (120 ECTS) | Master's Course in Food Education (60 ECTS).

*administrative headquarters

PARTNERSHIPS WITH OTHER U.PORTO ORGANIC UNITS
AND OTHER HIGHER EDUCATION INSTITUTIONS

COMMUNITY NUTRITION AND PUBLIC HEALTH

FCNAUP*, FMUP, ICBAS

Duration: 4 Semesters | 120 ECTS.

Recipients: professionals in the area of Nutrition Sciences, Health Sciences or similar areas, who wish to acquire specialization skills in the area, as well as scientific skills oriented towards research in this field.

Diplomas: Master in Community Nutrition and Public Health (120 ECTS) | Master's Course in Community Nutrition and Public Health (60 ECTS).

GASTRONOMIC SCIENCES

FCNAUP*, IPP

Duration: 4 Semesters | 120 ECTS.

Recipients: graduates from areas of Nutritional Sciences, Hospitality and Restaurants or similar areas. Other professionals with an interest in the area of gastronomic sciences are also admitted, with a relevant curriculum who wish to acquire skills to create and develop proposals for new products, services and businesses, such as consultancy in the field of catering and gastronomy.

Diplomas: Master in Gastronomic Sciences (120 ECTS) | Gastronomy, Nutrition and Culture (60 ECTS).

*administrative headquarters

PARTNERSHIPS WITH OTHER U.PORTO ORGANIC UNITS
AND OTHER HIGHER EDUCATION INSTITUTIONS

CONSUMER SCIENCES AND NUTRITION

FCUP*, FCNAUP

Duration: 4 Semesters | 120 ECTS.

Recipients: graduates in Exact Sciences, Health Sciences, Life Sciences or Technology with an interest and responsibility in the area of food consumption and nutrition, namely in activity sectors such as Modern Retail; Food industry; Animal and plant production; Public Administration Bodies; NGOs; Specialized media; Research and teaching.

Diplomas: Master in Consumer Sciences and Nutrition (120 ECTS) | Master's Course in Consumer Sciences and Nutrition (66 ECTS).

ACADEMIC AND CLINICAL EDUCATION

FMUP*, FCNAUP, ESEP, FADEUP, FFUP, FMDUP, FPCEUP, ICBAS

Duration: 4 Semesters | 120 ECTS.

Recipients: graduates/masters in the areas of Health and Life Sciences.

Diplomas: Master in Academic and Clinical Education (120 ECTS) | Master's Course in Academic and Clinical Education (60 ECTS).

*administrative headquarters

PARTNERSHIPS WITH OTHER U.PORTO ORGANIC UNITS
AND OTHER HIGHER EDUCATION INSTITUTIONS



“Food and Nutrition: A KNOWLEDGE IN MOVEMENT”

Dr. Emílio Peres

Doctoral programs intend, in addition to offering advanced training in a specific area of knowledge, to **create independent researchers**. Thus, in addition to the potential completion of curricular units aimed at training for research, these study cycles will culminate in the preparation of **a research thesis**.

PhD IN CLINICAL NUTRITION

Duration: 6 Semesters | 180 ECTS.

Recipients: bachelor's or integrated master's/master's degree holders in the areas of Nutrition Sciences, Medicine or another considered appropriate by the Cycle of Studies' Scientific Committee (minimum of 240 ECTS) in the area of Health Sciences.

Diplomas: PhD in Clinical Nutrition (180 ECTS).

PhD IN FOOD CONSUMPTION AND NUTRITION SCIENCES

FCNAUP*, FCUP

Duration: 6 Semesters | 180 ECTS.

Recipients: professionals in the areas of Nutrition Sciences, Food Consumption Sciences, Health Sciences, Life Sciences, Biological Sciences, Pharmaceutical Sciences, Biochemistry and Biotechnology, who wish to acquire skills to act in the context of intervention in Food Consumption and Nutrition for different audiences, as well as obtaining scientific skills focused on research in this field.

Diplomas: PhD in Food Consumption and Nutrition Sciences (180 ECTS) | Food Consumption and Nutrition Sciences (30 ECTS).

*administrative headquarters

**PARTNERSHIPS WITH OTHER U.PORTO ORGANIC UNITS
(administrative headquarters at FCNAUP)**

PhD IN GERONTOLOGY AND GERIATRICS

ICBAS, FCNAUP, FADEUP, FLUP, FMUP, UA

Duration: 8 Semesters | 240 ECTS.

Recipients: professionals in the areas of Gerontology and Geriatrics, for direct intervention, policy definition, service planning and research with elderly populations.

Diplomas: PhD in Gerontology and Geriatrics - Specialty in Geriatrics (240 ECTS) | Doctorate in Gerontology and Geriatrics - Specialty in Gerontology (240 ECTS) | Doctorate Course in Gerontology and Geriatrics (30 ECTS).

PhD IN OCCUPATIONAL SAFETY AND HEALTH

FEUP, FAUP, FBAUP, FCUP, FCNAUP, FADEUP, FDUP, FFUP, FLUP, FMUP, FMDUP, FPCEUP, ICBAS

Duration: 6 Semesters | 180 ECTS.

Recipients: it is aimed at a diverse target audience, with training in any area of knowledge that may be in some way related to issues of safety, health and peoples' well-being.

Diplomas: PhD in Occupational Safety and Health (180 ECTS) | Doctorate Course in Occupational Safety and Health (60 ECTS).

PARTNERSHIPS WITH OTHER U.PORTO ORGANIC UNITS
AND OTHER HIGHER EDUCATION INSTITUTIONS

PhD IN FOOD SCIENCE AND TECHNOLOGY AND NUTRITION

FCUP, FCNAUP, FEUP, FFUP, UCP, UA, UM

Duration: 8 Semesters | 240 ECTS.

Recipients: graduates and health professionals interested in working in academia, industry and other agents in the food system.

Diplomas: PhD in Food Science and Technology and Nutrition (240 ECTS) | Diploma of Advanced Studies in Food Science and Technology and Nutrition (42 ECTS).

PARTNERSHIPS WITH OTHER U.PORTO ORGANIC UNITS
AND OTHER HIGHER EDUCATION INSTITUTIONS



“Learning throughout
life.

Invest in **KNOWLEDGE**.
Build the **FUTURE**.”

OPEN TRAINING COURSE

The open course not require initial graduate training. The course is not subject to credit for ECTS.

CONTINUING TRAINING COURSE (CTC) OR UNIT (UTC)

CTC are subject to evaluation and crediting for certification purposes; they do not presuppose initial graduate training, although they may require as minimum conditions the capacity to attend higher education or, when it is at post-graduate level, its possession. UTC are training units, included or not in a course, under the conditions defined in the previous point.

SINGLE CURRICULAR UNITS (CU)

Curricular units of the cycles of studies or courses in which students are not enrolled. Attendance is credited and subject to academic recognition, registration in the diploma supplement and recognition/credit in future courses. They can be attended by higher education students as well as by other interested candidates. They confer a certificate of achievement of curricular units, with classification and ECTS.

SPECIALIZATION

Organized set of UC level and second cycle requirements, with a minimum of 30 credits, credited as non-degree graduate courses. They confer a Specialization Diploma, with classification and ECTS. FCNAUP is a training entity registered on the Scientific-Pedagogical Council for Continuing Education, being empowered to promote courses for Primary and Secondary Education Teachers with impact on the career progression of these professionals.

[MORE INFO](#)

LIFELONG LEARNING COURSES (some examples)

- Cardiac Cachexia and Obesity Paradox in Cardiovascular Disease (Open Training Course)
- Cost management in catering units (Open Training Course)
- ISAK - Technician restricted profile anthropometrist Level 1 (Continuing Training Unit)
- Nutrition and Eating Behavior - Physiological foundations and human integration of the nutritionist-patient relationship (Continuing Training Unit)
- Online course on uni and bivariate statistical analysis using SPSS applied to Nutrition and Food Sciences (Continuing Training Unit)
- Product Photography applied to Nutrition Sciences (Continuing Training Unit)
- Research and scientific writing in Nutrition Sciences (Open Training Course)
- The assessment of muscle mass and physical function in nutritional diagnosis (Open Training Course)
- Workshop on Healthy Vegetarian Cooking (Open Training Course)



PRR Courses

FCNAUP participates in the effort associated under the **Recovery and Resilience Plan (PRR)** in the **Impulse Adults** component, providing several short-term Continuing Training Units. These courses are aimed at all those who wish to obtain or improve their skills, or increase and refine their personal qualifications, geared towards the work field.

[KNOW OUR OFFER](#)

PRR Courses

- Artificial nutrition in critically ill patients
- Chemical Hazards in the Food Chain
- Food and nutrition for older people: training for caregivers
- Food and Nutrition labeling for Food Service and Industry sectors - Food and Nutrition Literacy (InfoLabel)
- Food and Sustainability
- Food Service in Social Sector
- Healthy, tasty and sustainable Gastronomy (3S Gastronomy)
- Microbiological Analysis in the food chain for the Catering and Food Service sector
- Nutrition and Diet in Primary Health Care
- System planning and evaluation of school meals: SPARE+



AVERAGE ENTRY CLASSIFICATION



1ST Cycle, 1ST Phase

2020		15,85
2021		16,65
2022		15,93
2023		15,20

ENROLLED YEAR N-1/N



1ST Cycle Bachelor Degree year n-1/n (1ST moment RAIDES)

2020		364	2021		359	2022		360	2023		401
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2ND Cycle Master Degree year n-1/n (1ST moment RAIDES)

2020		51	2021		80	2022		128	2023		160
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3RD Cycle PhD Degree year n-1/n (1ST moment RAIDES)

2020		37	2021		41	2022		39	2023		39
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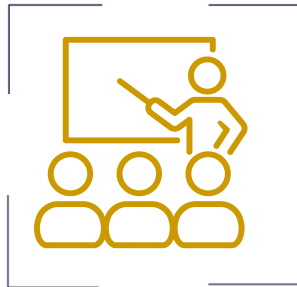
SUBSCRIBERS
LIFELONG LEARNING



2022 | 273

2023 | 246

TRAINING HOURS
LIFELONG LEARNING



2022 | +820

2023 | +403

EDITIONS
LIFELONG LEARNING



2022 | 17

2023 | 19

GRADUATES YEAR N-1/N



1st Cycle Bachelor Degree year n-1/n

2021 70	2022 81	2023 60
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2nd Cycle Master Degree year n-1/n

2021 16	2022 28	2023 42
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3rd Cycle PhD Degree year n-1/n

2021 4	2022 8	2023 2
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INTERNATIONAL COOPERATION



N. of Incoming students year n-1/n

2021 25	2022 54	2023 55
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N. of Outgoing students year n-1/n

2021 0	2022 15	2023 28
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THIRD MISSION



New installment services contracts and cooperation protocols in year n

2021 7
2022 6
2023 10

RESEARCH



I&D projects, with funding, host/partner institution

2021 12	2022 11	2023 13
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5 year Publications year n-6/n-2 indexed on ISI Web of Science, citable doc

2021 256	2022 255	2023 284
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Ratio ISI-WoS documents, PhD (FTE) (year n-6 to n-2, average PhD FTE n-7 a n-3, citable doc)

2021 12,3	2022 11,6	2023 12,4
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HUMAN RESOURCES



Teachers FTE

2021 24,93
2022 25,29
2023 23,72

Non-Teaching Staff FTE

2021 17,30
2022 17,30
2023 17,30





THE CHALLENGE OF A QUALITY UNIVERSITY
INSTITUTION IS TO FOLLOW THE PERMANENT
EVOLUTION AND THINK IN A RENEWED WAY
ABOUT INNOVATION AND THE QUALITY OF
TEACHING, RESEARCH AND THE SERVICES
PROVIDED TO THE COMMUNITY.

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