



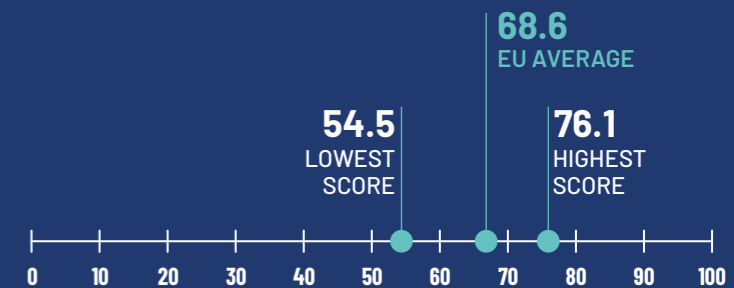
PORTUGAL

The country experiences substantial nutritional challenges mainly related to overweight in adults, adolescents and children but sugar consumption is among the lowest in the EU; agriculture is characterised by low carbon content of soil, but fish stock overexploitation needs attention, and the average age of farmers is quite high; food waste is addressed by a national strategy and incentives to food donations.

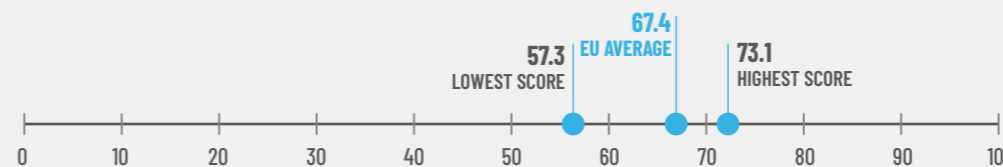
FOOD SUSTAINABILITY INDEX PERFORMANCE



COUNTRY SCORE



NUTRITIONAL CHALLENGES



81 years life expectancy at birth
71 years healthy life expectancy

58% of adults are overweight
32% of children and adolescents are overweight

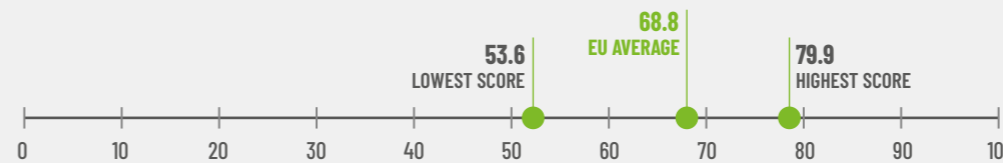
57% of the population reaches recommended physical activity levels

7% of calories from sugar

4.24 g of sodium per day

Food-based dietary guidelines are published on a national level

AGRICULTURE



11.33% of renewable water used in agriculture

70.5% of fish stocks overexploited or collapsed

1.5% of average soil organic carbon (content in weight)

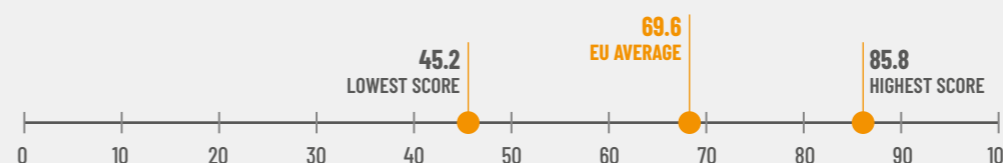
998,677 ha are deforested each year

1.8 ton CO₂ eq. per ha are GHG emissions from agriculture

1.27% of GDP government expenditure on R&D

64 years average age of farmers
3% of youth (under 35) works in agriculture
49.1% of farmers are women

FOOD LOSS AND WASTE



59 kg/yr per capita food waste

Strategies: 2017 National Strategy and Action Plan to Combat Food Waste

Legislation: the National Strategy and Action Plan to Combat Food Waste includes policies that are already in place to facilitate and incentivise food donation