



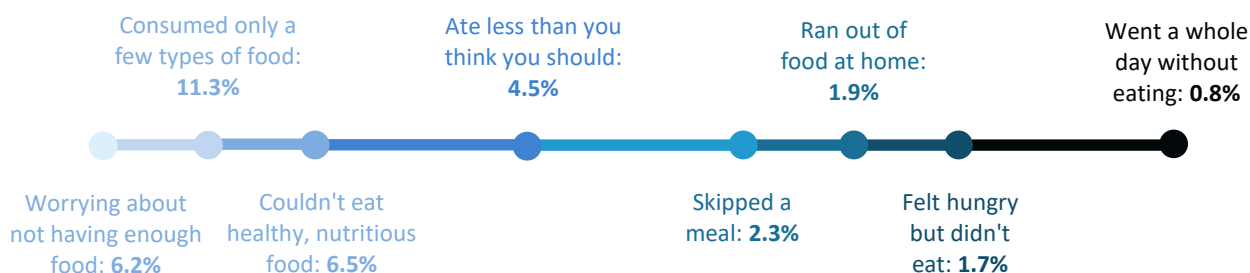
4.1% OF THE POPULATION IN MODERATE OR SEVERE FOOD INSECURITY

In 2024, 1.7% of people reported having felt hungry without having eaten at some point in the 12-months period prior to the interview and 0.8% reported having gone a whole day without eating. The rate of moderate or severe food insecurity was estimated in 4.1%, reflecting a lower prevalence than that observed in the previous year (4.8%).

The **World Food Safety Day**, celebrated on **June 7**, was established by the United Nations (UN) in 2018 and is jointly promoted by the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO). The purpose of the date is to raise awareness about the importance of ensuring regular, permanent and sufficient access to safe, nutritious and adequate food for a healthy life.

Food insecurity is the most direct reflection of the absence of food security, being defined as the deprivation of guaranteed access to enough food suitable for normal growth and development for an active and healthy life. The prevalence of food insecurity can be assessed based on a set of eight standardized questions, which constitute the food insecurity scale "*FIES – Food Insecurity Experience Scale*". This set of eight questions has been part of the Survey on Income and Living Conditions since 2019.

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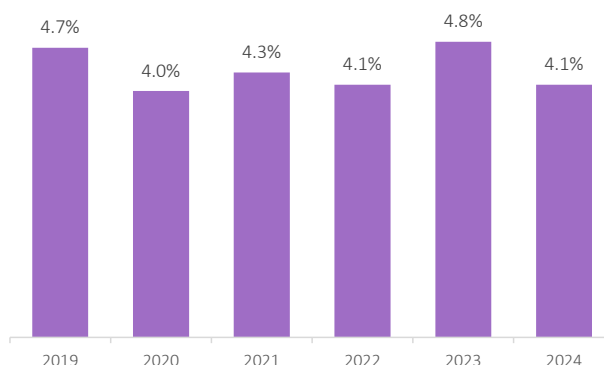
Items of the Food Insecurity Experience Scale (FIES)	Total	Household composition		Risk-of-poverty condition	
		with dependent children	without dependent children	not at-risk-of-poverty	at-risk-of-poverty
Worrying about not having enough food	6.2	5.7	6.6	4.3	15.4
Consumed only a few types of food	11.3	11.1	11.6	9.0	23.2
Couldn't eat healthy, nutritious food	6.5	7.1	5.8	4.8	15.3
Ate less than you think you should	4.5	4.7	4.3	2.9	12.7
Skipped a meal	2.3	2.5	2.1	1.4	6.7
Ran out of food at home	1.9	2.0	1.8	1.0	6.1
Felt hungry but didn't eat	1.7	1.7	1.6	0.9	5.4
Went a whole day without eating	0.8	0.8	0.9	0.4	2.8



FIES allows the [prevalence rate of moderate or severe food insecurity to be calculated](#), which serves as a benchmark to [indicator 2.1.2](#) of the Sustainable Development Goals and which corresponds to the proportion of people with a low-quality diet or with a reduction in the quantity of food a few times during the year

In 2024, 4.1% of the population living in Portugal was in a situation of moderate or severe food insecurity, reflecting a prevalence lower than that observed in the previous year (4.8%)

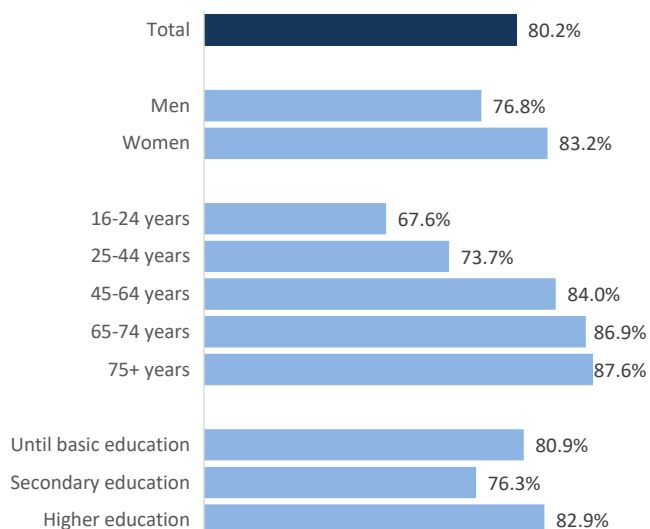
Source: Statistics Portugal, [Survey on Income and Living Conditions](#).



In 2022, the Survey on Income and Living Conditions included for the first time the regular module on *Health*, to be applied every three years, and which includes, among others, variables related to the frequency of consumption of fruit and salads and vegetables. According to the results...

... a little more than **80% of the population consumed fruit daily**

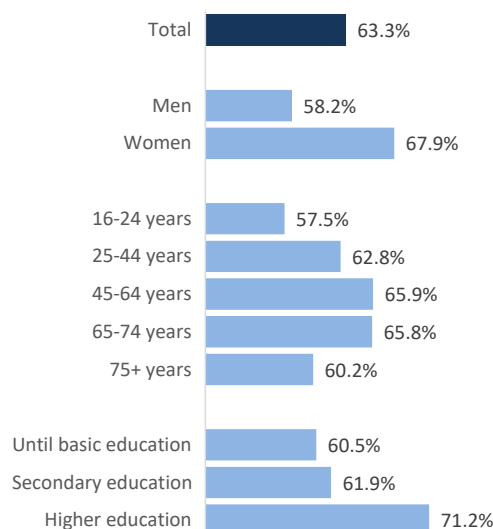
This behaviour was more frequent in women and at older ages



Source: Statistics Portugal, [Survey on Income and Living Conditions](#) (2022).

... the **daily consumption of salads and vegetables was reported by only 63.3% of the population**

This behaviour (which excludes soups, potatoes and juices) was more common in women and for higher levels of education



Source: Statistics Portugal, [Survey on Income and Living Conditions](#) (2022).