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Meal planning is associated with food variety, diet quality and body weight status in a large sample of French adults

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Abstract

Background: Meal planning could be a potential tool to offset time scarcity and therefore encourage home meal preparation, which has been linked with an improved diet quality. However, to date, meal planning has received little attention in the scientific literature. The aim of our cross-sectional study was to investigate the association between meal planning and diet quality, including adherence to nutritional guidelines and food variety, as well as weight status.

Methods: Meal planning, i.e. planning ahead the foods that will be eaten for the next few days, was assessed in 40,554 participants of the web-based observational NutriNet-Santé study. Dietary measurements included intakes of energy, nutrients, food groups, and adherence to the French nutritional guidelines (mPNNS-GS) estimated through repeated 24-h dietary records. A food variety score was also calculated using Food Frequency Questionnaire. Weight and height were self-reported. Association between meal planning and dietary intakes were assessed using ANCOVAs, while associations with quartiles of mPNNS-GS scores, quartiles of food variety score and weight status categories (overweight, obesity) were evaluated using logistic regression models.

Results: A total of 57% of the participants declared to plan meals at least occasionally. Meal planners were more likely to have a higher mPNNS-GS (OR quartile 4 vs. 1 = 1.13, 95% CI: [1.07–1.20]), higher overall food variety (OR quartile 4 vs. 1 = 1.25, 95% CI: [1.18–1.32]). In women, meal planning was associated with lower odds of being overweight (OR = 0.92 [0.87–0.98]) and obese (OR = 0.79 [0.73–0.86]). In men, the association was significant for obesity only (OR = 0.81 [0.69–0.94]).

Conclusions: Meal planning was associated with a healthier diet and less obesity. Although no causality can be inferred from the reported associations, these data suggest that meal planning could potentially be relevant for obesity prevention.

Keywords: Meal planning, Diet quality, Food variety, Overweight, Cross-sectional study

Background

In industrialized countries, eating habits and cooking practices have considerably changed. First, time devoted to cooking has decreased: in the United States, it has been reduced from 1:63 hour per day in 1965–1966 to 58 min in 2006–2007 [1]. Additionally, the source of food consumed

has changed: people consume less food prepared at home, whereas foods prepared away from home represent an increasing part of the diet [2–4].

In light of this observation, a number of studies have evaluated the potential impact of food prepared away from home on dietary quality, as well as weight status. These studies highlighted that the consumption of food prepared away from home is associated with a lower quality diet [5–8] and a higher body mass index [9–11], whereas benefits have been attributed to home-prepared food [2, 12–14]. More

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power to control your weight and improve your health in this groundbreaking book Nutrition Counseling and Education Skills: A Practical Guide with Navigate Advantage Access Judith A. Beto, Betsy B. Holli, Nutrition and Dietetic Educators and Preceptors (NDEP), 2023-01-19 Collaboratively written members of the Nutrition Educators of Dietetic Preceptors NDEP of the Academy of Nutrition and Dietetics under the editorship of Judith A Beto Nutrition Counseling and Education Skills A Practical Guide helps students and dietetic practitioners develop the communications counseling interviewing motivational and professional skills they ll need as Registered Dietitian professionals Throughout the book the authors focus on effective nutrition interventions evidence based theories and models clinical nutrition principles and knowledge of behavioral science and educational approaches **The Complete Idiot's Guide to the Anti-Inflammation Diet** Dr. Christopher P.

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Poleman, 1979 Abstract Basic principles of nutrition and applications to all nutritional areas are presented for practical and vocational nursing The nurses role in nutrition counseling is emphasized under the topic of normal nutrition Basic nutrition terms orient the nurse to the importance of good nutrition for herself to her role on the health team to evaluate food and nutrition habits to become aware of the relationship of nutrition to health In therapeutic nutrition modification of the normal diet is emphasized as a basis of diet planning for corrective or curative purposes by listing foods allowed and foods to avoid on diet plans for various diseases Simple food preparation activities are given for normal and therapeutic diets Diets and nutrition for special age groups are included Therapeutic diets for fevers infections thyroid conditions cardiovascular and renal diseases and gastro intestinal diseases are discussed *Discovering Food* Helen Kowtaluk, 1982 Covers basic information for learning to cook

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Table of Contents Guide To Good Food Chapter 11 Planning Meals Terms And

1. Understanding the eBook Guide To Good Food Chapter 11 Planning Meals Terms And
 - The Rise of Digital Reading Guide To Good Food Chapter 11 Planning Meals Terms And
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide To Good Food Chapter 11 Planning Meals Terms And
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide To Good Food Chapter 11 Planning Meals Terms And
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide To Good Food Chapter 11 Planning Meals Terms And
 - Personalized Recommendations
 - Guide To Good Food Chapter 11 Planning Meals Terms And User Reviews and Ratings
 - Guide To Good Food Chapter 11 Planning Meals Terms And and Bestseller Lists
5. Accessing Guide To Good Food Chapter 11 Planning Meals Terms And Free and Paid eBooks

- Guide To Good Food Chapter 11 Planning Meals Terms And Public Domain eBooks
 - Guide To Good Food Chapter 11 Planning Meals Terms And eBook Subscription Services
 - Guide To Good Food Chapter 11 Planning Meals Terms And Budget-Friendly Options
6. Navigating Guide To Good Food Chapter 11 Planning Meals Terms And eBook Formats
 - ePub, PDF, MOBI, and More
 - Guide To Good Food Chapter 11 Planning Meals Terms And Compatibility with Devices
 - Guide To Good Food Chapter 11 Planning Meals Terms And Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide To Good Food Chapter 11 Planning Meals Terms And
 - Highlighting and Note-Taking Guide To Good Food Chapter 11 Planning Meals Terms And
 - Interactive Elements Guide To Good Food Chapter 11 Planning Meals Terms And
 8. Staying Engaged with Guide To Good Food Chapter 11 Planning Meals Terms And
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide To Good Food Chapter 11 Planning Meals Terms And
 9. Balancing eBooks and Physical Books Guide To Good Food Chapter 11 Planning Meals Terms And
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide To Good Food Chapter 11 Planning Meals Terms And
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Guide To Good Food Chapter 11 Planning Meals Terms And
 - Setting Reading Goals Guide To Good Food Chapter 11 Planning Meals Terms And
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Guide To Good Food Chapter 11 Planning Meals Terms And
 - Fact-Checking eBook Content of Guide To Good Food Chapter 11 Planning Meals Terms And
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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