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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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Living Smart Home Econ S2 Tb E/n(a) ,2009 Nutrition in Action Ethel Austin Martin,1971 **The Menopause Diet Plan** Hillary Wright, M.Ed., RDN,Elizabeth M. Ward M.S., R.D.,2020-09-08 Minimize the symptoms of perimenopause and menopause naturally through a sustainable enjoyable eating plan physical activity and other beneficial lifestyle habits Menopause is uncharted territory for women and it can be difficult to know how to ease the effects of hormonal changes that can often start in your 40s With honesty and optimism The Menopause Diet Plan encourages a positive fat free approach to managing your physical and emotional health during perimenopause and menopause It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight keep your heart brain and bones healthy and decrease the risk for cancer and other chronic conditions It also offers natural strategies to help diminish hot flashes manage sleep difficulties and mood swings improve energy and more The Menopause Diet Plan takes a unique approach to eating before during and after menopause Registered dietitians Hillary Wright and Elizabeth Ward provide a customizable plant based eating plan that is rich in protein fiber and other beneficial nutrients moderate in carbohydrates and low in saturated fat sodium and added sugars Balancing evidence based advice with real life circumstances and personal experience it combines the best of the world s healthiest diets with the latest nutrition research for women in the menopause transition Recipes such as Peanut Butter Smoothie Chicken Italiano and Chocolate Oatmeal Energy Balls make it easier to eat delicious satisfying foods that nourish your body With a comprehensive approach to better health The Menopause Diet Plan helps women take charge of their well being and live life to the fullest The Rosedale Diet Ron Rosedale,Carol Colman,2009-10-13 I believe Dr Rosedale s method will positively shape our ultimate understanding of what constitutes healthy nutrition Eric C Westman MD New York Times bestselling author Finally the ultimate diet for fast safe weight loss lifelong health and longer life based on more than twenty years of research and the latest findings on appetite and weight Metabolic specialist Ron Rosedale MD has designed the Rosedale Diet to regulate the powerful hormone leptin which controls appetite and weight loss by telling the brain when to eat how much to eat and when to stop New research shows that leptin may be one of the body s most important hunger control mechanisms Control leptin and you control your weight Dr Rosedale s 21 day diet plan is simple Just select from the many foods on his A list including healthy fat foods such as avocados nuts olives lobster crab shrimp goat cheese Cornish game hen venison and more Then gradually add foods from the B list such as steak lamb chops fruits beans and so on A 28 day menu plan and more than 100 recipes such as Dilled Salmon and Fresh Asparagus Gingery Chicken Soup Lasagna Black Bean Wrap Raspberry Mousse Cake and French Silk Pie make eating the Rosedale way deliciously easy The Rosedale Diet will make you feel satisfied reduce cravings and put you in control of your sweet tooth It can even help eliminate or reduce heart disease hypertension diabetes and other conditions associated with natural aging as many of Dr Rosedale s patients can attest You ll find inspiring stories from them and the

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.

Cannon, Elizabeth Vierck, Lucy Beale, 2006-12-05 New research shows that abnormal inflammation may be linked to a variety of diseases and conditions In this book you will find what diseases and conditions are caused by inflammation which foods reduce inflammation and which foods contribute to inflammation and how to tweak today s diets to make them anti inflammatory Over 60 million Americans suffer from cardiovascular disease and over 20 million Americans suffer from asthma two conditions thought to be affected if not caused by inflammation Many Newsweek articles have been dedicated to this topic including Quieting a Body s Defenses by Anne Underwood in 2005 New York Times best selling author Andrew Weil dedicated a portion of his new book Healthy Aging to a discussion of inflammation its role in diseases and the use of diet to control ageing American Dietetic Association Complete Food and Nutrition Guide Roberta Larson Duyff, 2006-09-18

Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life **Food, Nutrition and Diet Therapy** Marie V. Krause, 1961 Contains nutrient charts and receipes **The American Dietetic Association's Complete Food and Nutrition Guide** The American Dietetic Association (ADA), Roberta Larson Duyff, 1998-05-20 A lifetime of sound advice on healthful eating from the world s foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn t have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association s Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn t work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self

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Brefere, 2021-12-21 Combine the insights of an experienced dietitian and a renowned chef in this practical guide to nutrition and food In the newly revised 10th Edition of *Nutrition for Foodservice and Culinary Professionals* registered nutritionist Karen E Drummond and executive chef Lisa M Brefere deliver an insightful guide to incorporating healthy balanced dietary techniques into everyday practice From national nutrition guidelines to food preparation and labeling standards the authors cover every relevant aspect of planning preparing and serving healthy meals They include updated 2020 2025 Dietary Guidelines for Americans from the USDA the latest nutrition research culinary trends ingredients and planning menus to meet the diverse nutritional needs of today s customers This book also includes A thorough introduction to the fundamentals of nutrition and foods including why nutrition is important what constitutes a healthy diet and discussions of calories and nutrients A comprehensive exploration of balanced cooking and menus including how to build flavor balanced baking modifying recipes and gluten free baking Practical discussions of applied nutrition including how to handle customers special nutrition requests weight management and nutrition for people of all ages Several appendices including serving sizes for MyPlate food groups and dietary reference intakes An enhanced e book with links to technique videos interactive games quizzes and glossary entries Perfect for students completing a culinary arts or foodservice management curriculum *Nutrition for Foodservice and Culinary Professionals Tenth Edition* is also an indispensable resource for chefs cooks and anyone else who professionally prepares food *Practical Nurse Nutrition Education* Alberta Dent Shackelton, Charlotte M.

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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Garde Manger: The Art and Craft of the Cold Kitchen, 4e Study Guide The Culinary Institute of America (CIA),2012-04-16 The leading guide to the professional kitchen s cold food station now fully revised and updated Garde Manger The Art and Craft of the Cold Kitchen has been the market s leading textbook for culinary students and a key reference for professional chefs since its original publication in 1999 This new edition improves on the last with the most up to date recipes plating techniques and flavor profiles being used in the field today New information on topics like artisanal cheeses contemporary styles of pickles and vinegars and contemporary cooking methods has been added to reflect the most current industry trends And the fourth edition includes hundreds of all new photographs by award winning photographer Ben Fink as well as approximately 450 recipes more than 100 of which are all new to this edition Knowledge of garde manger is an essential part of every culinary student s training and many of the world s most celebrated chefs started in garde manger as apprentices or cooks The art of garde manger includes a broad base of culinary skills from basic cold food preparations to roasting poaching simmering and saut ing meats fish poultry vegetables and legumes This comprehensive guide includes detailed information on cold sauces and soups salads sandwiches cured and smoked foods sausages terrines p tes galantines and roulades cheese appetizers and hors d oeuvre condiments crackers and pickles and buffet development and presentation Wine in Everyday Cooking Patricia Ballard,1995-05-01 Popular California food and wine consultant Patricia Ballard has been impressing winery visitors for years with her food and wine magic Both her Italian heritage and her California fresh experience are reflected in these proven recipes and cooking tips with recipes that range from soup and hors d oeuvres to pasta fish and dessert

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