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Male Food Pantry Users Have Low Fruit, Vegetable, and Pulse Intakes Despite Interest in Food Nutrition Content

Donna M. Winham Iowa State University, dwinham@iastate.edu

Elizabeth D. Davitt Iowa State University

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Male Food Pantry Users Have Low Fruit, Vegetable, and Pulse Intakes Despite Interest in Food Nutrition Content

Abstract

Background: Low-income men's use of food pantries, and dietary intakes including pulses is understudies. Food pantries can help, but resource restriction limits ability to prepare meals. Convenience foods may not be optimal for nutrition. Pulses (beans, peas, lentils, and chickpeas) count as a vegetable and provide fiber, iron, folate, and other shortfall micronutrients. Increased pulse consumption could improve diet quality. Purpose: The study evaluated low-income men's use dietary intakes including pulses. Methods: Men aged 25-64 years who utilized food pantry services were eligible. Men completed survey questions on demographics, nutrition assistance programs use, fruit/vegetable/fiber dietary intakes, and pulse consumption patterns. Men received \$5 for survey completion. Results: Forty-seven men (46 years ±11) from 10 pantries completed the survey. Seventy-three percent had low food security with 29% receiving SNAP benefits. Fifteen percent met fruit/vegetable recommendations and 35% met fiber goals. Although 32% never ate pulses, 15% ate them 4 times per week. Sixty percent expressed concern with nutrition content of food. Conclusion: Further inquiry on actual nutrition knowledge is needed to guide suggestions for improving dietary intakes of male food pantry users. Increased pulse consumption could improve dietary quality.

Disciplines

Community-Based Research | Food Science | Gender and Sexuality | Human and Clinical Nutrition

Comments

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Abstract Proposal Title: Male food pantry users have low fruit, vegetable, and pulse intakes despite interest in food nutrition content

ABSTRACT PROPOSAL PREVIEW: MALE FOOD PANTRY USERS HAVE LOW FRUIT, VEGETABLE, AND PULSE INTAKES DESPITE INTEREST IN FOOD NUTRITION CONTENT

Edit Male food pantry users have low fruit, vegetable, and pulse intakes despite interest in food nutrition content

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Donna M. Winham, DrPH, RD

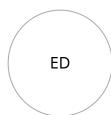
DW Position:

Assistant Professor

Organization: lowa State University

Role:

Co-author



Elizabeth D. Davitt, BSMS

Position: Graduate Research Assistant

Organization: Iowa State University

Role:

Presenting Author

Research Abstract

Learning Need Code

• 4070 Food security and hunger

Abstract

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Conclusion: Further inquiry on actual nutrition knowledge is needed to guide suggestions for improving dietary intakes of male food pantry users. Increased pulse consumption could improve dietary quality.

Funding Source

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Abstract Learning Objective

1. describe low-income men's dietary patterns and use of pulses

Advisor Information-Students Only

Advisor Name

Advisor Email

Advisor Phone

