

# Exploring Dietary Intake Differences Before and After a Six Week Advance Quantity Food Preparation Program

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## Abstract

The trend of dining out, food delivery, and ready-made meals has significantly affected the eating patterns of Americans over the past few decades. Eating out is associated with weight gain, obesity and chronic health conditions. It is hypothesized that preparing large quantities of meals ahead of time may be a nutrition intervention that successfully decreases the frequency of eating out. This work describes the implementation of a 6-week advance quantity food preparation (AQFP) program and explores the energy differences between meals provided in this program to similar restaurant meals. This work highlights the energy density of restaurant meals and suggests a possible mechanism for weight loss from AQFP.

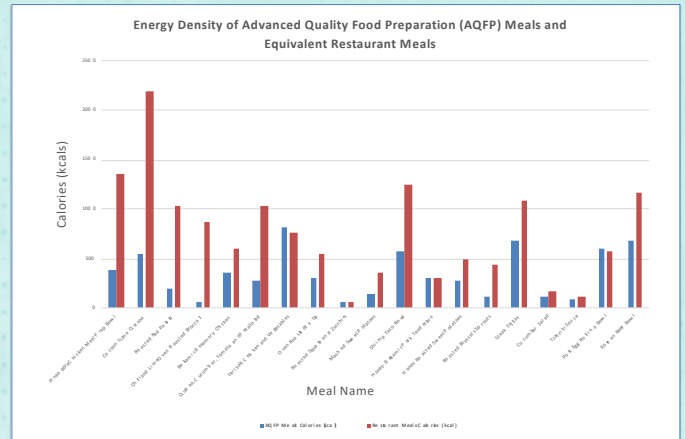
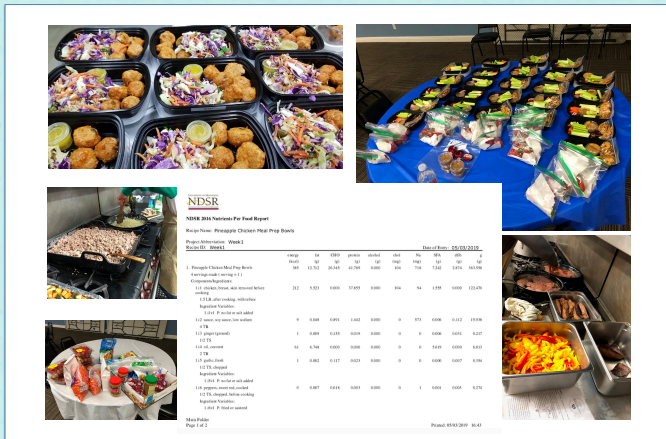
## Project Activities or Findings

Activities:

- Assisted with running 6-week study
  - Participant coordination
  - Assisted participants with meal prep
  - Measured anthropometrics
  - Analyzed nutritional content of AQFP entrees using nutrient analysis software.
- Identified similar restaurant items

Future Activities:

- Compare nutritional intake before and after 6-week AQFP intervention.



## Research Questions

- To explore the kilocalorie (kcal) content of advance quantity food preparation (AQFP) meals as compared to the kcal content of popular restaurant meals.
- This is a secondary research question of a study examining the impact of a 6-weeks AQFP program on the consumption of home-cooked meal and anthropometric measurements.
- This work will help identify if the participants' calories and nutrient intake differed before and after the AQFP program?

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## Citations

Macdiarmid, Loe, Kyle, & McNeill. (2013). "It was an education in portion size". Experience of eating a healthy diet and barriers to long term dietary change. *Appetite*, 71, 411.  
 Smith, L., Ng, S., & Popkin, B. (2013). Trends in US home food preparation and consumption: Analysis of national nutrition surveys and time use studies from 1965-1966 to 2007-2008. *Nutrition Journal*, 12(1), 45.  
 Recipe retrieved from Shannon Mendez