

Influence of eating in a cafeteria on the nutritional adequacy of college-aged females



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INTRODUCTION

"Americans consume less than 20% of the recommended intake for whole grains, less than 60% for vegetables, less than 50% for fruits, and less than 60% for milk and milk products" (1).

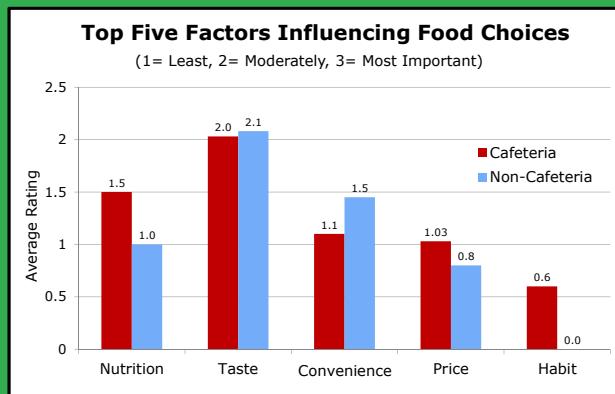
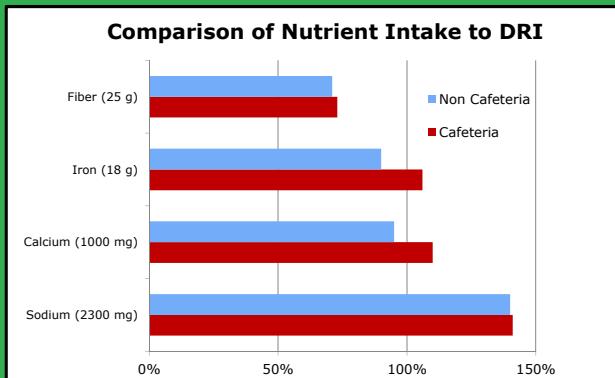
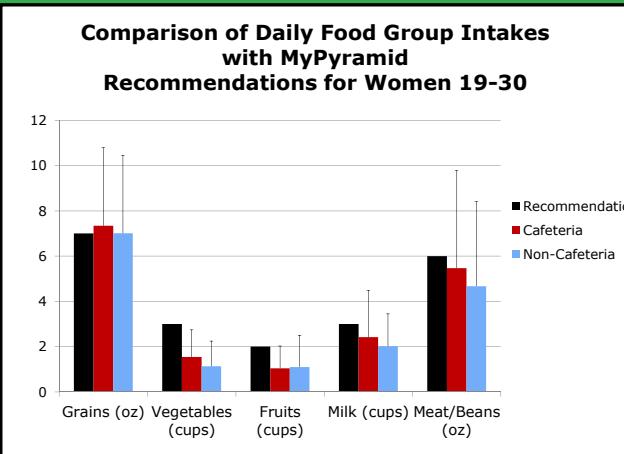
Purpose:

- ❑ Compare students' intake to the Food Guide Pyramid food group recommendations
- ❑ Determine the relationship between eating in a cafeteria and the nutritional adequacy of a student's diet
- ❑ Assess factors that influence food choices



METHODS

- ❑ Received IRB approval
- ❑ Subjects, CSB juniors and seniors ages 20-23 (n=92), solicited door to door in campus residence halls during the last two months of spring semester
- ❑ Subjects completed a 24-hour diet recall and a survey regarding factors affecting their food choices
- ❑ Subjects asked to choose three of ten factors that may influence food choice and rank them in order of importance (3 being most important).
- ❑ Dietary intakes analyzed using Diet Analysis Plus 8.0
- ❑ Analysis of data with a Two-Sample T-Test using Minitab 16 (n=62 not eating a meal at campus dining center and n=30 eating at least one meal at a campus dining center)



RESULTS

- ❑ There was no statistical difference between females eating at least one meal in a buffet-style, college cafeteria and those not eating at a college cafeteria
- ❑ Trends for each food/nutrient group:
 - Grains ($p=0.68$)
 - Milk ($p=0.35$)
 - Meat & beans ($p=0.40$)
 - Calories ($p=0.26$)
 - Vitamins ($p=0.15-0.63$)
 - Minerals ($p=0.13-0.93$)
 - Fiber ($p=0.73$)
- ❑ Most influential food choices were taste (n=79), nutrition (n=62), and convenience (n=57)



CONCLUSIONS

- ❑ No significant difference in the adequacies of students' diets when comparing intake between those who ate at a cafeteria and those who did not
- ❑ Trend toward higher intakes of calcium and iron, two important nutrients for women, and similar intake of sodium for those eating in a cafeteria
- ❑ Those eating in a cafeteria were influenced more by nutrition, whereas those not eating in a cafeteria ranked convenience over nutrition
- ❑ Time of survey was the final 3 weeks of spring semester which may have affected food intake, food choices and/or meal plan use

ACKNOWLEDGEMENTS

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- ❑ United States Department of Agriculture: Center for Nutrition Policy and Promotion. (2010.) *Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans*, 2010. Washington, DC: Government Printing Office.
- ❑ www.mypyramid.gov
- ❑ <http://www.csbsju.edu/csbs-events-and-conferences/facilities/gorecki-dining-and-conference-center.htm>
- ❑ <http://www.csbsju.edu/CSB-Culinary-Services/Student-Employment.htm>