



Question: What is the relationship between frequency/regularity of family meals and measures of dietary intake in U.S. population groups?

Table 1. Summary of studies examining the relationship between family-shared meals and dietary intake

Author, Year Study Design Risk of bias*	Final N; Attrition Sex, Age (mean), Study Duration	Independent Variable Dependent Variable Results	Summary of Findings
<p>Burgess- Champoux 2009</p> <p>Prospective Cohort (PC) Study</p> <p>0/26</p>	<p>674, 58%</p> <p>55% female, 12.8y</p> <p>5y</p>	<p>Number of days all or most of family ate together at time 1; family meal frequency was not assessed at time 2</p> <p><i>Intake of:</i> Fruits, vegetables, dark green and orange vegetables, whole grains, calcium-rich foods, soft drinks, energy, energy from fat, energy from saturated fat, certain micronutrients</p> <p>Regular family meals (≥5 family meals per week) and 5y dietary intake</p> <p><i>Females:</i> Positively associated with mean daily intakes of vegetables (P=0.04), calcium-rich food (P=0.05), dietary fiber (P=0.005); NS association with energy, fruits, dark green and orange vegetables, and whole grains, and soft drinks.</p> <p><i>Males:</i> Positive association with mean daily intakes of fruits (P=0.02), vegetables (P=0.01), dark green and orange vegetables (P=0.04), calcium-rich food (P=0.005), whole grains (P=0.05), and dietary fiber (P=0.01); NS association with soft drinks, and energy</p> <p>Analysis further controlled for energy intake found no associations with food intake in males or females.</p>	<p>Regular family meals during the transition from early to middle adolescence improved diet quality, specifically, intake of vegetables, calcium-rich food, and dietary fiber in males and females, and in males, an increased intake of fruits, dark green and orange vegetables, and whole grains.</p>



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		<p>Statistically significant associations were not found for energy intake for either gender across categories of regular family meals. Regular family meals had a positive association with sodium intake for females (P-trend=0.009), but not males (P-trend=0.09).</p> <p>Statistically significant associations between regular family meals and mean daily intakes at Time 2 of the following nutrients remained for both genders: Magnesium (P-trend<0.001), potassium (P-trend<0.001), vitamin B₆ (P-trend <0.01), and dietary fiber (P-trend<0.05).</p>	
<p>Larson 2012</p> <p>PC; Project Eating and Activity in Teens and Young Adults (EAT)-III</p> <p>0/26</p>	<p>2,052, 52%</p> <p>55% female, 15y</p> <p>10y</p>	<p>Frequency of Shared Meals and Dietary Intake Model 1 (P-value for linear trend):</p> <p>Young Adults</p> <p><i>Females:</i> Positively associated with intake of fruit (P=0.03), vegetables (P=0.0006), milk products (P=0.008), and calories (P=0.01); NS findings for whole grains, sugar-sweetened beverages, calories from fat, calories from saturated fat, calories from alcohol</p> <p><i>Males:</i> Positively associated with intake of fruit (P=0.004), and whole grains (P=0.04); NS findings for vegetables, milk products, sugar-sweetened beverages, calories, calories from fat, calories from saturated fat, calories from alcohol</p>	<p>Having more frequent shared meals in young adulthood was associated with greater intake of fruit among males and females, and with higher intakes of vegetables, and milk products among females.</p>



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		<p>Model 2 (adjustment for total energy intake)</p> <p><i>Females:</i> Positively associated with intake of sugar-sweetened beverages (P=0.03) only <i>Males:</i> Positively associated with intake of fruit (P=0.004), and whole grains (P=0.04) only</p> <p>Parents</p> <p>Model 1 (P-value for linear trend):</p> <p><i>Females:</i> Positively associated with intake of fruit (P=0.01); calories from fat (P=0.05); NS findings for vegetables, milk products, whole grains, and sugar-sweetened beverages, calories, calories from saturated fat, and calories from alcohol <i>Males:</i> Frequency of shared meals was negatively associated with intake of sugar-sweetened beverages (P=0.01); NS findings for fruit, vegetables, milk products, whole grains, calories, calories from fat, calories from saturated fat, and calories from alcohol</p> <p>Model 2 (adjustment for total energy intake):</p> <p><i>Females:</i> Positively associated with intake of fruit (P=0.01) only</p>	



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		<i>Males:</i> Positively associated with intake of vegetables (P=0.03), and sugar sweetened beverages (P=0.03) only	

* Based on NEL Bias Assessment Test; lower values represent less bias