P83 (continued)

Results: For participants serving themselves, quantities eaten were 104.29 grams (214.58 calories) with Charlie Rose, 142.09 grams (314.48 calories) with The Island without sound, and 206.53 grams (354.13 calories) with The Island. Pre-served participants consumed amounts that did not differ across conditions, at 214.88 grams (357.19 calories) for Charlie Rose, 191.46 grams (325.54 calories) with The Island without sound, and 184.73 grams (280.73 calories) with The Island. There was a significant effect of pre-plating: $F(1,194)=13.37$, $p=.0003$, a significant effect of viewing content: $F(1,194)=3.09$, $p=.05$, and a significant interaction of the two: $F(2,194)=9.21$, $p=.0002$. There was no significant difference in amounts eaten when snacks were pre-plated. Pre-plating participants ate more than those serving themselves (196.45 vs. 151.46 grams, 319.34 vs. 295.03 calories).

Conclusions and Implications: When serving themselves, participants viewing more distracting programs ate more (Tal and Wansink 2014). However, when given pre-plated amounts of food, participants uniformly ate more, with no influence of program. This emphasizes the dangers of eating from large pre-portioned plates when distracted. When self-serving, people can consciously control and monitor consumption, unless highly distracted.

Funding: Cornell Food and Brand Lab.

P84 Let Them Eat Beef: Effects of Beef Consumption on Markers of Metabolic Syndrome

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Objective: To determine the effects of a diet that provides 30% energy from protein with 1/2 as lean, red meat on risk factors of metabolic syndrome in humans.

Design, Setting and Participants: A 3-month, randomized, control, intervention trial with 33 participants (Intervention $n=18$; Control $n=15$) with markers of metabolic syndrome. Registered Dietitian Nutritionists recruited and educated participants on intervention Lean Beef Pattern, (30% of energy from protein with 1/2 as lean red meat, 40% carbohydrate, 30% fat) or control DASH dietary pattern, (15% of energy from protein, 55% carbohydrate and 30% fat).

Outcome Measures and Analysis: Body weight (BW), fasting serum lipoproteins [total cholesterol (TC), LDL-cholesterol (LDL-C), HDL-cholesterol (HDL-C), Apo B, and triglycerides (TG)], and hemoglobin A1C (HbA1C) were assessed at baseline and post-intervention. Repeated measures ANOVA was used to determine group differences from baseline to post-intervention. Variables were checked for normality and non-normal variables were transformed prior to analysis. Statistical significance was set at $p \leq 0.05$.

Results: There were no significant changes in total cholesterol, LDL-C, and HDL-C. There was a significant time x group effect for TG (baseline to post; Intervention 207 ± 87 mg/dL to 148 ± 53 ; control, 200 ± 88 to 193 ± 96 .) Both groups had decreased BW and HbA1C from baseline to post.

Conclusions and Implications: Lipid parameters, BW, and HbA1C of participants with metabolic syndrome randomized to the intervention promoting 30% energy from protein with 1/2 as lean, red meat had outcomes similar or improved to those randomized to control DASH diet.

Funding: South Dakota Beef Industry Council, South Dakota Ag Experiment Station.

P85 Pennsylvania WIC Educators Affirm Need for Folic Acid Education of Low-Income, SNAP-Ed Eligible Women

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Objective: To describe Women Infant and Children (WIC) educator practices related to folic acid prior to impact assessment of Everyone Needs Folic Acid on WIC educator practices. Everyone Needs Folic Acid is a digital photo frame program developed considering tenets of the Consumer Information Processing Model, and demonstrated face/content validity in a 2-stage evaluation by low-income audiences.

Design, Setting and Participants: Face-to-Face ($n=8$) or telephone ($n=13$) interviews with nutrition educators ($n=21$) from WIC clinics serving Western ($n=6$) and Central ($n=6$) Pennsylvania were conducted.

Outcome Measures and Analysis: Educator demographics, educator and client interest in folic acid-related topics and typical nutrition education practices were measured and reported as means with standard deviations (SD).

Results: Interviews lasted approximately 16 minutes. Most educators ($n=20$) self-identified as White. Highest educational level for 18 was Bachelor degree with professional credentials for 4 (registered dietitian, registered nurse, lactation consultant). Educators were experienced (average years in practice-17.4; $SD=12.7$) and stable (at current clinic 11.9 y; $SD=10.3$). Using a 5-point scale, educators reported strong interest in folic acid (mean=3.88, $SD=0.93$), and rated it highly important during pregnancy (mean=4.95, $SD=0.22$). Handouts and/or discussion were the sole method(s) of education reported. Only 43% received client-initiated folic acid questions/requests and they rated WIC participant interest as low (mean=2.88/5.00, $SD=0.89$).

Conclusions and Implications: WIC educators affirmed the need for nutrition education focused on folic