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of increased amounts with reduced effects (21.6%), and withdrawal (12.6%). Eight percent met criteria for both clinical impairment and diagnosis of food addiction. Students identified 3.8 ± 2.5 problem foods, most commonly: ice cream (34.7% of respondents), chocolate (34.7%), cookies (33.7%), chips (28.6%) and pizza (28.6%).

Conclusions and Implications: Screening for food addiction offers the potential for early risk identification, education, and treatment. Future studies should evaluate the effects of nutrition education on addictive food behaviors in college students.

Funding: None.

P104 Bigger Homes & Recipes: How Recipe Calories Have Increased Over the Years

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Objective: How has the caloric content of classic recipes changed over time? The present research addresses this potential change.

Design, Setting and Participants: A content analysis of common recipes in *Better Homes & Gardens*, the bestselling book in its genre, was compared from its first edition in 1930 to its most recent edition in 2010. Recipes were categorized into appetizers, side dishes, entrées, and desserts and analyzed for significant changes in total calories, number of servings, and calories per serving.

Outcome Measures and Analysis: The data from this study was analyzed using multivariate ANOVA tests.

Results: From its first edition to its most recent edition, the total calories in appetizer recipes significantly increased by 51.18% ($p < .05$) and entrée recipes significantly increased in total calories by 32.96% ($p < .05$).

Conclusions and Implications: As these increases have gone unnoticed for scratch cooks and their families, cookbook users should be wary of these drastic changes and the amount consumed to counteract ever increasing weight gain.

Funding: Cornell University Food and Brand Lab.

P105 Older Adults' Cooking Practices: Using Card Sorts to Study Frequency of Use of Food Preparation Methods and Kitchen Equipment

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Objective: The objective of this project was to examine routine food preparation practices of older adults by assessing their use of food preparation methods and kitchen equipment.

Design, Setting and Participants: Seventeen adults ages 60 and older who prepared three or more meals per week at home were recruited in two New York State rural counties. Participants used two printed card decks with

38 food preparation method cards and 40 kitchen equipment item cards to do three different closed card sorts: food preparation method frequency; kitchen equipment use frequency; and essential versus non-essential equipment.

Outcome Measures and Analysis: Descriptive statistics were calculated.

Results: Of the 38 preparation methods, the mean number reported used often was 16.5 ± 5.0 , used occasionally was 9.2 ± 2.7 , and used rarely/never was 11.5 ± 4.3 . Methods most frequently reported as being used often included mixing or stirring, chopping or slicing, rinsing, and stir-frying. The mean number of the 40 equipment items sorted as used often was 26.9 ± 6.3 , used occasionally was 6.5 ± 4.6 , and used rarely/never was 6.5 ± 4.1 . A total of 76% of participants reported using the top 20 equipment items often. Rarely or never used items included wok, food processor, and garlic press. The mean number of equipment items identified as essential was 21.5 ± 9.3 (range: 6-38).

Conclusions and Implications: Older adults who prepare meals at home use a range of food preparation methods and kitchen equipment often. Nutrition educators can benefit from considering use of equipment and food preparation methods to help identify gaps in human or material capital that limit adoption of recommended cooking practices, like using a meat thermometer.

Funding: Cornell University.

P106 College Students' Perceptions of Canned Foods

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Objective: To determine college students' perceptions and use of canned foods, as many consumers have misperceptions about canned foods.

Design, Setting and Participants: We conducted an online (Qualtrics) cross-sectional survey of students ($n=585$) currently enrolled in our introductory nutrition course, using a validated survey based on Social Cognitive Theory constructs.

Outcome Measures and Analysis: Descriptive statistics and independent t-tests were used to describe students' intake of selected canned food items in the last 7 days and the impact of intake on students' perceptions of canned foods. To account for multiple comparisons bias, $P < 0.001$ was considered statistically significant.

Results: The percentages of students who consumed canned vegetables, fruits, legumes, and meat at least 1-2 times in the last 7 days were 51.5%, 34.5%, 58.1%, and 37.4%, respectively. Students who ate canned vegetables, fruit or meat (vs. those who did not) had more favorable opinions about the convenience of the canned (vs. fresh) product ($P < 0.001$). Similarly, canned food consumers reported higher likeability of canned foods ($P < 0.001$). Additional positive and negative perceptions of canned foods were identified.

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Conclusions and Implications: This research suggests interventions that promote use of canned foods in students' diets may result in more favorable attitudes towards canned foods, which may lead to closer alignment with dietary recommendations about fiber (from canned legumes) and vegetables. Canned foods don't spoil quickly and often are less expensive than fresh, thus overcoming possible barriers to consumption of fruits and vegetables.

Funding: None.

P107 Parent-Child Attitudes Toward Shared Mealtimes and Cooking

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Objective: To evaluate the relationship between parents' and their adolescent children's attitudes toward the importance of meal-time socialization, enjoyment of family meals and learning new things while cooking.

Design, Setting and Participants: Using a cross-sectional design, parents of at least one child, aged 11 to 14 y (n=135, n=41 males, n=94 females), and their 11 to 14 year-old child (n=135, n=61 males, n=74 females) completed an on-line survey (Qualtrics). Parents and children were asked to respond, using a 7-point Likert scale, to the following valid and reliable statements: "Shared mealtimes are important for socializing;" "I enjoy eating together with family;" and "I like to learn new things in cooking."

Outcome Measures and Analysis: Spearman correlation coefficients were computed for the association between parents' and children's responses to each statement. **Results:** Parental attitude toward importance of shared meals as a way of socializing was positively correlated with adolescent attitude (parent=5.9±1.4, child=5.3±1.4, r=0.51, p<0.001), as was attitude toward enjoyment of family meals (parent=6.3±1.2, child=5.6±1.3, r=0.242, p<0.001) Parent and child responses to the statement, "I like to learn new things in cooking," were not significantly correlated (parent=4.8±2.1, child=3.9±2.0, r=0.10 p=0.239).

Conclusions and Implications: Parent-adolescent dyads have similar attitudes toward enjoyment of family meals and mealtimes as an avenue for socializing. Parents and their adolescent children have discordant attitudes toward learning new things in cooking, suggesting an opportunity for food-based nutrition education programs to harmonize parent-child dyad experiences in cooking.

Funding: None.

P108 Electronic Benefit Transfer: Food Choices, Food Insecurity and Type 2 Diabetes

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Objective: To examine food security status among Supplemental Nutrition Assistance Program (SNAP) recipients with prediabetes, in relation to food choices and coping strategies over a 30-day benefit cycle that potentially increase risk of type 2 diabetes.

Design, Setting and Participants: Cross-sectional design based on the food choice process model. Data was from demographics, health perception, food frequency (NCI Diet Health Questionnaire II) and food security (Current Population Survey: Food Security Supplement). Adult sample (n=36); aged 21-70 years from Bronx Lebanon Hospital, NY.

Outcome Measures and Analysis: Main outcomes included, food security status and coping strategies, variation in 11 food categories of food choices over a 30-day cycle, and food security status and use of coping strategies that effected food choices. Chi-square tests, Friedman and Wilcoxon tests, and logistic regression models were analyzed. Statistical significance set at P<0.05.

Results: Sample, low (5%) or very low food security (95%). Food security status and coping strategies, not statistically significant (P=.724), however, food security status and type of coping strategy, associated (P<0.01; r=.60), a moderate relationship. Food choices of 11 food categories change over a 30-day cycle with greatest variation for week 1 compared to weeks 2-4 (P<.005).

Conclusions and Implications: Coping strategies to minimize food insecurity and hunger were limited, indicating nutrition education is needed to ensure variety of food choices during the 30-day benefit cycle to improve food security status and lower risk of type 2 diabetes.

Funding: None.

P109 Assessing Culturally Appropriate Food Choices: A Need for Hispanic Specific Food Choices as Illustrated by GIS Mapping

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Objective: Food for Thought is a mobile food pantry located in Toledo, Ohio that hosts 24 mobile food pantries in the Toledo metropolitan statistical area. Toledo has several areas with higher population of Hispanic individuals. The purpose of this project was to use GIS (Geographical Information System) mapping of Toledo food deserts that have high percentage of Hispanic populations so that Food for Thought can ensure the pantries in these areas offer Hispanic culturally appropriate food and recipes.

Design, Setting and Participants: To determine the distribution of Hispanic populations that utilize Food for Thought mobile sites.

Outcome Measures and Analysis: ArcGIS was utilized to map U.S. Census Bureau demographic data of Toledo, Ohio to compare with the USDA defined food deserts.

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