P147 (continued)

grains, and soup. Among the unhealthy images, grains, sweets, meat/alternatives and sandwiches were most prominent. Dinner included the greatest number of posts overall (43.7% and 31.1%, healthy and unhealthy, respectively). Healthy food photos were more likely than unhealthy food photos to be posted at meals (85.4% vs. 64.1%). Snacking always was more likely to show unhealthy images, especially at afternoon snack (12.6% vs. 4.9%, unhealthy vs. healthy, respectively).

Conclusions and Implications: Evaluating Instagram posts is an interesting method to gauge college students' definition of healthy and unhealthy food. Students appear to post more "healthy" images at meal times while snack posts tend to show unhealthy items more frequently. Whether this corresponds to actual intake habits is unclear from this assessment.

Funding: None.

Food Science

P148 Culinary Training of School Food Service Workers with a Celebrity Chef

Alyce D. Fly, PhD, CFS, afly@indiana.edu, Indiana University, 1025 E 7th Street, PH 116, Bloomington, IN 47405; Elizabeth Foland, MS, RD, Indiana Department of Education; Sarah Kenworthy, RD, CD; Megan Doyle, BS, Indiana University

Background (Background, Rationale, Prior Research, and/or Theory): Professional development to improve culinary skills, promote smarter lunchroom techniques (SL) and knowledge of 2015 Dietary Guidelines (DG) is suggested to help workers plan and prepare meals that are healthy and acceptable to students.

Objective: To examine satisfaction and perceived learning from professional development of culinary skills by a celebrity chef, promotion of whole fruits and underconsumed vegetable subgroups (UCVS), SL, foods to increase or decrease from DG, and plan and conduct event using training theme.

Study Design, Setting, Participants, Intervention: Nonexperimental, one group, post only, plan to recruit 90 foodservice workers to one of three regional trainings; participants were consented and completed an anonymous 18-item online Qualtrics survey after culinary training by chef in school cafeterias.

Outcome Measures and Analysis: Responses were analyzed descriptively for participant characteristics, satisfaction with professional development program, perceived learning, confidence with techniques, perceived knowledge, knowledge of DG messages, inspiration by significant referent, follow-up implementation of event with student reach.

Results: Recruitment was 67% of goal, 78% of registrants participated in training. Participants were women, including, 47% cafeteria managers, 32% foodservice directors, 17% food-prep cooks. Three-quarters reported learning helpful culinary techniques, ways to promote

UCVS, SL techniques, were confident with techniques and inspired by chef to use new techniques/recipes, with 78% overall satisfaction. All correctly listed one dark green vegetable, 87% listed two; 100% correctly listed two vegetables from red/orange vegetable subgroup, and >95% knew DG to limit saturated fat, trans fat, added sugars, and increase whole fruit, dark green vegetables, whole grains, beans/peas. Eighty-five percent knew to increase lower fat dairy foods. Only 13% created event based on training, but events reached 3,553 students.

Conclusions and Implications: Training by a celebrity chef was a popular venue for professional development; more recruitment efforts and follow-up with registrants to boost attendance, and follow-up with event planning might extend reach of the program.

Funding: USDA Team Nutrition.

Nutrition Across the Life Cycle

P149 Diet Quality in Children with Autism Spectrum Disorder

Acadia Webber, MS, University of South Florida; Chantell Robinson, BS; Heewon L. Gray, PhD, RDN, hlgay@health.usf.edu, University of South Florida, 13201 Bruce B. Downs Boulevard, MDC 56, Tampa, FL 33612

Background (Background, Rationale, Prior Research, and/or Theory): Limited food repertoire is common in children with autism spectrum disorder (ASD). Previous studies reported an increased risk for certain micronutrient deficiencies and becoming overweight/obese in children with ASD. However, there is a lack of research assessing diet quality in this population.

Objective: This study aims to assess diet quality in children with ASD and compare it to typically developing children using nationally representative data.

Study Design, Setting, Participants, Intervention: A cross-sectional study with parents of 39 children aged 2 to 17 years with ASD in Florida was conducted.

Outcome Measures and Analysis: A 24-hour recall phone call was performed with each parent. Data were entered in ESHA Food Processor software. Diet quality was assessed using the Revised Children's Diet Quality Index (RC-DQI). Food group/nutrient quality sub-scores for grains, fruit, vegetables, dairy, excess juice, total fat, added sugar, and iron were calculated. Maximum score was either 5 or 10 for each sub-scale (higher number representing better quality). For children aged 2–5 years, data were compared to nationally representative data. Descriptive statistics and one-sample t-tests were performed.

Results: Overall diet quality score ranged 31–67 out of 70 total possible (mean = 49.5). For sub-scales, means were 4.0/5 for grains, 7.2/10 for fruit, 2.3/10 for vegetables, 4.8/10 for dairy, 8.9/10 for excess juice, 4.5/5 for total fat,

Continued on page S79