P149 (continued)

9.9/10 for added sugar, and 8.0/10 for iron. Compared to typically developing children, preschool children with ASD had significantly lower grains (4.1 vs. 4.8, $P = .05$) and vegetables scores (2.0 vs. 6.9, $P < .001$), but more desirable added sugar scores (9.8 vs. 5.0, $P < .001$).

Conclusions and Implications: Further research is needed to determine factors associated with diet quality in children with ASD. Preschool-aged children with ASD may benefit from improving grain and vegetable intakes. Developing nutrition education programs focusing on diet quality for children with ASD is warranted.

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P150 Dietary and Health Related Behaviors of WIC-Enrolled Pregnant Women

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Background (Background, Rationale, Prior Research, and/or Theory): Pregnancy is a critical period in a woman's lifecycle, during which good maternal nutrition can positively impact the health of both the mother and the fetus.

Objective: The objective of this study was to evaluate the effect of pregnancy on dietary and health related behaviors of WIC-enrolled women, the quantity of food consumed, and the perceived quality of the diet.

Study Design, Setting, Participants, Intervention: A cross-sectional study using a self-reported questionnaire was conducted. Sixty pregnant women between 12 and 24 weeks of gestation and carrying a single fetus were recruited from the WIC program at a community health center.

Outcome Measures and Analysis: The self-reported questionnaire consisted of open-ended questions that evaluated changes in participants' dietary and other health related behaviors, and frequency of consumption of foods from the different food groups before and after pregnancy. Demographic data were also collected. Descriptive statistics were used to compare changes in the frequency of consumption of specific foods (WIC allowable and others), and smoking habits before and after pregnancy. Responses to open-ended questions addressing changes in quantity and quality of the diet before and after pregnancy were analyzed qualitatively using content analysis.

Results: Sixty-seven percent of women reported experiencing morning sickness, and 60% stated that it affected their food intake. Despite this, 60% reported healthier eating behaviors, and higher average intakes of fruits, milk, and breakfast cereals. Twenty-two percent of participants stopped smoking.

Conclusions and Implications: Participants improved their food choices after becoming pregnant and

majority reported adopting healthier behaviors. This indicates that these women were committed to improving their health habits to ensure positive pregnancy outcomes. This shows pregnant women are a particularly receptive group for nutrition education interventions.

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P151 Early Adolescents Describe Their Evolving Food Routines Using Photo-Elicitation

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Background (Background, Rationale, Prior Research, and/or Theory): Early adolescence (ages 10–14) encompasses an important transition period with important biological, social, and psychological changes. Food and nutrition decisions can also be shifting in important ways because of the confluence of these transitions. Food routines are food-based activities that repeat across days, seasons, or lives. Examining routines can provide insight into how early adolescents are influenced and make food choices.

Objective: Explore current influences on and experiences with food routines during early adolescence.

Study Design, Setting, Participants, Intervention: Eligible participants were early adolescents enrolled in a public middle school at the time of study. In-depth interviews using a photo-elicitation approach and informed by the Food Choice Process Model were conducted with 25 students (14 F; 11 M) in urban and rural settings from Fall 2016–2017.

Outcome Measures and Analysis: Participants utilized their own photos during the interview to describe food-related decisions and influential factors in various contexts. Interviews were audio recorded and transcribed verbatim for thematic data analysis.

Results: Participants identified a wide range of eating routines. Some had very established routines throughout the week, while others described routines only for certain meals or days. Most described routines in relation to family schedules, while others identified increased time demands from recreation and homework as factors influencing their food routines. Some participants described increased agency or the ability to modify routines within their household around some eating episodes such as snacks, lunches, and weekend breakfasts.

Conclusions and Implications: Insights from youth revealed how they view eating routines and provided information about food-and nutrition-related behavior that may be modifiable for this age group. This information can be used by practitioners and researchers to better design efforts to improve the health and health trajectory of early adolescents.

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