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and seek assistance when needed. Students demonstrated lowest confidence in the ability to review medications, identify drug/nutrient interactions, and demonstrate negotiation skills in the clinical setting.

Conclusion: First year students demonstrated lower self-efficacy, even at the graduate level; however, self-efficacy was higher in students after completing supervised practice. This work identifies potential areas of growth in dietetics programs and highlights the need for experiences that enhance self-efficacy.

Funding: None.

P33 Sensory Perceptions of Cancer Survivors and Their Caregivers of Garden-Harvested and Grocery-Purchased Produce

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Background: Fruit and vegetable consumption is an evidence-based modifiable behavior known to improve physical and mental health for cancer survivors. Understanding sensory perceptions of various produce sources may provide insight into eating behaviors and inform interventions aimed at improving dietary patterns.

Objective: The objective of this study was to assess the sensory perceptions of cancer survivors and their caregivers when asked to evaluate garden-harvested vs grocery-purchased produce.

Study Design, Setting, Participants: Cancer survivors enrolled in a biobehavioral intervention and their caregivers (n = 32) participated in a sensory evaluation of 4 produce types sourced from a local garden and a grocery store: tangerine cherry tomatoes, green cabbage, green beans, and green bell peppers. For each type, participants were presented with blinded samples from each source and asked to conduct sensory evaluations.

Measurable Outcome/Analysis: Sensory evaluations included initial preference (garden vs grocery) and liking/

acceptability (9-point hedonic scale) of blinded samples, followed by discrimination between garden- and grocery-source samples (tetrad test) and self-labeling of perceived source and repeat preference and liking/acceptability evaluations. Binomial statistics and Wilcoxon signed rank tests were used to assess differences in evaluations by source for each produce type.

Results: Upon initial blinded evaluation, a significant preference for grocery-purchased produce was noted for green cabbage, green beans, and green bell peppers, but not for tomatoes (all $P < 0.05$). After self-labeling, participants reported a preference for perceived garden-harvested produce for all produce types (all $P \leq 0.001$) even when incorrectly labeled. Liking/acceptability scores were significantly higher among self-labeled garden-harvested produce for all types (all $P \leq 0.001$).

Conclusion: These data reveal adult cancer survivors and their caregivers perceive garden-harvested produce as superior in taste, smell, and texture to grocery-purchased even when incorrectly identified. These findings indicate future interventions should address these perceptions to facilitate improvements in produce consumption.

Funding: None.

P34 The Correlation Between Internal Bodily Signals, Eating Behaviors, and Self-Regulation of Food Intake in College Students

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Background: College years are known to be pivotal in adapting to unhealthy eating behaviors. The lack of the ability to recognize physiological needs and insufficient self-regulation in food intake have been reported to be significant determinants in college weight gain. However, the relationship between self-regulation, understanding internal bodily signals, and students eating behaviors are not clear.

Objective: To examine the correlation between self-regulation of food intake, interoception, and eating behaviors in college students living in South Florida.

Study Design, Setting, Participants: Participants were 60 undergraduate college students (Mage = 19.8, SDage = 1.43, 37.9% males, 62.1% females, 66.6% Underweight/Normal weight, 33.4% Overweight/Obese). Interoception and eating behavior data were gathered using questionnaires. Self-regulation was measure using Compensation Indices (COMPX). Students had 2 visits where they were offered a preload drink (either low or high calorie) followed by an ad-libitum buffet lunch to measure the effect of the preloads on students' food intake. Intake was estimated using pictures verified by plate weights.

Measurable Outcome/Analysis: Multiple linear regression analysis was performed to determine the correlation between interoception, eating behaviors, and COMPX.

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