enhance or detract from a pattern of healthy eating. Yet, few reviews have focused on snacking specifically among U.S. adults.

**Objective:** To characterize snacks and snacking occasions of U.S. adults, to further inform healthy eating practices.

**Study Design, Settings, Participants:** The protocol was prepared following the PRISMA-Extension for Scoping Reviews. Three web databases were used to identify articles using snacking or eating occasions as primary or secondary outcomes among U.S. adults. A search strategy was developed using subject headings, truncation, and phrase-searching in the title and abstract of articles published between 2010 and 2022.

**Measurable Outcome/Analysis:** A two-stage screening process was used, during which 31 of 4795 publications were identified as meeting inclusion criteria. Data was extracted into Excel and key findings were thematically analyzed.

**Results:** Snacking tends to be an individual eating event but has not universally applied definition. Three basic themes related to snacking were identified: consumer cues and motivations, snack and meal frequency, and diet composition and weight management. The primary characteristics of snacking emerged as: quality (healthy vs. unhealthy), timing (throughout the day, outside typical meal times), and convenience (grab-and-go). The influence of snack timing on food selection and quality was highlighted.

**Conclusion:** Among adults, snacking influences consumption of energy and critical nutrients. Snacking can be driven by internal or external cues but ultimately, reflects individual decisions that could be influenced through nutrition education. A standard definition of a snack could strengthen snack-based information and could further progress development of policies and nutrition programming, ultimately contributing to diet quality, health, and wellbeing.

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**Social, Economic, and Cultural Influences on Young Women's Food Choices: A Scoping Review**

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**Background:** Understanding influences on food habits is crucial to developing effective strategies to improve dietary quality. Past research shows predictors of food habits may be dependent on individuals’ age and sex; that is, different social groups may experience different influences on their eating patterns. Young women in particular are a population of concern, as they are the group with the greatest disparities between actual and recommended diet quality.

**Objective:** The purpose of this analysis is to better understand what factors may underlie young women’s eating patterns.

**Study Design, Settings, Participants:** We conducted a systematic search of PubMed to identify studies on the social, economic, and cultural influences on food choices of females 13-24 years in the United States. To be included, articles had to be published in a peer-reviewed journal between 2017 and 2022, focus on adolescents or emerging adults, available in English, focus on female participants or disaggregate findings by sex, and include formal analysis of factors (social, cultural, economic, environmental, demographic) related to food, eating, and/or diet.

**Measurable Outcome/Analysis:** A content analysis of articles’ findings was performed separately by two independent reviewers. The two reviewers then jointly identified overarching themes in the literature.

**Results:** We find that although many predictors of food habits for young women mirror predictors found throughout the entire adult population, there are several predictors with unique patterns for young women, including social pressure, parental influence, body dissatisfaction, and “social jetlag” (that is, different sleep patterns on weekends and weekdays). Moreover, our analysis indicates how little research has been conducted on diet quality influences among young women, specifically, as <10% out of n=2,944 articles contained findings that met inclusion criteria.

**Conclusion:** This analysis indicates additional research is needed to ascertain predictors of adolescent and young adult women’s food patterns and dietary choices.

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**The Environmental Footprint Associated With the Mediterranean Diet (MED) and Its Implication on Dietary Intervention Programs**

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**Background:** Providing a growing global population with healthy and sustainable diets constitutes an immediate challenge.

**Objective:** To determine the environmental footprint of adherence to the MED in Israel and/or replacing foods with a high environmental burden using a remove-reduce-replace strategy.

**Study Design, Settings, Participants:** We recruited participants via social media, email, and phone. Demographic characteristics were obtained. The participants (n=525) were 49% women, 82% had academic education, 96% were physically active, and 13% were smokers.

**Measurable Outcome/Analysis:** A dietary assessment was performed using the 116-item Food Frequency Questionnaire (FFQ). Adherence to the MED was calculated using a 9-point score. The environmental pressure of the MED was determined based on the footprint family indicators, including land, water, and carbon footprint per unit of agricultural and food products. We assigned values for each type of food comprising the FFQ and calculated the environmental load for the MED and changes associated

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