Family Meals Annotated Bibliography


   Research explored consistency and reliability of Meals in Our Household questionnaire, which may be a helpful tool for studying family meal-time environments and children’s behaviors.


   3 household routines: regularly eating the evening meal as a family, obtaining adequate sleep, and limiting screen-viewing time were associated with lower childhood obesity rates.


   Research explores the importance of the family system and the influence on home environment and health behaviors.


   Research examined the relationship between maternal feeding control and their daughter’s eating and relative weight.


   Five-year-old daughters’ dietary restraint, emotional disinhibition, and external disinhibition were related to their perceptions of parental pressure to eat more and having restrictions placed on their eating.

6. “Cooking Matters, It’s Dinnertime: A Report on Low-Income families Efforts to Plan, Shop for and cook healthy Meals.” Research by Share Our Strength, Jan 2012. Accessible at: http://www.strength.org/cmstudyyy/ 1500 middle to low income people were surveyed to find out their attitudes around food.

The dietary patterns of children from families in which television viewing is a normal part of meal routines may include fewer fruits and vegetables and more pizzas, snack foods, and sodas.


   Research explored the consistency and reliability of the instrumental social support scale (ISSPS) and emotional social support scale (ESSPS) for impact assessment of an intervention dealing with fruit and vegetable intake.


   Family functioning assessments during mealtime show early childhood social-emotional and behavioral competence.


   Describes results of cross-sectional telephone survey exploring barriers associated with the adoption of Alberta Nutrition Guidelines in Canada.


   This research found that kids, who ate meals with an adult 5.4 times per week, were better in school, less depressed and less likely to do drugs compared to teens that ate meals 3.3 times a week. Having meals together also marks other attributes like family stability, open communication, even in families where problems exist. This source was a presentation given at the American Psychological Association.


   Five families pledged to eat dinner together every night for a month, and though it was first perceived as a chore, children reported to value the dependable family time.


   Among non-Hispanic white families with 5-year old daughters, the girls’ fruit and vegetable intake was positively associated with parents’ reported intake of fruits and vegetables.

A cross-sectional analysis was used to examine diet and weight status between picky and non-picky eaters.

   Research examined how pressuring pre-school-aged children to eat affects their food intake and preferences. Results indicated that pressure can have negative effects on children’s intake of healthy foods.

   Research examines the associations between frequency of eating dinner with family and measures of diet quality.

   Research evaluated the impact of 2009 food package changes for WIC and the availability of healthful food in stores.

   This presentation reviews successful strategies and evaluation findings from Michigan social marketing campaign. It also reviews the basic terminology of social marketing.

   Parenthood does not have unfavorable effects on an adults’ diet, but neither does it lead to improvements as compared to adults without children in the home.

   Fifty-percent of households with children in the UK eat together every day.

   Higher eating pressure from parents was negatively associated with average calories, energy density, and intake of some higher-fat meal items in laboratory meal tests where no parental pressure was applied.
Research examined whether eating while watching television or just watching television (without food) poses more of a risk for poor nutrition and excess body weight.

Mealtime is Family Time, a digital program, was well-received by low-income audience.

Parent behaviors, such as total screen time and eating at fast food restaurants, were associated with sugary beverage consumption in children.

This is a review about frequency of family meals, benefits of and obstacles to eating together.

Serving larger portions of fruits and vegetables at meals can promote young children’s intake of both foods without influencing total energy intake.

Middle and high school students completed the Program EAT survey, and results indicated that family meals play an important role: developing healthy eating patterns of adolescents.

Evaluation of the impact of dietary counseling for mothers in reducing the amount of high calorie, less nutritious foods fed to their infants in a randomized controlled trial in Sao Leopoldo, Brazil.
   Parents can enhance their children’s vocabulary through mealtime conversation.

   Research reviewed tools developed for multiple studies to measure parental feeding practices and eating behavior and food intake or preferences of children aged 0 to 5 years.

   Reports show an association between frequency of family meals and substance abuse.

   This online newsletter describes results of national survey of 2,000 American families on mealtime habits.

   Children who did well in school and on achievement tests were those who frequently eat meals with their families.

   More than 42 percent of dinners eaten at home by Houston-area, fourth-, fifth- and sixth-graders during a one-week survey were consumed while watching television.

   This study explores low-income mothers’ contribution to childhood vocabulary development. Differences in exposure to maternal vocabulary can have an accumulating effect on children

   Policy changes to the WIC program had intended effect of increasing consumption of fruits, vegetables, whole-grains and low-fat milk.
37. “What's behind success in school.” by Rachel Wildavsky. Readers Digest, Oct 1994. This article showcases a study that compares test scores of children who ate with their families four or more times a week and family stability versus three or fewer times and unstable family life.

**More Resource Lists:**

   This resource list provides scholarly articles to support family meals and provides available resources to promote family meals.