

4th International Conference and Exhibition on **Nutrition**

October 26-28, 2015 Chicago, Illinois, USA

Dietary habits of the children from the parents on unbalanced diets

Hongmie Lee and Sun Ah Yoon
Daejin University, Republic of Korea

To determine the association of parent's unbalanced diets with dietary habits of their children, 270 children and their parents were surveyed from an elementary school in Uijeongbu-si, Korea in May 2014. Dietary habits of parents and children were determined using the Dietary Guidelines for Korean Adults and the Dietary Guidelines for Korean Children, respectively (Ministry of Health and Welfare, 2009) by coding the better adherence with a higher score. The significances between groups according to parents' unbalanced diet (55 with unbalanced diet vs. 215 without unbalanced diet) were analyzed by using SPSS ver. 21.0. There was no significant difference in age, employment, and relation with the children between groups. More children from parents with unbalanced diet answered that they were picky eaters (74.5% vs. 47.4%, respectively, $p < 0.01$) and were not satisfied with their school meals, compared to their counterparts ($p < 0.01$). Parents with unbalanced diet had lower adherences to dietary guidelines, resulting lower overall score ($p < 0.05$), compared to those without unbalanced diet. Moreover, the children from parents with unbalanced diets had significantly lower adherences to dietary guidelines, compared to their counterparts, regarding vegetable consumption ($p < 0.01$), snacking (respectively $p < 0.01$), reading the information on food label ($p < 0.01$), and being served the adequate amount of food not to leave plate-waste ($p < 0.01$), resulting lower overall score (24.4 vs. 27.1, respectively, $p < 0.01$). The findings provided the evidence to suggest that the children who have picky-eating parents should be received more attention regarding nutrition education focusing on the importance of balanced diet.

Biography

Hongmie Lee has completed her PhD from North Carolina State University. She is the Professor of Daejin University in Korea and has published more than 30 papers in reputed journals and more than 10 books.

hmlee@daejin.ac.kr

Notes: