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## Male Food Pantry Users Have Low Fruit, Vegetable, and Pulse Intakes Despite Interest in Food Nutrition Content

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## Male Food Pantry Users Have Low Fruit, Vegetable, and Pulse Intakes Despite Interest in Food Nutrition Content

### Abstract

Background: Low-income men's use of food pantries, and dietary intakes including pulses is understudied. Food pantries can help, but resource restriction limits ability to prepare meals. Convenience foods may not be optimal for nutrition. Pulses (beans, peas, lentils, and chickpeas) count as a vegetable and provide fiber, iron, folate, and other shortfall micronutrients. Increased pulse consumption could improve diet quality. Purpose: The study evaluated low-income men's use dietary intakes including pulses. Methods: Men aged 25-64 years who utilized food pantry services were eligible. Men completed survey questions on demographics, nutrition assistance programs use, fruit/vegetable/fiber dietary intakes, and pulse consumption patterns. Men received \$5 for survey completion. Results: Forty-seven men (46 years  $\pm$ 11) from 10 pantries completed the survey. Seventy-three percent had low food security with 29% receiving SNAP benefits. Fifteen percent met fruit/vegetable recommendations and 35% met fiber goals. Although 32% never ate pulses, 15% ate them 4 times per week. Sixty percent expressed concern with nutrition content of food. Conclusion: Further inquiry on actual nutrition knowledge is needed to guide suggestions for improving dietary intakes of male food pantry users. Increased pulse consumption could improve dietary quality.

### Disciplines

Community-Based Research | Food Science | Gender and Sexuality | Human and Clinical Nutrition

### Comments

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# FNCE 2020

Food & Nutrition Conference & Expo

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Abstract Proposal Title: Male food pantry users have low fruit, vegetable, and pulse intakes despite interest in food nutrition content

## ABSTRACT PROPOSAL PREVIEW: MALE FOOD PANTRY USERS HAVE LOW FRUIT, VEGETABLE, AND PULSE INTAKES DESPITE INTEREST IN FOOD NUTRITION CONTENT

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### Research Abstract

Learning Need Code

- 4070 Food security and hunger

## Abstract

Background: Low-income men's use of food pantries, and dietary intakes including pulses is understudied. Food pantries can help, but resource restriction limits ability to prepare meals. Convenience foods may not be optimal for nutrition. Pulses (beans, peas, lentils, and chickpeas) count as a vegetable and provide fiber, iron, folate, and other shortfall micronutrients. Increased pulse consumption could improve diet quality.

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Results: Forty-seven men (46 years  $\pm$ 11) from 10 pantries completed the survey. Seventy-three percent had low food security with 29% receiving SNAP benefits. Fifteen percent met fruit/vegetable recommendations and 35% met fiber goals. Although 32% never ate pulses, 15% ate them 4 times per week. Sixty percent expressed concern with nutrition content of food.

Conclusion: Further inquiry on actual nutrition knowledge is needed to guide suggestions for improving dietary intakes of male food pantry users. Increased pulse consumption could improve dietary quality.

## Funding Source

Research support was provided by a grant from the University Translational Network, and the Agriculture and Home Economics Experiment Station, Ames, Iowa, Project No. IOW05462.

## Abstract Learning Objective

1. describe low-income men's dietary patterns and use of pulses

## Advisor Information-Students Only

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