



A LITERATURE REVIEW ON THE INFLUENCE OF PARENTAL DIETARY BEHAVIOURS AND PRACTICES ON EARLY ADOLESCENT EATING HABITS

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ABSTRACT

This study investigates the impact of parental food choices and feeding practices on the dietary preferences of early adolescents. Parental dietary behaviours and practices play a crucial role in shaping the eating habits of adolescents, making it essential to explore this relationship. The research focuses on understanding various aspects of parental dietary behaviours, including the types of foods consumed, meal planning and preparation methods, and mealtime dynamics. Additionally, the study aims to examine how these behaviours and practices influence adolescents' food preferences, intake of healthy and unhealthy foods, and overall dietary habits. This research aims to provide a comprehensive comprehension of the legal and policy landscape surrounding parental influence on adolescent eating habits by employing a doctrinal approach. This study's findings can inform policy discussions and the development of frameworks that promote healthier dietary practices among adolescents, ultimately resulting in better long-term health outcomes.

Keywords: Parental Behaviour, Dietary Behaviour, Early Adolescent, Eating Habits

INTRODUCTION

Poor eating habits developed in youth may last into adulthood, increasing the chance of becoming obese and developing problems from overeating. It is now shown that making modest dietary modifications, particularly within the first few years of young adulthood, may improve one's wellness and lower the chance of contracting illnesses in later life. A number of studies have shown that family eating habits have a considerable effect on their children's eating behaviours, no matter what demographic criteria including gender, age, financial level, and country. (Mahmood et al., 2021)



A complicated condition that involves both environmental and biological causes is diabetes. In terms of the amount, content, frequency of meals, nibbling conduct, but it also as well as the quality of food, dietary consumption has been associated to obesity. Additionally, there's proof which suggests teenagers' eating patterns are likely to persist into adulthood. Adults' dietary habits may be influenced by the household diet and the social setting, which are environments within which thoughts, understanding, and dietary practises are developed. However, family meals seem to have the most of an impact on kids since they are the ones that build the household food setting affect how adolescents see food, and start moulding their very own eating routines and food choices as a result.. (Scaglioni et al., 2018)

REVIEW OF LITERATURE

Family mealtimes serve as a significant social context for adolescent to eat alongside their parents, who are considered their primary role models.

Research has shown that engaging in shared meals with adolescent child, Children's eating habits are improved by frequently eating breakfast collectively and promoting tasty treats with reasonable constraints. (Keski-Rahkonen et al., 2003). According to a review research, these behaviours are linked to youngsters eating more milk and cheese, fruits, and onions as well as adopting wholesome morning habits. The assessment also asserted that youngsters can make judgements while carers may give them clearer instructions by combining practises of support and reasonable limitation. (Blissett, 2011) Consequently, it is recommended to employ both practices to involve both parents and children in determining food choices. This narrative review specifically focuses on examining how parental dietary habits, such as family meals, breakfast routines, and snacking habits, influence adolescent's eating behaviors.

DEFINITIONS

The phrase "dining habits" describes a person's deliberate and repeated eating behaviour, that involves the types of food ingested besides the quantities and intervals where food are taken in reaction to religious and social constraints. Rivera Moreno and colleagues, 2020 The term "eating behaviours" has been used to describe a variety of actions, from basic food munching to cooking, grocery shopping, and policy decision-making. Feeding themes, also known as food habits, relate



to the number, quality, and variety of foods and drinks consumed, as well as the amount and frequency at which patterns are generally consumed. They extend to the way we eat as an entire thing. (Rivera Medina et al., 2020).

HOME FOOD ENVIRONMENT

The food environment at home is influenced by the readily available supply of food together with other factors including the frequency of dining out and both parents' perception of food costs. 2018 (Harbec & Pagani). Furthermore, since the majority of food eaten is prepared and kept in the household, it has already been shown that the setting for food at home has a remarkable impact on both parents' and the adolescents who are their kid's dining habits. Even while it is probable that their house, food, and school will eventually have an impact on them, children may not have much influence over their surroundings.

It was found that the familial meal setting has more of an effect on adolescent consuming nutritious food than unsafe ones, especially for younger teenage years, in the Recognition and avoided Dietary and Lifestyle-Induced Damage to Health in Students and Toddlers study, and these engaged 1435 communities from eighteen European countries. (2017) Bogl et al.

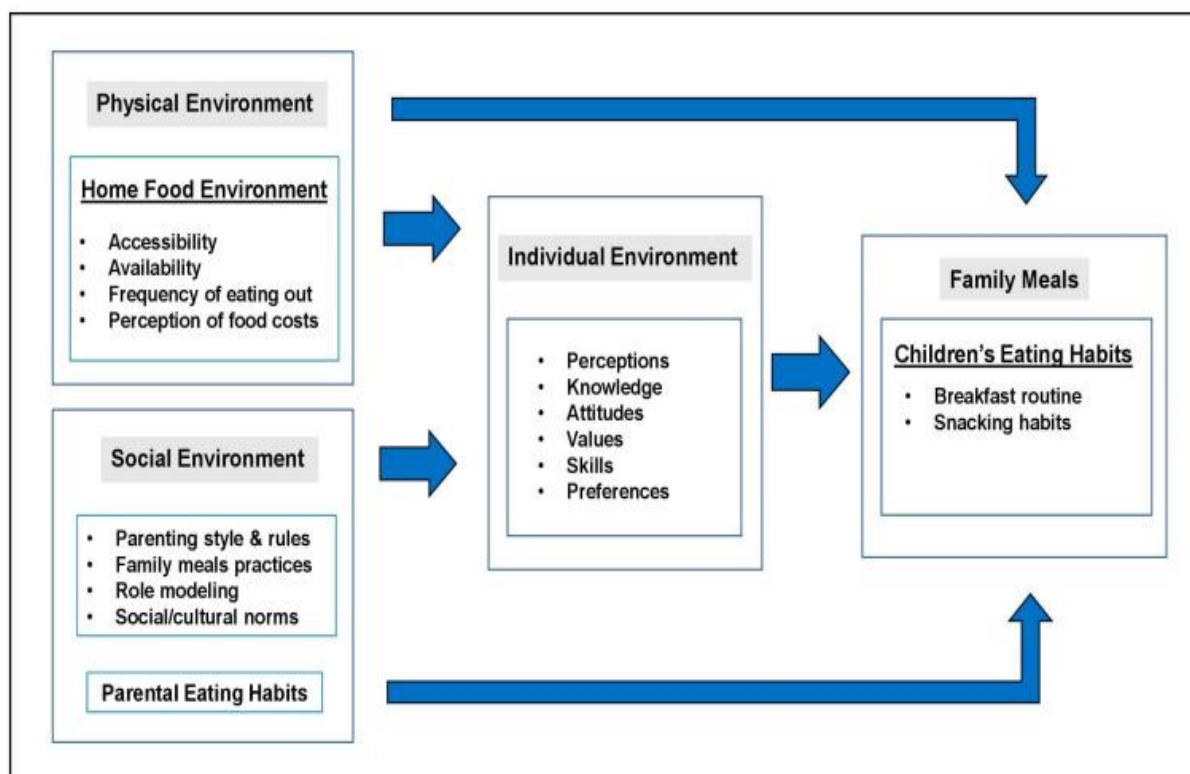
Children who ate meals cooked outside the house had greater intakes of items that were packed with sugar and cholesterol, according to data from the cross-sectional study of 4636 kids and teenagers between the age range of 1.5 and eighteen participating in the UK Integrated Diet and Malnutrition Assessment Rotating Programme. In addition, a systematic study published on the medical advantages of eating out and its connections to calorie consumption and the taste of the food. The review's conclusions indicate that dining out is associated with reduced vitamin consumption, including C vitamins, iron, and and calcium-rich soil, and inferior meals. (Ziauddeen et al., 2018)

INFLUENCE OF PARENTAL EATING HABITS ON CHILDREN'S EATING BEHAVIORS

The intricate interplay of social, psychological, and genetic influences on eating choices. However, parents seemed to exercise a lot of control over how they shaped the dietary patterns of their children. Adolescents' eating behaviours are impacted by intrapersonal, physical, and

social aspects. Over 70 of the food that kids eat are influenced by parents at home via their own personal intake and methods of socialisation. (Norman et al., 2018)

Multiple research studies that summarise how adult consuming habits and meal styles may be strongly connected with the eating habits of kids behaviours, choices for food intake, and absorption have been modified so order to comprehensively analyse the influence of adult dietary patterns on youngsters. In (Figure 1)



Source- (Mahmood et al., 2021)

Parental dietary behaviours are the unintentional actions that parents take to affect their adolescent's eating habits and environment. Many cross-sectional studies have found that, especially when more meals are shared, parents and children consume similar amounts of both good and unhealthy foods and beverages and have similar dietary compositions.

The consumption of different foods by children and parents was shown to be strongly connected and favourably involved in various longitudinal research. Thus, it has been demonstrated that



parents' eating habits play a role in developing and encouraging Good and bad eating habits in kids and teenagers. A Parent Mealtime Activities Score (PMAS) was developed in the USA involving 541 mothers as well as 439 dads to examine the impact of parenting meals behaviours on the nutritional and physical health of their offspring. The findings indicated that parents' dietary habits and nutritional status may be affected as a result of their surroundings and culture, which may also have an impact on their food choices. (Hansson et al., 2016)

CONCLUSION

Previous research has emphasized the significant influence of parents, particularly during adolescence and early ages, where they serve as role models, enforcers, and providers. Thus, intervention programs aiming to improve children's dietary habits should take into account not only what parents consume but also the parental influence in terms of food choices and feeding practices. It is crucial to recognize that multiple parental factors interact reciprocally and cannot be examined in isolation. The familial context in which teenage children live actively contributes to the establishment and promotion of acts that last over their adolescent years. Among these factors, family meals emerge as crucial moments of both control and interaction, exerting a significant influence on shaping adolescent's dietary habits.

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