Abstract Title
Family Encouragement for Healthy Eating as a Moderator of Restraint Eating on Fruit and Vegetable Consumption in Young Adults

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Background & Hypothesis
Past studies have suggested that high restraint eaters consume less energy-dense foods; however, little research has examined their fruit and vegetable consumption. The family, especially parents, plays a pivotal role in shaping eating behaviors in childhood and adolescence, and the unhealthy eating behaviors developed early in life tend to persist into adulthood. Nevertheless, the role of family on eating behaviors in young adulthood remained unclear. The current study investigated how family encouragement may influence the association between restraint eating and self-reported consumption of fruit and vegetable among young adults.

Methods
313 healthy young adults (M age = 21.86, SD = 2.24; 58% female) completed measures of fruit and vegetable consumption, restraint eating, and family encouragement in dietary social support. Hierarchical regression analysis was conducted to predict fruit and vegetable consumption by restraint eating, family encouragement, and their interaction. All models were adjusted for covariates, including age, gender and body mass index (BMI). Significant interaction was followed by simple slope analysis.

Results
Results indicated that more restraint eating (B=0.087, SE=0.038, p<0.05) and family encouragement (B=0.103, SE=0.038, p<0.01) were both associated with higher fruit and vegetable consumption. The interaction between family encouragement and restraint eating was also significant (B=0.080, SE=0.035, p<0.05). Simple slope analysis revealed that restraint eating was more strongly associated with fruit and vegetable consumption for individuals with higher family encouragement (B=0.166, SE=0.058, p<0.01) than those with lower family encouragement (B=0.005, SE=0.056, p>0.05).

Discussion & Conclusion
The findings suggest that family encouragement for healthy eating may promote restraint eaters to consume more fruits and vegetables.