

DO WE EAT HEALTHIER AFTER BECOMING PARENTS?

A literature review conducted by researchers at Aarhus University as part of the Edulia project* tried to answer this question.

The answer is that parenthood represents an **ambivalent** experience in regard to **healthy eating**. As we show below, parenthood contributes to some improvements as well as challenges for dietary healthiness.



EARLY PARENTHOOD IS AN OPPORTUNITY TO

- eat breakfast everyday
- increase intention to eat more fruit
- eat meals at regular hours



EARLY PARENTHOOD MIGHT ALSO

- increase consumption of **discretionary foods** rich in **fat, salt** and **sugar**



WHAT HEALTHY PROFESSIONALS CAN DO TO FACILITATE DIETARY HEALTHINESS

- Help to increase **self-efficacy** for cooking and meal planning
- Emphasize the importance of **self-care**
- Be attentive to signals of **stress, anxiety** and "baby blues"
- Give **non-judgmental**, simple and individualized nutrition guidance
- Focus on **dietary solutions** as opposed to constraints



FACTORS INFLUENCING DECREASE IN DIETARY HEALTHINESS

Environmental factors

- marketing strategies
- unhealthy work environment

Socio-economic factors

- financial constraints
- lack of support for food-related activities
- social visits and visiting

Personal factors

- time scarcity
- negligence of own health
- negative emotions
- negative body image



Source: Edulia Deliverable D7.1: Literature review on factors influencing parental dietary habits

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