Cheng-Hsin Wei, Mallika Bose, Barbara Lohse
Egg Intake Frequency Among Low-Income Is Not Associated With Lower Fruit, Vegetable, Or Fiber Intake: Informing Nutrition Education Program Development. Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity. Austin, Texas; May 23-26, 2012

Abstract

Purpose: To assess egg consumption frequency of low-income Pennsylvanians and examine associations with demographics and dietary intake for nutrition education program development.

Methods: Participants (n=245; 82% female; 28% white; mean age 51.4 ± 17.8 years) from 2 urban and 1 rural population centers in low-income neighborhoods completed telephone interviews about household food behaviors and food security. Dietary intake was estimated by the Block Food Screener, a 27-item tool to assess dietary fat, fruit, vegetable, and fiber intake.

Results/Findings: Participants were food insecure with high use of nutrition assistance programs (58%) and food banks (32%); only 27% were employed. Egg intake frequency ranged from ≤ once a month (22%) to ≥ 5 times a week (12%) with 61% consuming eggs at least once a week; greatest frequency was 1-2 times weekly (27%). A trend (P=0.08) toward greater intake by non-whites disappeared when controlled for location. Association of post-high school education with lower egg intake (P=0.035) remained for only one site after controlling for location. As expected, dietary fat and cholesterol intakes were increased in those consuming eggs more often (both, P<0.001), but fruit, vegetables, fiber, vitamin C, magnesium, and potassium intakes did not differ even after controlling for location. The rural population center had the lowest egg consumption frequency (P=0.03) as well as lowest fiber intake (P=0.04). BMI was not associated with egg intake frequency.

Conclusions: Although egg intake frequency is associated with higher dietary cholesterol and fat intake, other healthful dietary components (e.g. fruit, vegetables, high fiber foods) are not reduced with increased egg intake.