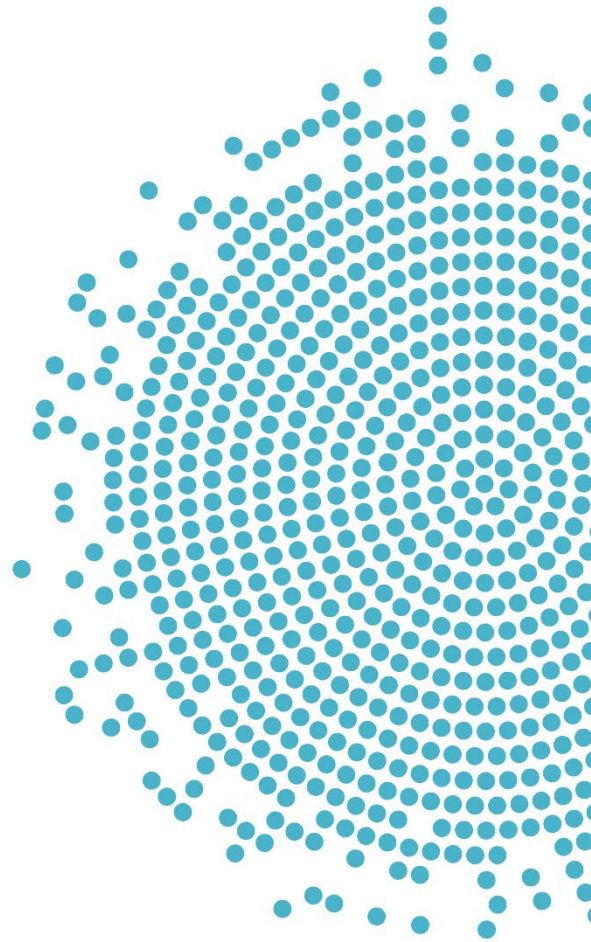




Frequency of Meals and/or Snacking and Consuming a Dietary Pattern That is Aligned With the *Dietary Guidelines for Americans: A Systematic Review Protocol*

Cristina Palacios, PhD, MSc,^{a,b} Cheryl A.M. Anderson, PhD, MPH, MS,^{a,c} Aline Andres, PhD, RD,^{a,d} Jennifer Orlet Fisher, PhD,^{a,e} Christopher D. Gardner, PhD,^{a,f} Edward Giovannucci, MD, ScD,^{a,g} Deanna M. Hoelscher, PhD, RDN, LD, CNS, FISBNPA,^{a,h} Valarie Blue Bird Jernigan, DrPH, MPH,^{a,i} Angela Odoms-Young, PhD, MS,^{a,j} Hollie A. Raynor, PhD, RD, LDN,^{a,k} Fatima Cody Stanford, MD, MPH, MPA, MBA, FAAP, FACP, FAHA, FAMWA, FTOS,^{a,g} Julie Obbagy, PhD, RD,^l Emily H. Callahan, MS,^m Natasha Chong Cole, PhD, MPH, RD,^m Brittany J. Kingshipp, PhD,^m Allison Webster, PhD, RD,^m Molly Higgins, MLIS,ⁿ Gisela Butera, MEd, MLIS,^o Nancy Terry, MLIS^o



^a Strategies for Individuals and Families Related to Diet Quality and Weight Management Subcommittee, 2025 Dietary Guidelines Advisory Committee

^b Florida International University, Subcommittee Chair

^c University of California San Diego

^d University of Arkansas for Medical Sciences

^e Temple University

^f Stanford University

^g Harvard University

^h UT Health Houston School of Public Health

ⁱ Oklahoma State University

^j Cornell University, Committee Vice Chair

^k University of Tennessee Knoxville

^l Branch Chief, Nutrition Evidence Systematic Review (NESR) Branch; Nutrition Guidance and Analysis Division (NGAD), Center for Nutrition Policy and Promotion (CNPP), Food and Nutrition Service (FNS), U.S. Department of Agriculture (USDA)

^m Systematic Review Analyst, NESR Branch; NGAD, CNPP, FNS, USDA

ⁿ Systematic Review Librarian, NESR Branch; NGAD, CNPP, FNS, USDA

^o Biomedical Librarian/Informationist, National Institutes of Health Library

Suggested citation: Palacios C, Anderson CAM, Andres A, Fisher JO, Gardner CD, Giovannucci E, Hoelscher DM, Jernigan VBB, Odoms-Young A, Raynor HA, Stanford FC, Obbagy J, Callahan EH, Cole NC, Kingshipp BJ, Webster A, Higgins M, Butera G, Terry N. Frequency of Meals and/or Snacking and Consuming a Dietary Pattern That is Aligned With the Dietary Guidelines for Americans: A Systematic Review Protocol. May 2023. U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion, Nutrition Evidence Systematic Review. Available at: <https://nesr.usda.gov/protocols>

The contents of this document may be used and reprinted without permission. Endorsements by NESR, NGAD, CNPP, FNS, or USDA of derivative products developed from this work may not be stated or implied.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons using assistive technology should be able to access information in this report. For further assistance please email SM.FN.NESR@USDA.gov.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

Table of contents

Table of contents	3
Introduction	4
Methods	4
Develop a protocol	4
Develop an analytic framework	5
Develop inclusion and exclusion criteria	6
Search for and screen studies	8
Extract data and assess the risk of bias	8
Synthesize the evidence	8
Develop conclusion statements and grade the evidence	8
Recommend future research.....	9
Acknowledgments and funding	9
Table 1. Review history	4
Table 2. Inclusion and exclusion criteria.....	6
Figure 1. Analytic framework for the systematic review question: What is the relationship between frequency of meals and/or snacking and consuming a dietary pattern that is aligned with the <i>Dietary Guidelines for Americans</i> ?.....	5

Introduction

To prepare for the development of the *Dietary Guidelines for Americans, 2025-2030*, the U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA) identified a proposed list of scientific questions based on relevance, importance, potential federal impact, and avoiding duplication, which were posted for public comment.* The Departments appointed the 2025 Dietary Guidelines Advisory Committee (Committee) in January 2023 to review evidence on the scientific questions. The proposed scientific questions were refined and prioritized by the Committee for consideration in their review of the evidence. Their review forms the basis of their independent, science-based advice and recommendations to HHS and USDA, which is considered as the Departments develop the next edition of the *Dietary Guidelines*. As part of that process, the following systematic review question has been identified: What is the relationship between frequency of meals and/or snacking and consuming a dietary pattern that is aligned with the *Dietary Guidelines for Americans*?

The Committee will conduct a systematic review to address this question, with support from USDA's Nutrition Evidence Systematic Review (NESR) team (**Table 1**).

Table 1. Review history

Date	Description	Citation
May 2023	Systematic review protocol for the 2025 Dietary Guidelines Advisory Committee published online	Palacios C, Anderson CAM, Andres A, Fisher JO, Gardner CD, Giovannucci E, Hoelscher DM, Jernigan VBB, Odoms-Young A, Raynor HA, Stanford FC, Obbagy J, Callahan EH, Cole NC, Kingshipp BJ, Webster A, Higgins M, Butera G, Terry N. Frequency of Meals and/or Snacking and Consuming a Dietary Pattern That is Aligned With the Dietary Guidelines for Americans: A Systematic Review Protocol. May 2023. U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion, Nutrition Evidence Systematic Review. Available at: https://nesr.usda.gov/protocols

Methods

The NESR methodology manual † has a detailed description of the NESR methodology as it will be applied in the systematic reviews for the Dietary Guidelines for Americans, 2025-2030 Project. This section presents an overview of the specific methods that will be used to by the Committee to answer the systematic review question: What is the relationship between frequency of meals and/or snacking and consuming a dietary pattern that is aligned with the *Dietary Guidelines for Americans*?

Develop a protocol

A systematic review protocol is the plan for how NESR's methodology will be used to conduct a specific systematic review and is established by the Committee, *a priori*, before any evidence is reviewed. The protocol is designed to capture the most appropriate and relevant body of evidence to answer the systematic review question. Development of the protocol involves discussion of the strengths and limitations of various

* Dietary Guidelines for Americans: Learn About the Process. 2022. Available at: <https://www.dietaryguidelines.gov/work-under-way/learn-about-process>

† USDA Nutrition Evidence Systematic Review Branch. USDA Nutrition Evidence Systematic Review: Methodology Manual. February 2023. U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion, Nutrition Evidence Systematic Review. Available at: <https://nesr.usda.gov/methodology-overview>

methodological approaches relevant to the question, which then inform subsequent steps of the systematic review process. The protocol describes all of the methods that will be used throughout the systematic review process. Additionally, the protocol includes the following components, which are tailored to each systematic review question: the analytic framework, the inclusion and exclusion criteria, and the synthesis plan.

Develop an analytic framework

An analytic framework visually represents the overall scope of the systematic review question and depicts the contributing elements that will be examined and evaluated. **Figure 1** is the analytic framework for the systematic review and shows that the intervention or exposure of interest is the frequency of meals and/or snacking in toddlers, children, adolescents, adults, and older adults; definitions will vary across studies and include occasion-based measures such as meals (e.g., breakfast), snacking, and number of eating occasions. The comparator is a different frequency of meals and/or snacking. The outcome is diet quality as measured by the Healthy Eating Index in toddlers, children, adolescents, adults, and older adults. The key confounders that may impact the relationships of interest are sex, age, physical activity, race and/or ethnicity, socioeconomic position, and diet quality at baseline in all populations; and smoking in adults and older adults.

Figure 1. Analytic framework for the systematic review question: What is the relationship between frequency of meals and/or snacking and consuming a dietary pattern that is aligned with the *Dietary Guidelines for Americans*?

<i>Population</i>	<i>Intervention/exposure</i>	<i>Comparator</i>	<i>Outcome</i>	<i>Key confounders</i>
Toddlers, children, and adolescents (1 up to 19 years)	Frequency of meals and/or snacking*	Different frequency of meals and/or snacking	In toddlers, children, adolescents, adults, and older adults: <ul style="list-style-type: none"> Diet quality as measured by the Healthy Eating Index 	<ul style="list-style-type: none"> Sex Age Physical activity Race and/or ethnicity Socioeconomic position Diet quality at baseline Smoking (adults, older adults)
Adults and older adults (19 years and older)				

* Definitions will vary across studies and include occasion-based measures such as meals (e.g., breakfast), snacking, and number of eating occasions.

Synthesis organization:

- I. **Intervention/exposure:** Meals (e.g., breakfast); Snacking; Number of eating occasions
 - a. **Population:** Toddlers; Children; Adolescents; Adults; Older adults
 - i. **Outcome:** Diet quality

Develop inclusion and exclusion criteria

The inclusion and exclusion criteria provide an objective, consistent, and transparent framework for determining which articles to include in the systematic review (see **Table 2**). These criteria ensure that the most relevant and appropriate body of evidence is identified for the systematic review question, and that the evidence reviewed is:

- Applicable to the U.S. population of interest
- Relevant to Federal public health nutrition policies and programs
- Rigorous from a scientific perspective

Table 2. Inclusion and exclusion criteria

Category	Inclusion Criteria	Exclusion Criteria
Study design	<ul style="list-style-type: none"> • Randomized controlled trials • Non-randomized controlled trials* • Prospective cohort studies • Retrospective cohort studies • Nested case-control studies 	<ul style="list-style-type: none"> • Uncontrolled trials† • Case-control studies • Cross-sectional studies • Ecological studies • Narrative reviews • Systematic reviews • Meta-analyses • Modeling and simulation studies
Publication date	<ul style="list-style-type: none"> • January 2000 – May 2023 	<ul style="list-style-type: none"> • Before January 2000, after May 2023
Population: Study participants	<ul style="list-style-type: none"> • Human 	<ul style="list-style-type: none"> • Non-human
Population: Life stage	<ul style="list-style-type: none"> • At intervention or exposure and outcome: <ul style="list-style-type: none"> ○ Toddlers (12 up to 24 months) ○ Children and adolescents (2 up to 19 years) ○ Adults and older adults (19 years and older) ○ Individuals during pregnancy ○ Individuals during postpartum 	<ul style="list-style-type: none"> • At intervention or exposure and outcome: <ul style="list-style-type: none"> ○ Infants (birth up to 12 months)

* Including quasi-experimental and controlled before-and-after studies

† Including uncontrolled before-and-after studies

Category	Inclusion Criteria	Exclusion Criteria
Population: Health status	<ul style="list-style-type: none"> Studies that <u>exclusively</u> enroll participants not diagnosed with a disease* Studies that enroll <u>some</u> participants: <ul style="list-style-type: none"> diagnosed with a disease; diagnosed with a disorder that affects feeding/eating or growth (e.g., autism spectrum disorder, attention-deficit/hyperactivity disorder, eating disorders); with severe undernutrition, failure to thrive/underweight, stunting, or wasting; receiving pharmacotherapy to treat obesity; pre- or post-bariatric surgery; and/or hospitalized for an illness, injury, or surgery 	<ul style="list-style-type: none"> Studies that <u>exclusively</u> enroll participants: <ul style="list-style-type: none"> diagnosed with a disease;† diagnosed with a disorder that affects feeding/eating or growth (e.g., autism spectrum disorder, attention-deficit/hyperactivity disorder, eating disorders); with severe undernutrition, failure to thrive/underweight, stunting, or wasting; receiving pharmacotherapy to treat obesity; pre- or post-bariatric surgery; and/or hospitalized for an illness, injury, or surgery‡
Intervention/ Exposure	<ul style="list-style-type: none"> Frequency of meals and/or snacking. Definitions will vary across studies and include occasion-based measures such as: <ul style="list-style-type: none"> Meals (e.g., breakfast) Snacking Number of eating occasions Multi-component intervention in which the isolated effect of the intervention of interest on the outcome(s) of interest is provided or can be determined despite multiple components 	<ul style="list-style-type: none"> Studies that only examine frequency of intake of a single food, beverage or category of foods and/or beverages (e.g., frequency of cereal consumption, frequency of dairy consumption, frequency of snack foods) Multi-component intervention in which the isolated effect of the intervention of interest on the outcome(s) of interest is not provided or cannot be determined due to multiple components
Comparator	<ul style="list-style-type: none"> Different frequency of meals and/or snacking 	<ul style="list-style-type: none"> N/A
Outcome(s)	<ul style="list-style-type: none"> Diet quality as measured by the Healthy Eating Index (HEI), including versions jointly released by USDA and HHS starting in 2008 (HEI-2005, HEI-2010, and HEI-2015) 	<ul style="list-style-type: none"> Other scales or indices of diet quality, including those based on or adapted from the HEI that are not released jointly by USDA and HHS.
Publication status	<ul style="list-style-type: none"> Peer-reviewed articles published in research journals 	<ul style="list-style-type: none"> Non-peer-reviewed articles, unpublished data or manuscripts, pre-prints, reports, editorials, retracted articles, and conference abstracts or proceedings
Language	<ul style="list-style-type: none"> Published in English 	<ul style="list-style-type: none"> Not published in English
Country§	<ul style="list-style-type: none"> Studies conducted in countries classified as high or very high on the Human Development Index the year(s) the intervention/exposure data were collected 	<ul style="list-style-type: none"> Studies conducted in countries classified as medium or low on the Human Development Index the year(s) the intervention/exposure data were collected

* Studies that enroll participants who are at risk for chronic disease will be included

† Studies that exclusively enroll participants with obesity will be included

‡ Studies that exclusively enroll participants post-cesarean section will be included

§ The classification of countries on the Human Development Index (HDI) is based on the UN Development Program Human Development Report Office (<http://hdr.undp.org/en/data>) for the year the study intervention occurred or data were collected. If the study does not report the year(s) in which the intervention/exposure data were collected, the HDI classification for the year of publication is applied. Studies conducted prior to 1990 are classified based on 1990 HDI classifications. If the year is more recent than the available HDI values, then the most recent HDI classifications are used. If a country is not listed in the HDI, then the current country classification from the World Bank is used (The World Bank Country and Lending Groups, available from: <https://datahelpdesk.worldbank.org/knowledgebase/articles/906519-world-country-and-lending-groups>)

Search for and screen studies

NESR librarians, in collaboration with NESR analysts and the Committee, will use the analytic framework and inclusion and exclusion criteria to develop a comprehensive literature search strategy. The literature search strategy will include selecting and searching the appropriate bibliographic databases, translating search using syntax appropriate for the databases being searched, and employing search refinements, such as search filters. The full literature search will be available upon request, and will be fully documented in the final review.

The results of all electronic database searches, after removal of duplicates, will be screened independently by two NESR analysts using a step-wise process by reviewing titles, abstracts, and full-texts to determine which articles meet the inclusion criteria. Manual searching will be conducted to find peer-reviewed published articles not identified through the electronic database search. These articles will also be screened independently by two NESR analysts at the abstract and full-text levels.

Extract data and assess the risk of bias

NESR analysts will extract all essential data from each included article to describe key characteristics of the available evidence, such as the author, publication year, cohort/trial name, study design, population life stage at intervention/exposure and outcome, intervention/exposure and outcome assessment methods, and outcomes. One NESR analyst will extract the data and a second NESR analyst will review the extracted data for accuracy. Each article included in the systematic review will undergo a formal risk of bias assessment, with two NESR analysts independently completing the risk of bias assessment using the tool that is appropriate for the study design.*†‡

Synthesize the evidence

The Committee will describe, compare, and combine the evidence from all included studies to answer the systematic review question. Synthesis of the body of evidence will involve identifying overarching themes or key concepts from the findings, identifying and explaining similarities and differences between studies, and determining whether certain factors impact the relationships being examined. The first level of synthesis organization will be by intervention/exposure. Then, within each intervention/exposure, the evidence will be organized by population. Within each of the population groups, the evidence will be organized by similarity in outcome. Depending on the available evidence, the synthesis may be organized by participant characteristics such as race and/or ethnicity, socioeconomic position, and health status.

Develop conclusion statements and grade the evidence

After the Committee synthesizes the body of evidence, they will draft a conclusion statement or conclusion statements. A conclusion statement is one or more summary statements carefully constructed to answer the systematic review question. It reflects the evidence reviewed, as outlined in the analytic framework (e.g., PICO elements) and synthesis plan, and does not take evidence from other sources into consideration. The Committee will review, discuss, and revise the conclusion statement until they reach agreement on wording that accurately reflect the body of evidence.

* Sterne JAC, Savovic J, Page MJ, et al. RoB 2: a revised tool for assessing risk of bias in randomised trials. *BMJ*. Aug 28 2019;366:I4898.doi:10.1136/bmj.I4898

† Sterne JA, Hernan MA, Reeves BC, et al. ROBINS-I: a tool for assessing risk of bias in non-randomised studies of interventions. *BMJ*. Oct 12 2016;355:i4919.doi:10.1136/bmj.i4919

‡ ROBINS-E Development Group., Higgins J, Morgan R, et al. Bias In Non-randomized Studies - of Exposure (ROBINS-E). 2022. <https://www.riskofbias.info/welcome/robins-e-tool>

The Committee will then assign a grade to each conclusion statement (i.e., strong, moderate, limited, or grade not assignable). The grade communicates the strength of the evidence supporting a specific conclusion statement to decision makers and stakeholders. NESR has predefined criteria, based on five grading elements that the Committee will use to evaluate and grade the strength of the evidence supporting each conclusion statement. The five grading elements are: consistency, precision, risk of bias, directness and generalizability of the evidence. Study design will also be considered during the grading process.

Recommend future research

The Committee will identify and document research gaps and methodological limitations throughout the systematic review process. These gaps and limitations will be used to develop research recommendations that describe the research, data, and methodological advances that are needed to strengthen the body of evidence on a particular topic. Rationales for the necessity of additional or stronger research may also be provided with the research recommendations.

Acknowledgments and funding

The Committee members are involved in: establishing all aspects of the protocol, which presents the plan for how they are planning to examine the scientific evidence, including the inclusion and exclusion criteria; reviewing all studies that meet the criteria the Committee sets; deliberating on the body of evidence for each question; and writing and grading the conclusion statements. The NESR team, with assistance from Federal staff from HHS and USDA (Meghan Adler, MS, RDN; Carolyn Chung, PhD; Dana DeSilva, PhD, RD; Chinwe Obudulu, MS, RD, LD; Elizabeth Rahavi, RD) and Project Leadership (HHS: Janet de Jesus, MS, RD; USDA: Eve Stoodly, PhD), supports the Committee by facilitating, executing, and documenting the work necessary to ensure the reviews are completed in accordance with NESR methodology.

Funding: United States Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion, Alexandria, VA