

labor shortages, a lack of knowledge regarding halal food and its importance among students, inadequate accessibility of halal foods, financial constraints, limited storage space, and cross-contamination concerns. Demand and advocacy from students, the community, and institutional support, as well as improvements in the accessibility of halal food and efforts to identify affordable sources of halal food, emerged as important facilitators of halal food availability on higher education campuses.

Conclusions: Understanding challenges and facilitators to the provision of halal food across U.S. college campuses is fundamental in informing strategies and policies addressing food and nutrition insecurity among students who adhere to a halal diet. Continued research is needed to uncover heterogeneities in these factors across communities and geographical areas and explore broader policy solutions to students' food and nutrition insecurity that is influenced by halal food availability.

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P19-48-26 Youth Perspectives on Trump Era Supplemental Nutrition Assistance Program Policy Changes

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Objectives: The Supplemental Nutrition Assistance Program (SNAP) provides monthly food benefits to 41.6 million U.S. households, with over 30% of recipients being children. Recent SNAP policy changes include new work requirements, limits on benefit increases, and in 18 states, restrictions on purchasing sugar-sweetened beverages (SSBs) and candy. This study assesses youth perceptions and opinions about these changes to SNAP.

Methods: Participants were recruited from MyVoice, a national text message cohort of youth aged 14-24, recruited online to match national benchmarks for demographics. Participants answered four open-ended questions regarding (1) their overall views of SNAP, (2) proposed bans on SSBs and candy purchases with SNAP, (3) new work requirements for young adults and parents of teens, and (4) future caps on SNAP benefits. The survey was open from October 23 – 31, 2025. Responses were analyzed using content analysis.

Results: Of 608-youth invited to participate, 487 responded (response rate 80%), with over 30% reporting personal SNAP use. Most youth (83%) viewed SNAP positively, citing its assistance with food costs and effects on reduced food insecurity. More youth (43%) disagreed with SSB and candy restrictions, while 37% supported them. Nearly half (46%) opposed new work requirements, expressing concern about unemployment and increased barriers to food assistance. A large majority (75%)

opposed limits on future SNAP benefit increases, citing the need for benefits to keep pace with food prices and concern that limits would worsen food insecurity.

Conclusions: Youth greatly value SNAP as a key component of the social safety net and generally oppose recent policy changes that may decrease access or exacerbate food insecurity. These findings underscore the importance of incorporating youth perspectives into SNAP policy discussions.

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P19-49-26 Ultra-Processed Foods and the Emergence of Addictive Eating Behaviors

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Objectives: Ultra-processed foods are associated with adverse health outcomes and may trigger addictive biological and behavioral responses. This review aims to examine the association between ultra-processed food consumption and food addiction symptoms and addictive eating behaviors.

Methods: A comprehensive literature search was conducted for studies published up to February 2026 using PubMed, Web of Science, Scopus, and the Cochrane Library. The search terms included “ultra-processed food”, “NOVA”, “food addiction”, and “dietary intake”. Four independent reviewers performed study screening and data extraction.

Results: Higher consumption of ultra-processed foods is consistently associated with greater food addiction symptoms and addictive eating behaviors. Individuals reporting more food addiction symptoms, irrespective of formal diagnostic status, tend to consume higher amounts of ultra-processed foods. Additives used in ultra-processed foods may enhance palatability compared to minimally processed foods, potentially reinforcing addictive-like eating patterns.

Conclusions: Further research is needed in more diverse populations to examine differences by sex, addictive versus habitual eating patterns, and longitudinal changes over time, in order to inform targeted prevention and treatment strategies.

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P19-50-26 Effect of 500 mL Drinking Water Instead of One Serving of Apple Juice or No Drink on Change in Saliva Metabolomic Profile in Healthy Children

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