




Negative Influence of Social Media on Children's Diets: A Systematic Review

Victor Prybutok ^{1,2} , Gayle Prybutok ³  and Jesudhas Yogarajah ^{4,*} 

¹ G. Brint Ryan College of Business, University of North Texas, Denton, TX 76203, USA; victor.prybutok@unt.edu

² Toulouse Graduate School, University of North Texas, Denton, TX 76201, USA

³ Rehabilitation and Health Services Department, University of North Texas, Denton, TX 76203, USA; gayle.prybutok@unt.edu

⁴ Department of Information Science, University of North Texas, Denton, TX 76205, USA

* Correspondence: jesudhasyogarajah@my.unt.edu

Abstract: The widespread use of social media among children has raised concerns about its impact on their dietary habits and health. This systematic review investigates the negative effects of social media on children's diets to inform evidence-based interventions and policies. A search of peer-reviewed studies from 2020 to 2024 was conducted using PubMed, Web of Science, and Scopus. Studies involving children aged 5–18 and examining social media's influence on diet were included. Two independent reviewers screened the studies, and data extraction and quality assessment were done using standardized methods. Of 945 identified studies, 25 met the inclusion criteria. The key themes included (1) exposure to unhealthy food advertisements, (2) peer influence promoting energy-dense, nutrient-poor foods, (3) distorted body image perceptions leading to unhealthy eating, and (4) reduced mealtime quality due to social media distractions. Stronger associations were observed for marketing exposure and peer influence on food choices. The review highlights social media's negative effects on children's diets, emphasizing the need for interventions, stricter food marketing regulations, and educational programs to enhance media literacy. Future research should explore the long-term impacts and protective factors to guide policies for creating healthier digital environments for children.



Citation: Prybutok, V.; Prybutok, G.; Yogarajah, J. Negative Influence of Social Media on Children's Diets: A Systematic Review. *Encyclopedia* **2024**, *4*, 1700–1710. <https://doi.org/10.3390/encyclopedia4040111>

Academic Editors: Antonio Cicchella and Michele Filippo Fontefrancesco

Received: 22 August 2024

Revised: 23 October 2024

Accepted: 13 November 2024

Published: 18 November 2024



Copyright: © 2024 by the authors. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

Keywords: social media; children's nutrition; dietary behavior; food marketing; digital health

1. Introduction

In recent years, the pervasive presence of social media in children's lives has raised significant concerns about its impact on various aspects of their well-being, including their dietary habits and nutritional health. As digital platforms continue to evolve and proliferate, children are increasingly exposed to a virtual environment that can shape their food preferences, eating behaviors, and overall relationships with nutrition. The intersection of social media and children's diets is a complex and multifaceted issue. Social media platforms offer unprecedented access to information about nutrition, healthy recipes, and wellness trends. However, these potential benefits are often overshadowed by the negative influences that dominate many popular social media channels.

Social media platforms have become powerful tools for food and beverage companies to target young audiences with advertisements for unhealthy products. These marketing strategies utilize various sophisticated techniques, including influencer partnerships and interactive content, which have been proven to be particularly effective in shaping children's food preferences [1,2]. The marketing of unhealthy foods on social media can increase children's consumption of the promoted products [1]. Studies have emphasized the necessity for regulations and policies to limit children's exposure to unhealthy food marketing on social media platforms [2]. While social media can serve as a significant tool

for enhancing consumer awareness about healthy food choices [2], it also presents risks, especially for children. Due to children's limited cognitive and social development, they are especially susceptible to the promotion of unhealthy foods and beverages [3].

Social media plays a significant role in amplifying peer pressure on children by exposing them to images and videos of friends and influencers consuming unhealthy foods. This exposure can normalize poor dietary choices and create social pressure to conform to unhealthy eating patterns. Studies have shown that peer pressure, influenced by social cognitive variables and Bandura's social cognitive theory, can lead to unhealthy behaviors, including disordered eating habits. Children aged 5–18 years often express a desire to match their eating habits with those of their peers, indicating a strong influence of social circles on dietary choices [4]. Additionally, children who spend a considerable amount of time in school are vulnerable to peer pressure, which can contribute to unhealthy eating behaviors [5]. The influence of social media on peer pressure related to eating behaviors is multifaceted, with factors such as family socioeconomic status, psychosocial influences, and school-based interventions all playing a role in shaping adolescent dietary habits [5]. The desire to fit in with peers and the impact of social media addiction on eating behaviors further underscore the complex interplay between social influences and dietary choices among children aged 5–18 years [6]. Therefore, understanding the dynamics of peer pressure and social media influence is crucial for addressing and promoting healthy eating behaviors among young adults.

Exposure to idealized body images on social media platforms can create a sense of pressure to conform to unrealistic standards, foster body dissatisfaction, and promote unhealthy eating patterns [7,8]. Research shows that the spread of nutritional misinformation and fad diets on social media can negatively impact eating habits, body image perception, and dietary behaviors across different age groups, with children being particularly vulnerable to confusion and potentially adopting unhealthy or restrictive eating patterns [9].

The proliferation of diet and nutrition content on social media platforms poses growing challenges, especially for young users. Studies indicate that exposure to unreliable nutrition information and trendy diets online can lead to an increased risk of adopting overly restrictive or imbalanced diets. Social media distraction has been associated with lower task performance, increased anxiety, and lower focus levels. The constant availability and engaging nature of social media platforms contribute to distraction, potentially leading individuals to overconsume food and make poor dietary choices. Understanding the role of social media-induced distraction is crucial for addressing challenges related to mindful eating and promoting healthier food choices [10,11]. The impact of social media and fad diets on eating habits, body image perception, and the development of unhealthy dietary behaviors among different age groups is a growing issue. Research has shown that the spread of nutritional misinformation and fad diets on social media platforms can lead to confusion among children, potentially resulting in the adoption of unhealthy or restrictive eating habits [12]. Social media's influence on eating habits, lifestyle modifications, and body image perception, especially among adults, highlights the need to address the dissemination of inaccurate nutritional information and promote healthy eating behaviors [13]. Understanding the role of fad diets and social media in shaping dietary choices is crucial for promoting a positive body image and healthy eating habits among individuals of all ages [14]. This review aims to synthesize the current evidence on the negative influences of social media on children's diets across diverse populations and contexts. This review seeks to establish an evidence base that can inform the development of interventions, policies, and guidelines aimed at mitigating the negative effects of social media on children's diets.

2. Methodology

We conducted a systematic review following the preferred reporting items for systematic reviews and meta-analyses (PRISMA) guidelines to address this critical issue. A comprehensive search of peer-reviewed literature published between 2020 and 2024 was performed using multiple databases, including PubMed, Web of Science, and Scopus. The

search strategy employed a combination of medical subject headings (MeSH) terms and keywords related to social media, children, diet, and nutrition. The inclusion criteria were observational and experimental studies focusing on children aged 5–18 years, examining the relationship between social media use and dietary outcomes. Two independent reviewers screened the titles and abstracts, followed by a full-text assessment of potentially eligible studies. Data extraction was conducted using a standardized form that captured the study characteristics, methodology, key findings, and quality assessment based on the Newcastle–Ottawa scale. This rigorous PRISMA approach ensures a transparent, reproducible, and comprehensive synthesis of the current evidence on the negative influence of social media on children’s diets. We registered in PROSPERO with ID-583918.

2.1. Eligibility Criteria

Studies were included if they (a) were published between 2020 and 2024, (b) focused on children aged 5–18 years, (c) examined the relationship between social media use and dietary outcomes, (d) were peer-reviewed original research articles, and (e) were written in English. We excluded review articles, commentaries, and studies that focused solely on adults and infants.

2.2. Search Strategy

A comprehensive search of PubMed, Web of Science, and Scopus was performed. The search strategy employed a combination of MeSH terms and keywords related to social media (e.g., “social media”, “social network”, “Twitter”, “YouTube”), children (e.g., “child”, “youth”), and diet (e.g., “diet”, “nutrition”, “eating behavior”, “food intake”).

2.3. Selection Process

Two independent reviewers screened the titles and abstracts of the identified studies. The full texts of potentially eligible studies were then assessed according to the inclusion criteria. Disagreements were resolved through discussion or consultation with a third reviewer.

2.4. Data Collection Process

Data were extracted using a standardized, pre-piloted form. Two reviewers independently extracted data, with the discrepancies resolved through consensus.

2.5. Data Items and Effect Measures

The extracted data included study characteristics (e.g., author, year, and country), participant demographics, social media exposure, dietary outcome measures, and effect sizes (e.g., odds ratios, mean differences, and correlation coefficients).

2.6. Study Risk of Bias Assessment

The quality of the included studies was assessed using the Newcastle–Ottawa scale for observational studies and the Cochrane risk of bias tool for experimental studies.

2.7. Synthesis Methods

Due to the anticipated heterogeneity in study design and outcome measures, a narrative synthesis was planned as the primary data synthesis method. Where possible, meta-analyses were conducted for studies with comparable outcome measures using random-effects models. Heterogeneity was assessed using I^2 statistics.

Each component is described in detail, providing a comprehensive overview of the systematic review process. Figure 1 illustrates this approach, which ensures transparency and reproducibility, which are key principles of the PRISMA guidelines.

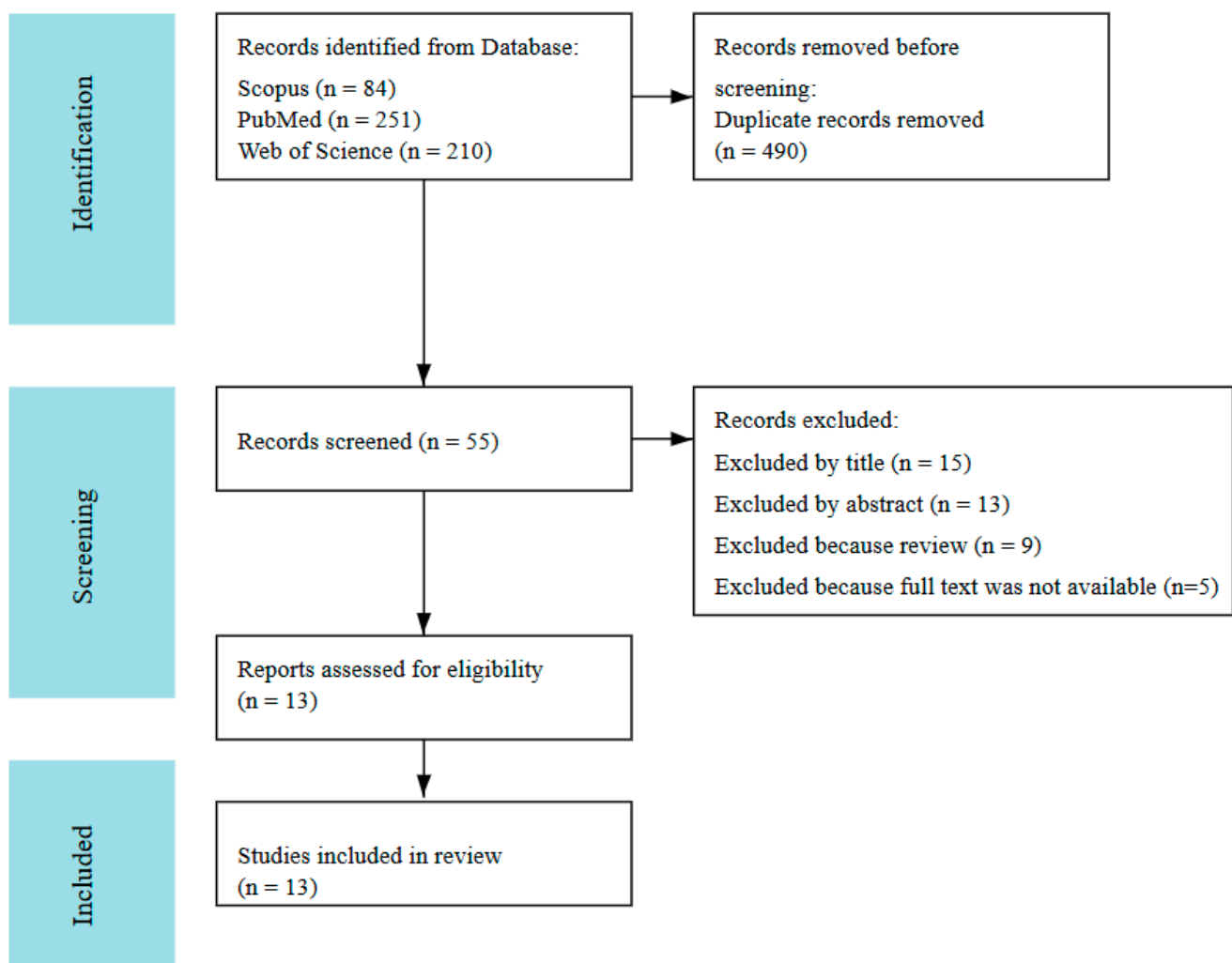


Figure 1. Flow diagram of article selection process.

3. Results

Table 1 summarizes the 13 included studies that examined the differential potential exposure and/or impact of social media on children. Three studies were conducted in the United States of America (USA). Two were conducted in Australia, England, Canada, Turkey, Italy, France, and Germany. The data on social media can be categorized into usage patterns, content exposure, content creation and trends, and influencer/marketing impact. These categories collectively illustrate how different aspects of social media—ranging from time spent online to the type of content consumed and created—affect users. This framework helps us to understand the complex relationship between social media interactions, content exposure, and their impact on behaviors and perceptions, particularly in areas such as the negative side of food-related content and diet trends. The four categories of social media usage patterns, content exposure, content creation, and influencer marketing provide a framework for analyzing the multifaceted impacts of social media. They show how time spent on social media, the content consumed and created, and influencer marketing collectively shape user behaviors and perceptions, especially around food and diet-related topics. Understanding these different dimensions helps illustrate the complex relationships between social media use and its effects on individuals.

Table 1. Characteristics, quality assessment, and main results of the included studies (n = 13) by age group, exposure, outcome, and key results.

Years, Country	Population (Age Range)	Exposure	Outcome	Design	Key Results
(2020, USA)	8–12 years	Social media use (hours/day)	Unhealthy food consumption	Observational	A positive correlation was found between social media use and consumption of sugar-sweetened beverages and fast food among 8–12-year-olds in the USA [15].
(2024, UK)	10–16 years	Food-related social media content exposure	Eating and eating behavior choices	Observational	Exposure to food-related social media content was associated with increased intake of high-calorie snacks among 10–16-year-olds in the UK [16].
(2021, Germany)	11–18 years	Social media influencer marketing	Body image and dietary habits	Review	Influencer marketing of unhealthy foods on social media was linked to poor body image and increased consumption of advertised products among 11–18-year-olds in Germany [3].
(2021, France)	13–17 years	Time spent on social networking sites	Meal skipping and snacking patterns	Observational	Higher social media use correlated with increased meal skipping and unhealthy snacking behaviors in 13–17-year-olds in France [17].
(2021, Australia)	10–15 years	Social media food advertising	Food preferences and purchase requests	Review	Children exposed to food ads on social media exhibited stronger preferences for unhealthy foods and made more purchase requests to parents among 10–15-year-olds in Australia [18].
(2021, USA)	09–16 years	Social media-based diet trends	Eating disorders and nutritional deficiencies	Content analysis	Participation in viral social media diets was associated with an increased risk of eating disorders and nutritional inadequacies in 9–16-year-olds [19].
(2022, Italy)	8–11 years	Screen time, including social media	Obesity and physical activity	Observational	Higher screen time, including social media use, correlated with higher BMI and lower physical activity levels in 8–11-year-olds in Italy [20].
(2020, UK)	15–19 years	Exposure to idealized body images on social media	Body dissatisfaction and restrictive eating	Observational	Greater exposure to idealized body images on social media was linked to increased body dissatisfaction and restrictive eating behaviors in 15–19-year-olds in the UK [21].
(2024, Canada)	13–17 years	Social media-based food challenges and trends	Risk-taking eating behaviors	Mixed methods	Participation in viral food challenges on social media was associated with increased risk-taking in food consumption among 13–17-year-olds in Canada [22].

Table 1. Cont.

Years, Country	Population (Age Range)	Exposure	Outcome	Design	Key Results
(2023, Turkey)	15–18 years	Social media use intensity	Emotional eating and food addiction	Observational	Higher social media use intensity correlated with increased emotional eating and symptoms of food addiction in 15–18-year-olds in Turkey [23].
(2022, Australia)	8–12 years	Exposure to peer food choices on social media	The influence of peer influences on eating habits	Observational	Children were more likely to mimic the unhealthy eating habits of peers seen on social media platforms [24].
(2022, USA)	9–11 years	Food-related social media content creation	Self-perception and eating behaviors	Case report	Children aged 9–11 who frequently posted food-related content on social media exhibited higher levels of dietary restriction and weight concerns [25].
(2023, Canada)	10–12 years	Social media-based nutrition misinformation	Nutritional knowledge and dietary choices	Content analysis	Exposure to nutrition misinformation via social media leads to poorer nutritional knowledge and less healthy food choices [26].

A study in the United States focusing on 8–12-year-olds found a positive correlation between social media use and the consumption of sugar-sweetened beverages and fast food [15]. Similarly, in the UK, exposure to food-related social media content was associated with an increased intake of high-calorie snacks among children 10 to 16 years old [16]. In Germany, a study was explored to find the influence of social media influencer marketing on 11–18-year-olds, revealing a link between exposure to influencer marketing of unhealthy foods and poor body image along with increased consumption of advertised products [3]. Furthermore, in France, a study found that 13–17-year-olds had higher social media use, which was correlated with increased meal skipping and unhealthy snacking behaviors [17]. The impact of social media food advertising on 10–15-year-olds revealed that children exposed to food ads on social media exhibited stronger preferences for unhealthy foods and made more purchase requests from parents [18]. Moreover, another study explored the association between social media-based diet trends and eating disorders among 9–16-year-olds, highlighting the increased risk of eating disorders and nutrition inadequacies linked to participation in viral social media diets [19]. In Italy, studies found that 8–11-year-olds had higher screen time, including social media use, and was correlated with a higher BMI and lower physical activity levels [20]. In addition, a UK study investigated the exposure to idealized body images on social media among 15–19-year-olds and revealed a connection between greater exposure to idealized bodies and increased body dissatisfaction and restrictive eating behaviors [21]. The impact of social media food challenges and trends on 13–17-year-olds revealed that participation in viral food challenges was associated with increased risk-taking in food consumption and potential health hazards [22]. The study found a correlation between higher social media use intensity and increased emotional eating, as well as symptoms of food addiction among children aged 15–18. This suggests that prolonged exposure to social media platforms may contribute to unhealthy eating behaviors and potentially lead to issues like emotional eating and food addiction in university students [23]. A study from Australia in 2022 found that advertisements for unhealthy food on social media platforms evoke more positive responses from adolescents, potentially influencing their eating habits [24]. Children aged 9 to 11 who frequently post food-related content on social media exhibited higher levels of dietary restriction and

weight concerns [25]. This behavior is particularly concerning because it may indicate internalized body image issues and disordered eating behaviors among young individuals, potentially stemming from exposure to weight, food, or body-related content on platforms like TikTok [16]. Exposure to nutrition misinformation on social media is associated with poorer nutritional knowledge and less healthy food choices among individuals, particularly children. Research has revealed that misinformation on social media platforms can have harmful effects on individuals' understanding of nutrition and influence their food choices [26].

4. Discussion

4.1. Strengths of the Evidence

The studies included demonstrate several notable strengths. First, the geographical diversity of the research area provides a significant advantage [27]. By encompassing studies from multiple countries across continents, the evidence provides a global perspective on the issue. This diversity enhances the generalizability of the findings, suggesting that the negative influence of social media on children's diets is a widespread phenomenon rather than confined to specific cultural contexts [28]. Another strength is the broad age range covered in the research, which spans from 5 to 18 years. Extensive coverage is crucial because it provides insights into the effects of social media on children. Understanding these nuanced impacts across childhood and adolescence is essential for a comprehensive assessment of social media's influence.

Thirteen studies were carried out during the COVID-19 contingency. Of the 13 studies included in Table 1, 11 were published between 2020 and 2023, overlapping with the COVID-19 pandemic period. However, the exact number conducted specifically during lockdowns or other pandemic restrictions is not explicitly stated. A potential bias is that lockdowns likely increased overall screen time and social media use among children and adolescents.

Additionally, the multifaceted approach of these studies adds depth to the extant literature. By examining various aspects of social media use and health outcomes, these studies offer a holistic view of the issue. This approach helps understand the complex interplay between social media exposure and the dietary behaviors of children [15].

The recency of the research is also a notable strength. All studies were conducted between 2020 and 2024 to ensure that the findings are relevant to current social media landscapes and usage patterns among children. This contemporary focus enhances the credibility and applicability of the research. Moreover, despite the diversity of study locations and specific foci, there was notable consistency in the overall negative impact of social media on children's diets and health outcomes. This consistency provides credibility to the overarching conclusions of the research.

Our analysis revealed a potential gap in understanding how social media's influence on dietary behaviors may shift before and after puberty. The studies included children and adolescents across a wide age range (5–18 years), but few explicitly examined differences between pre-pubertal and post-pubertal youth [13]. This transition period is marked by significant physical, emotional, and social changes that could alter how children interact with and are influenced by social media content related to food and body image [10].

4.2. Key Themes

The synthesis of research on social media's impact on children's dietary behaviors reveals consistent negative trends, including the widespread influence of social media on unhealthy eating patterns across various populations and contexts [15]. Studies show strong links between influencer marketing and food advertising, which are associated with increased consumption of unhealthy foods [18]. Adolescents are particularly vulnerable, with social media use contributing to body image concerns and disordered eating behaviors. Peer influence plays a significant role in shaping food preferences, further entrenching unhealthy dietary habits. Novel findings include the startlingly young age—children as

young as 5–8 years old—at which social media begins to affect dietary behaviors, as well as the unprecedented potency of influencer marketing compared to traditional advertising [24]. These effects are globally pervasive, affecting children across diverse cultures and countries.

4.3. Public Policy Implications

The implications for public policy are clear. There is an urgent need for stricter regulations on food marketing directed at children through social media platforms [28]. A significant limitation of this review is the lack of geographic diversity in the included studies, with a notable absence of research from Latin America, Africa, and large parts of Asia. This gap limits the generalizability of our findings to a global context. Several factors may contribute to this regional disparity in research. Media literacy education should be prioritized in schools to help children critically assess the content they consume online. Social media platforms themselves hold potential as tools for promoting healthy eating habits, provided they are used intentionally. Policymakers should also implement age-appropriate guidelines for social media use, while parents require education on how to mediate their children's exposure to harmful content [28].

Future research should focus on longitudinal studies to establish causality and the long-term effects of social media exposure on children's health. There is also a pressing need to explore effective interventions to mitigate the negative impacts of social media, as well as studies examining how social media could be leveraged to promote healthy behaviors. Cultural variations in how social media influences dietary habits also warrant closer examination.

4.4. Limitations and Areas for Improvement

Despite these strengths, this study has several limitations and areas for improvement. One significant limitation is the lack of longitudinal data. Most of the studies appear to be cross-sectional, providing only a snapshot of the relationship between social media use and dietary behaviors. Longitudinal studies are valuable for establishing causality and understanding the long-term effects of social media use on children's diets [29].

Another limitation is the potential for self-reporting bias. Many studies rely on self-reported data on social media use and dietary behaviors, which can be subject to recall or social desirability bias [13]. This limitation may have affected the accuracy of the findings [28,29].

This research also shows a limited focus on positive interventions. Although these studies effectively highlight problems, there is a notable scarcity of exploring the potential positive uses of social media in promoting healthy eating habits among children [30,31]. This gap presents an opportunity for future research to investigate how social media can be effectively leveraged.

The lack of standardized measures across studies poses another challenge. The variety of exposure and outcome measures, while providing a broad view, can make direct comparisons between studies difficult [32]. Standardized measures would facilitate more consistent and comparable findings [8]. Additionally, potential confounding factors, such as socioeconomic status, parental influence, or overall screen time beyond social media use, may not have been adequately controlled in all studies [33]. This lack of control could affect the reliability of the results. Finally, although previous studies have established correlations between social media use and dietary behaviors, limited investigation has been conducted into the specific mechanisms by which social media influences these behaviors. Understanding these mechanisms could provide deeper insights into how social media influences dietary choices.

A limitation of many studies in this review is the lack of consideration for family eating habits as a potential confounding factor. Few studies adequately examined the interaction between social media exposure and family eating habits [33,34]. This omission may lead to an overestimation of social media's impact or mask important moderating effects of the family food environment. Future research should aim to disentangle these influences by

incorporating measures of family eating habits, parental feeding practices, and home food availability alongside assessments of social media use and dietary behaviors.

An important limitation of this meta-analysis is the potential exclusion of relevant studies that may not have been captured. For example, studies examining broader concepts like “screen time” in relation to children’s eating behaviors may have addressed the social media impacts as a subcomponent without using specific social media-related keywords. A case in point is research finding associations between increased screen time (≥ 2 h/day) and picky eating in children [35]. This limitation highlights the challenge of comprehensively capturing all relevant research in a rapidly evolving digital landscape where terminology and focus areas can vary widely.

4.5. Implications and Future Directions of This Study

The implications of this research are significant and suggest several areas for future action. Consistent negative findings across diverse populations highlight the need for global policy initiatives to regulate food marketing on social media platforms targeted at children. Such policies could help mitigate the adverse effects identified in this research [34,36]. Educational interventions also emerge as critical areas for development. There is a clear need to create and evaluate programs that can help children navigate social media’s influence on their dietary choices [37]. Such programs could empower children to make healthier decisions despite social media pressures.

These findings further suggest that social media platforms play a role in promoting healthier content and limiting the spread of harmful diet-related trends and challenges. This responsibility should be a focus for social media companies in their content moderation practices. Parental guidance was another important aspect highlighted by the findings [37]. The evidence points to the necessity of parental involvement in mediating children’s social media use and its impact on eating behaviors [12]. Educating parents on how to support their children in this context is crucial.

Future research should also explore how social media can be positively utilized to promote healthy eating habits among children and adolescents. This could involve investigating ways to use social media to encourage better dietary practices [38]. Moreover, there is a need for longitudinal studies to understand the enduring impact of social media exposure during childhood on dietary habits and health outcomes in adulthood [39]. Long-term research can provide valuable insights into how early social media use shaped future health. Finally, intervention studies are necessary to evaluate the effectiveness of various strategies aimed at mitigating the negative impact of social media on children’s diets. These studies could inform the development of targeted interventions to address the identified issues [40].

5. Conclusions

This systematic review revealed that social media exposure negatively impacts children’s diets, with increased consumption of unhealthy foods, poor body image, and unhealthy eating behaviors linked to food-related content and influencer marketing. Adolescents, in particular, face risks such as meal skipping, snacking, body dissatisfaction, and eating disorders. However, the research has limitations, including a lack of long-term studies, reliance on self-reported data, and inconsistent measures. Collectively, these studies call for a multifaceted approach involving policymakers, educators, parents, and social media companies to create a healthier digital environment for children. Recommendations include global policies to regulate food marketing, educational programs for media literacy, and social media interventions promoting healthy habits. Longitudinal studies are also needed to explore the long-term effects of social media on children’s dietary behaviors.

Author Contributions: Conceptualization, G.P. and J.Y.; data, V.P., G.P. and J.Y.; main body, V.P., G.P. and J.Y.; supervision, V.P.; visualization, V.P., G.P. and J.Y.; writing—review and editing. All authors have read and agreed to the published version of the manuscript.

Funding: This research received no external funding.

Institutional Review Board Statement: This statement is not applicable.

Data Availability Statement: Data are contained within the article. The original contributions presented in this study are included in the article, and further inquiries can be directed to the corresponding author.

Acknowledgments: The authors are very thankful for the considerable support provided by Marvis Orzek, who provided technical support and relevant recommendations regarding interpretation.

Conflicts of Interest: The authors declare no conflicts of interest.

References

1. Sacks, G.; Looi, E.S.Y. The Advertising Policies of Major Social Media Platforms Overlook the Imperative to Restrict the Exposure of Children and Adolescents to the Promotion of Unhealthy Foods and Beverages. *Int. J. Environ. Res. Public Health* **2020**, *17*, 4172. [[CrossRef](#)] [[PubMed](#)]
2. Aldossari, N.; Al-Mahish, M. Social Media and Unhealthy Food Nexus: Evidence from Saudi Arabia. *Acta Aliment.* **2021**, *50*, 102–111. [[CrossRef](#)]
3. Naderer, B. Advertising Unhealthy Food to Children: On the Importance of Regulations, Parenting Styles, and Media Literacy. *Curr. Addict. Rep.* **2021**, *8*, 12–18. [[CrossRef](#)]
4. Alruwaily, A.; Mangold, C.; Greene, T.; Arshonsky, J.; Cassidy, O.; Pomeranz, J.L.; Bragg, M.A. Child Social Media Influencers and Unhealthy Food Product Placement. *Pediatrics* **2020**, *146*, e20194057. [[CrossRef](#)] [[PubMed](#)]
5. Winzer, E.; Naderer, B.; Klein, S.; Lercher, L.; Wakolbinger, M. Promotion of Food and Beverages by German-Speaking Influencers Popular with Adolescents on TikTok, YouTube, and Instagram. *Int. J. Environ. Res. Public Health* **2022**, *19*, 10911. [[CrossRef](#)]
6. Yildiz, M.; Kuyumcu, A. The Relationship Between Nutrition and Exercise Behavior with Social Media Addiction in Adolescent Females. *İnönü Üniversitesi Sağlık Hizmetleri Mesl. Yüksek Okulu Derg.* **2022**, *10*, 151–162. [[CrossRef](#)]
7. Sidani, J.E.; Shensa, A.; Hoffman, B.; Hanmer, J.; Primack, B.A. The Association Between Social Media Use and Eating Concerns among US Young Adults. *J. Acad. Nutr. Diet.* **2016**, *116*, 1465–1472. [[CrossRef](#)]
8. Boursier, V.; Gioia, F.; Griffiths, M.D. Selfie-Engagement on Social Media: Pathological Narcissism, Positive Expectation, and Body Objectification—Which Is More Influential? *Addict. Behav. Rep.* **2020**, *11*, 100263. [[CrossRef](#)]
9. Sen, K.; Prybutok, G.; Prybutok, V. The Use of Digital Technology for Social Wellbeing Reduces Social Isolation in Older Adults: A Systematic Review. *SSM Popul. Health* **2022**, *17*, 101020. [[CrossRef](#)]
10. Rounsefell, K.; Gibson, S.; McLean, S.; Blair, M.; Molenaar, A.; Brennan, L.; Truby, H.; McCaffrey, T.A. Social Media, Body Image and Food Choices in Healthy Young Adults: A Mixed Methods Systematic Review. *Nutr. Diet.* **2020**, *77*, 19–40. [[CrossRef](#)]
11. Allman-Farinelli, M.; Rahman, H.; Nour, M.; Wellard-Cole, L. The Role of Supportive Food Environments to Enable Healthier Choices When Eating Meals Prepared Outside the Home: Findings from Focus Groups of 18 to 30-Year-Olds. *Nutrients* **2019**, *11*, 2217. [[CrossRef](#)] [[PubMed](#)]
12. Ertz, M.; Le Bouhart, G. The Other Pandemic: A Conceptual Framework and Future Research Directions of Junk Food Marketing to Children and Childhood Obesity. *J. Macromarket.* **2022**, *42*, 30–50. [[CrossRef](#)]
13. Shetye, S.; Battalwar, D.R. The Impact of Social Media on Eating Habits, Lifestyle Modifications and Body Image Perception of Adults Aged 20–40 Years. *Int. J. Home Sci.* **2024**, *10*, 5–14. [[CrossRef](#)]
14. Goerke, K.; Ng, A.H.; Trakman, G.L.; Forsyth, A. The Influence of Social Media on the Dietary Behaviors of Young Australian Adults: A Mixed Methods Exploration. *Ment. Health Sci.* **2024**, *2*, 21–26. [[CrossRef](#)]
15. Smit, C.R.; Buijs, L.; van Woudenberg, T.J.; Bevelander, K.E.; Buijzen, M. The Impact of Social Media Influencers on Children’s Dietary Behaviors. *Front. Psychol.* **2020**, *10*, 2975. [[CrossRef](#)]
16. Kelly, B.; Boyland, E.; Tatlow-Golden, M.; Christiansen, P. Testing a Conceptual Hierarchy of Effects Model of Food Marketing Exposure and Associations with Children and Adolescents’ Diet-Related Outcomes. *Public Health Nutr.* **2024**, *27*, e10. [[CrossRef](#)]
17. Escalon, H.; Courbet, D.; Julia, C.; Srour, B.; Hercberg, S.; Serry, A.J. Exposure of French Children and Adolescents to Advertising for Foods High in Fat, Sugar or Salt. *Nutrients* **2021**, *13*, 3741. [[CrossRef](#)]
18. Backholer, K.; Gupta, A.; Zorbas, C.; Bennett, R.; Huse, O.; Chung, A.; Isaacs, A.; Golds, G.; Kelly, B.; Peeters, A. Differential Exposure to, and Potential Impact of, Unhealthy Advertising to Children by Socio-Economic and Ethnic Groups: A Systematic Review of the Evidence. *Obes. Rev.* **2021**, *22*, e13144. [[CrossRef](#)]
19. Cavazos-Rehg, P.A.; Krauss, M.J.; Costello, S.J.; Kaiser, N.; Cahn, E.S.; Fitzsimmons-Craft, E.E.; Wilfley, D.E. ‘I Just Want to Be Skinny’: A Content Analysis of Tweets Expressing Eating Disorder Symptoms. *PLoS ONE* **2019**, *14*, e0207506. [[CrossRef](#)]
20. Tommasi, M.; Toro, F.; Salvia, A.; Saggino, A. Connections Between Children’s Eating Habits, Mental Health, and Parental Stress. *J. Obes.* **2022**, *2022*, 6728502. [[CrossRef](#)]
21. Möri, M.; Mongillo, F.; Fahr, A. Images of Bodies in Mass and Social Media and Body Dissatisfaction: The Role of Internalization and Self-Discrepancy. *Front. Psychol.* **2022**, *13*, 1009792. [[CrossRef](#)] [[PubMed](#)]

22. Amson, A.; Bagnato, M.; Remedios, L.; Pritchard, M.; Soulene, S.; Gillis, G.; Pauzé, E.; White, C.; Vanderlee, L.; Hammond, D.; et al. Beyond the Screen: Exploring the Dynamics of Social Media Influencers, Food Marketing, and Gendered Influences on Adolescent Diets. *Res. Sq.* **2024**. [[CrossRef](#)]
23. Durmaz, S.E.; Keser, A.; Tunçer, E. Effect of Emotional Eating and Social Media on Nutritional Behavior and Obesity in University Students Who Were Receiving Distance Education due to the COVID-19 Pandemic. *J. Public Health* **2023**, *31*, 1645–1654. [[CrossRef](#)] [[PubMed](#)]
24. Barna, O.; Musat, G.C.; Petcu, D.; Georgescu, A.; Florin, C.; Georgescu, A.; Popa, D.A.T.; Banu, A. Influence of Social Media Marketing on Nutrition and Physical Activity Behaviors of Romanian Generation Z Students. *Prog. Nutr.* **2021**, *23*, 11427.
25. Barney, A.; Bruett, L.D.; Forsberg, S.; Nagata, J.M. Avoidant Restrictive Food Intake Disorder (ARFID) and Body Image: A Case Report. *J. Eat. Disord.* **2022**, *10*, 61. [[CrossRef](#)]
26. Potvin Kent, M.; Bagnato, M.; Amson, A.; Remedios, L.; Pritchard, M.; Sabir, S.; Gillis, G.; Pauzé, E.; Vanderlee, L.; White, C.; et al. #Junkfluenced: The Marketing of Unhealthy Food and Beverages by Social Media Influencers Popular with Canadian Children on YouTube, Instagram, and TikTok. *Int. J. Behav. Nutr. Phys. Act.* **2024**, *21*, 37.
27. Ayushree, B.A.; Tarai, D.A. Junk Food Intake among Teenagers in Odisha, and Its Impact in Health. *Int. J. Agro Nutr. Pract.* **2021**, *1*, 19–23. [[CrossRef](#)]
28. Wang, J.; Ding, X.; Gao, H.; Fan, S. Reshaping Food Policy and Governance to Incentivize and Empower Disadvantaged Groups for Improving Nutrition. *Nutrients* **2022**, *14*, 648. [[CrossRef](#)]
29. Moradi, B. Addressing Gender and Cultural Diversity in Body Image: Objectification Theory as a Framework for Integrating Theories and Grounding Research. *Sex Roles* **2010**, *63*, 138–148. [[CrossRef](#)]
30. Crawford, F.W.; Jones, S.A.; Cartter, M.; Dean, S.G.; Warren, J.L.; Li, Z.R.; Barbieri, J.; Campbell, J.; Kenney, P.; Valleau, T.; et al. Impact of Close Interpersonal Contact on COVID-19 Incidence: Evidence from 1 Year of Mobile Device Data. *Sci. Adv.* **2022**, *8*, eabi5499. [[CrossRef](#)]
31. Théodore, F.L.; López-Santiago, M.; Cruz-Casarrubias, C.; Mendoza-Pablo, P.A.; Barquera, S.; Tolentino-Mayo, L. Digital Marketing of Products with Poor Nutritional Quality: A Major Threat for Children and Adolescents. *Public Health* **2021**, *198*, 263–269. [[CrossRef](#)] [[PubMed](#)]
32. Raymond, M.J.; Christie, L.J.; Kramer, S.; Malaguti, C.; Mok, Z.; Gardner, B.; Giummarra, M.J.; Alves-Stein, S.; Hudson, C.; Featherston, J.; et al. Delivery of Allied Health Interventions Using Telehealth Modalities: A Rapid Systematic Review of Randomized Controlled Trials. *Healthcare* **2024**, *12*, 1217. [[CrossRef](#)] [[PubMed](#)]
33. Ward, W.L.; Swindle, T.M.; Kyzer, A.L.; Whiteside-Mansell, L. Low Fruit/Vegetable Consumption in the Home: Cumulative Risk Factors in Early Childhood. *Early Child. Educ. J.* **2015**, *43*, 417–425. [[CrossRef](#)]
34. Herbozo, S.; Brown, K.L.; Burke, N.L.; LaRose, J.G. A Call to Reconceptualize Obesity Treatment in Service of Health Equity: Review of Evidence and Future Directions. *Curr. Obes. Rep.* **2023**, *12*, 24–35. [[CrossRef](#)] [[PubMed](#)]
35. Yalcin, S.; Oflu, A.; Akturfan, M.; Yalcin, S.S. Characteristics of picky eater children in Turkey: A cross-sectional study. *BMC Pediatr.* **2022**, *22*, 431. [[CrossRef](#)]
36. Varela, E.G.; McVay, M.A.; Shelnutt, K.P.; Mobley, A.R. The Determinants of Food Insecurity among Hispanic/Latinx Households with Young Children: A Narrative Review. *Adv. Nutr.* **2023**, *14*, 190–210. [[CrossRef](#)]
37. Burke, A.; Kumpulainen, K.; Smith, C. Children’s Digital Play as Collective Family Resilience in the Face of the Pandemic. *J. Early Child. Lit.* **2023**, *23*, 8–34. [[CrossRef](#)]
38. Mirzaei, T.; Esmailzadeh, P. Engagement in Online Health Communities: Channel Expansion and Social Exchanges. *Inf. Manag.* **2021**, *58*, 103404. [[CrossRef](#)]
39. Obidoa, J.C.B.; Onyechi, K.C.N.; Chukwuone, C.A.; Dimelu, I.N.; Victor-Aigbodion, V.; Eseadi, C.; Chukwu, C.L.; Ejiofor, J.N.M.; Obande-Ogbuinya, N.E.; Uba, M.B.I.; et al. Gender Effect on Eating Habits of Nigerian School Children. *Medicine* **2021**, *100*, e24961. [[CrossRef](#)]
40. Trent Grassian, D. The Dietary Behaviors of Participants in UK-Based Meat Reduction and Vegan Campaigns—A Longitudinal, Mixed-Methods Study. *Appetite* **2020**, *154*, 104788. [[CrossRef](#)]

Disclaimer/Publisher’s Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of MDPI and/or the editor(s). MDPI and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.