

Towards a
Psychology of Food
Choice (Danone
chair monographs)

Paul Rozin

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Towards A Psychology Of Food Choice

**Lynn J. Frewer, Einar Risvik, Hendrik
Schifferstein**



Towards A Psychology Of Food Choice:

The Psychology of Food Choice Richard Shepherd, Monique Raats, 2006 One of the central problems in nutrition is the difficulty of getting people to change their dietary behaviours so as to bring about an improvement in health What is required is a clearer understanding of the motivations of consumers barriers to changing diets and how we might have an impact upon dietary behaviour This book brings together theory research and applications from psychology and behavioural sciences applied to dietary behaviour The authors are all international leaders in their respective fields and together give an overview of the current understanding of consumer food choice

Towards a Psychology of Food Choice Paul Rozin, 1998

The Psychology of Food Choice Richard Shepherd, Monique Raats, 2006-01-01 Written by leading international experts this book explores one of the central difficulties faced by nutritionists today how to improve people's health by getting them to change their dietary behaviour It provides an overview of the current understanding of consumer food choice by exploring models of food choice the motivations of consumers biological learning and societal influences on food choice and food choices across the lifespan It concludes by examining the barriers to dietary change and how nutritionists can best impact upon dietary behaviour

Context Herbert L. Meiselman, 2019-04-20 Context The Effects of Environment on Product Design and Evaluation addresses the environment or context in which we consume products and the impact of context on choice and acceptability The book explores what context is how it influences design by specialists and acceptance by consumers Chapters discuss the basics of context food and drink in context testing a range of other products and other contextual variables Historically research on context has been done in the laboratory and various natural locations but rapid growth in other methods to study context including evoked contexts immersive contexts virtual reality contexts and more have widened research possibilities Appealing to the professional academic and commercial markets this book will be of interest to those who conduct research in product development and product testing to those who study what controls product usage including eating from the health perspective and to those who make decisions about product and space development Explores information on how context works and how to assess its influence on product decisions Discusses the basics of context food and drink in context and testing other products in context including personal care products and home and workspace design Identifies variables that contribute to the contextual experience

Food Choice, Acceptance and Consumption Herbert L. Meiselman, H.J.H. MacFie, 1996-04-30 The role of the human senses in food acceptance the socio cultural context of eating and food choice what animal research tells us about human eating the developments of children's eating habits what does abnormal eating tell us about normal eating the contextual basis for food acceptance food choice and food intake marketing and consumer behaviour with respect to foods economic influences on food choice food choice mood and mental performance attitudes and beliefs in food habits dietary change

The Sustainable Food Choice Valentina Carfora, 2025-07-25 The Sustainable Food Choice An Interdisciplinary Approach to Consumer Food Behaviour explores the intricate relationship

between individual preferences societal norms and global challenges in the pursuit of sustainable eating habits Featuring contributions from experts across various fields the book delves into the nutritional social and psychological foundations of food choices the influence of technology and innovation and the role of policy in guiding consumer behavior Through comprehensive analysis and case studies it offers a roadmap for promoting environmentally friendly and health conscious food consumption patterns The book is structured into three sections with each part focusing on unique aspects of sustainable eating Highlights include chapters on psychological predictors of food choices the impact of political attitudes mindfulness in eating front of package labeling and smartphone interventions It provides a holistic understanding of how science mindfulness and technology can be leveraged to encourage sustainable food choices Incorporates diverse perspectives to bridge the gap between knowledge and actionable ideas to promote more sustainable eating habits Assesses psychological predictors of sustainable food choices Showcases smartphone technology to promote sustainable food choices Explores individual differences in sustainable eating through political environmental sociological and emotional influences

First Bite Bee Wilson, 2015-12-01 We are not born knowing what to eat as omnivores it is something we each have to figure out for ourselves From childhood onward we learn how big a portion is and how sweet is too sweet We learn to enjoy green vegetables or not But how does this education happen What are the origins of taste In First Bite award winning food writer Bee Wilson draws on the latest research from food psychologists neuroscientists and nutritionists to reveal that our food habits are shaped by a whole host of factors family and culture memory and gender hunger and love Taking the reader on a journey across the globe Wilson introduces us to people who can only eat foods of a certain color prisoners of war whose deepest yearning is for Mom's apple pie a nine year old anosmia sufferer who has no memory of the flavor of her mother's cooking toddlers who will eat nothing but hotdogs and grilled cheese sandwiches and researchers and doctors who have pioneered new and effective ways to persuade children to try new vegetables Wilson examines why the Japanese eat so healthily whereas the vast majority of teenage boys in Kuwait have a weight problem and what these facts can tell Americans about how to eat better The way we learn to eat holds the key to why food has gone so disastrously wrong for so many people But Wilson also shows that both adults and children have immense potential for learning new healthy eating habits An exploration of the extraordinary and surprising origins of our tastes and eating habits First Bite also shows us how we can change our palates to lead healthier happier lives

Methods in Consumer Research, Volume 1 Gaston Ares, Paula Varela, 2018-01-02 Methods for Consumer Research Volume One New Approaches to Classic Methods brings together world leading experts in global consumer research who provide a fully comprehensive state of the art coverage of advances in the classical methods of consumer science The book touches on the latest developments in qualitative techniques including coverage of both focus groups and social media while also focusing on liking a fundamental principle of consumer science consumer segmentation and the influence of extrinsic product characteristics such as packaging and presentation on

consumer liking In conjunction with the second volume which covers alternative approaches and special applications this book is an invaluable reference for academics working in the fields of sensory and consumer science psychology marketing and nutrition And with examples of the methodology being applied throughout it serves as a practical guide to research and development managers in both food and non food companies Presents a fully comprehensive coverage of the latest developments in the classical methodologies of consumer research Provides examples of successful application of the methodologies presented Includes focus groups and social media discussions Encompasses consumer segmentation with a focus on psychographics and genetics

The Social Psychology of Food Mark Conner, Christopher J. Armitage, 2002 How can we understand food choice What factors influence dietary change and weight control How does stress influence eating In what ways are foods used to present ourselves to others Food is central to the lives of all and has for centuries been celebrated in art poetry and song More recently media interest has focused public attention on the food we eat and its influence on physical health and mental well being However it is only in the past couple of decades that social scientists and social psychologists in particular have paid significant attention to the important topic of food The Social Psychology of Food reviews this research from the perspective of social psychology Key issues are addressed such as the role of various factors in food choice the process of dietary change the role of food in weight control and disorders of eating stress and eating food and self presentation Social psychological concepts are used as ways of explaining and understanding each of these domains of food research The selective and in depth coverage of the book is designed to demonstrate what social psychology has contributed to the field and to provide an essential text for students and researchers in psychology and trainee professionals in health

Macropsychology Malcolm MacLachlan, Joanne McVeigh, 2021-03-29 This volume argues for the development of a macro perspective within psychology that more effectively incorporates social structures systems policies and institutions The book emphasizes how social structures and systems can ultimately promote or erode psychological wellbeing Macropsychology is concerned with understanding up or how we can influence the settings and conditions of the society in which we live Psychology has traditionally been more interested in understanding down that is with the behaviour of individuals and groups in inter psychic and intra psychic and in neurological and biological processes This volume argues that psychology can more effectively contribute at the macro or societal level by addressing grand challenges and global goals using big data and intervening at the population level Bringing together social organizational cultural and health psychology research the book demonstrates a broad range of areas benefitting from a macropsychology perspective particularly areas integral to the realization of the Sustainable Development Goals SDGs Contributors address the value of macropsychological perspectives in addressing sub topics such as Mental health Personality traits and social structure Disability rights Food systems Humanitarian work psychology Macropsychology A Population Science for Sustainable Development Goals aims to recognise and give impetus to a neglected perspective within psychology and to inspire a paradigm widening within the field

of psychology facilitating greater involvement with social justice and human rights *Understanding Consumers of Food Products* Lynn Frewer, Hans Van Trijp, 2006-12-22 In order for food businesses scientists and policy makers to develop successful products services and policies it is essential that they understand food consumers and how they decide which products to buy Food consumer behaviour is the result of various factors including the motivations of different consumers the attributes of specific foods and the environment in which food choices occur Recognising diversity between individual consumers different stages of life and different cultural contexts is increasingly important as markets become increasingly diverse and international The book begins with a comprehensive introduction and analysis of the key drivers of consumer food choices such as the environment and sensory product features Part two examines the role of consumers attitudes towards quality and marketing and their views on food preparation and technology Part three covers cultural and individual differences in food choice as well as addressing potentially influential factors such as age and gender Important topics such as public health and methods to change consumers preferences for unhealthy foods are discussed in part four The final section concludes with advice on developing coherent safety policies and the consumers responsibility for food production and consumption *Understanding consumers of food products* is a standard reference for all those in the food industry concerned with product development and regulation Develop an understanding of buyer behaviour to assist developing successful products Recognise the diversity between consumers and learn how to cater for their needs Covers cultural and individual differences in food choice **Financial Decision-Making in the Foodservice Industry** Amit

Sharma, 2019-12-20 The study of decision making in foodservice is still a relatively new area of scholarly interest The application of cost benefit analysis and behavioral finance and economics in the foodservice context is rare This volume *Financial Decision Making in the Foodservice Industry Economic Costs and Benefits* fills that gap and focuses on cost benefit analysis decision making behavioral finance economic theories and their application in foodservice and restaurant industry The volume synthesizes these major themes by developing new theoretical foundations and presenting findings from the investigation of managerial practice The authors cover an abundance of topical issues including ethical obligations in foodservice sustainability issues in the foodservice restaurant industry farm to school and local food expenditures in school foodservice settings managerial traits and behavior in the foodservice industry and more **Food** John Coveney, 2013-07-18 The centrality of food in life and the importance of food as life is undeniable As a source of biological substrates personal pleasure and political power food is and has been an enduring requirement of human biological social and cultural existence In recent years interest in food has increased across the academic public and popular spheres fuelled by popular media s constant play on the role of food and body size and food and cooking as a mass spectacle for TV audiences In *Food* a new book part of the Shortcuts Series John Coveney examines food as humanness identity politics industry regulation the environment and justice He explores how food helps us understand what it means to be human Through food we construct

our social identities our families and communities but this book also highlights the tensions between the industrialisation of food the environment and the fair or otherwise worldwide distribution of food It considers how the food industries on which most of us have to rely have also had direct effects on our bodies whether through diet and longevity or the development of illness and diseases This book is for all students and general readers alike or for anyone with a fascination with food It questions the idea that food is merely something inert on the plate and instead shows how influential symbolic powerful and transformative food has come to be This book is part of the Shortcuts series published by Routledge a major new series of concise accessible introductions to some of the major issues of our times

Hospitality and Tourism Norzuwana Sumarjan,Zahari Mohd Salehuddin Mohd,Radzi Salleh Mohd,Mohi Zurinawati,Hanafiah Mohd Hafiz Mohd,Bakhtiar Mohd Faez Saiful,Zainal Artinah,Saiful Bakhtiar,Mohd Hafiz,Mohd Hanafiah,2013-11-18 Hospitality and Tourism Synergizing creativity and innovation in research contains 116 accepted papers from the International Hospitality and Tourism Postgraduate Conference 2013 Shah Alam Malaysia 2 3 September 2013 The book presents trends and practical ideas in the area of hospitality and tourism and is divided into the sections below Hospitality and tourism management Hospitality and tourism marketing Current trends in hospitality tourism Technology advancement and innovation in hospitality and tourism Green hospitality and tourism Food service and food safety Relevant areas in hospitality and tourism Hospitality and Tourism Synergizing creativity and innovation in research will be useful to postgraduate students academia and professionals involved in the area of hospitality and tourism

Eating Behavior and Food Decision Making in Children and Adolescents Oh-Ryeong Ha,Seung-Lark Lim,Amanda Schurle Bruce,Travis D. Masterson,Shan Luo,2022-02-23

The Discipline Diet: Transforming Your Relationship with Food and Fitness FG Cardin, Are you ready to break free from unhealthy habits and transform your relationship with food and fitness Dive into The Discipline Diet today and start your journey towards a healthier more disciplined life Take control of your future get your copy now and make lasting changes that matter The Discipline Diet Transforming Your Relationship with Food and Fitness is more than just another diet book it s a revolutionary approach to mastering self control developing sustainable habits and unlocking your full potential in both nutrition and exercise This comprehensive guide dives deep into the psychology of food helping you break free from unhealthy patterns and build a disciplined lifestyle that supports long term health and wellness Whether you re looking to lose weight gain muscle or simply adopt a healthier lifestyle this book provides actionable strategies meal plans and fitness routines tailored to your unique needs With practical advice and motivational insights The Discipline Diet empowers you to take control of your body mind and future

Causes and Management of Nutritional Deficiency Disorders Nayak, Ajanta,Misra, Snigdha,2024-07-10 Pervasive nutritional deficiency disorders impact overall health cognitive development and susceptibility to chronic diseases The absence of vital nutrients leads to weakened immune systems stunted growth cognitive impairments and increased disease vulnerability Particularly affecting vulnerable populations such as infants children pregnant women

and the elderly these deficiencies pose risks that extend from compromised academic performance to chronic health issues

Causes and Management of Nutritional Deficiency Disorders delves into the web of nutrition related challenges exploring the root causes and effective management strategies that form the backbone of this indispensable resource The book sheds light on the critical importance of addressing nutritional deficiencies beginning with the profound impact on physical health

Essential nutrients from proteins to vitamins and minerals are dissected in detail unveiling their pivotal roles in immune system fortification growth and development bone health and cardiovascular well being Nudging towards Health Radek Kovács,František Ochraňa,2023-09-01 Behavioral economics sees nudges as ways to encourage people to re evaluate their priorities in such a way that they voluntarily change their behavior leading to personal and social benefits This book examines nudging as a tool for influencing human behavior in health policy The authors investigate the contemporary scientific discourse on nudging and enrich it with an ontological epistemological and praxeological analysis of human behavior On the basis of detailed analyses of the literature and a systemic review nudging tools are defined in the paradigm of prospect theory In addition to the theoretical contribution the book also examines and offers suggestions on the practice of health policy regarding obesity malnutrition and especially type 2 diabetes mellitus Food Quality and Consumer Value Monika J.A. Schröder,2013-03-09 Consumer markets for foods and beverages in developed countries are well supplied and highly fragmented Yet the question being asked is how close retailers actually come to fulfilling their customers requirements The concept of consumer value is one of the main pillars underpinning the theory of market differentiation This book takes an interdisciplinary approach to the analysis of satisfaction in relation to the consumption of food with both food science and consumer science playing central parts It approaches food quality from both the technical and the consumer satisfaction perspectives and assesses the roles of management and regulatory tools in delivering food quality for all Each area is discussed in detail using the appropriate technical terminology but keeping the text accessible to readers from both academic traditions as well as to non specialist readers **Food, People and Society** Lynn J. Frewer,Einar Risvik,Hendrik Schifferstein,2013-03-09 Food consumption is vital to human survival Nevertheless the exact determinants of food perception liking and food choice are still not fully understood Food People and Society tries to fill some of the gaps in our knowledge by studying these processes from multiple perspectives each with their own emphasis Some approaches focus mainly on the characteristics of food products eaten some focus on the person who eats a particular food whereas other approaches emphasize the psychological economic or social context in which food consumption takes place By bringing together these different approaches in one book we open the opportunity to integrate different perspectives and to facilitate comprehension of the complex processes that drive food choice behaviour Food People and Society is written for a wide audience including students and academics interested in food perception and consumption policy makers health educators and nutritionists food manufacturers and food marketers

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Towards A Psychology Of Food Choice Introduction

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