Food Psychology: Why We Eat More Than We Think

By Jim Painter, PhD, RD

References

1. Food decision 2016: food and health survey. International Food Information Council Foundation website. <u>http://www.foodinsight.org/sites/default/files/2016-Food-and-Health-Survey-Report_FINAL1.pdf</u>. Published 2016.

2. Obesity trends. Centers for Disease Control and Prevention website. <u>https://www.cdc.gov/obesity/data/databases.html</u>. Published April 10, 2017.

3. Global Health Observatory data repository. World Health Organization website. <u>http://apps.who.int/gho/data/node.main.A900</u>. Updated 2016.

4. F as in fat: how obesity threatens America's future 2012. Trust for America's Health website. <u>http://healthyamericans.org/report/100/</u>. Updated September 2012.

5. Foster G. Pennsylvania Academy of Nutrition & Dietetics. https://eatrightpa.org/

6. Young LR, Nestle M. Expanding portion sizes in the US marketplace: implications for nutrition counseling. *J Am Diet Assoc*. 2003;103(2):231-234.

7. Portion distortion. National Heart, Lung, and Blood Institute website. https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm

8. Lambert C. Quick at the plate. *Harvard Magazine*. <u>http://harvardmagazine.com/2003/05/quick-at-the-plate.html</u>. Published May 2003.

9. Saul MH. Judge cans soda ban. *The Wall Street Journal*. <u>http://online.wsj.com/article/SB10001424127887323826704578354543929974394.html</u>. Updated March 11, 2013.

10. Schuster MJ, Heiser L, Fink JN, et al. Does larger cup size increase soda consumption? *J Acad Nutr Diet*. 2014;114(9):A62.

11. Wansink B. Can package size accelerate usage volume? *J Mark*. 1996;60(3):1-14.

12. Wansink B, Payne CR, Shimizu M. The 100-calorie semi-solution: sub-packaging most reduces intake among the heaviest. *Obesity*. 2011:19(5):1098-1100.

13. Wansink B, Park S. At the movies: how external cues and perceived taste impact consumption volume. *Food Qual Pref*. 2001;12(1):69-74.

14. Wansink B, van Ittersum K. Bottoms up! Peripheral cues and consumption volume. *J Cons Res*. 2003;30(3):455-463.

15. Painter JE, Wansink B, Hieggelki JB. How visibility and convenience influence candy consumption. *Appetite*. 2002;38(3):237-238.

Food Psychology: Why We Eat More Than We Think

By Jim Painter, PhD, RD

16. Painter J, Snyder J, Rhodes K, Deisher C. The effect of visibility and accessibility of food on dietary intake. *J Am Diet Assoc*. 2008;108(9):A93.

17. Gaydosh B, Painter J. The effect of visibility and quantity of raisins on dietary intake, a pilot study. *J Am Diet Assoc*. 2010;110(9):A32.

18. Wansink B, Painter JM, van Ittersum K. Descriptive menu labels' effect on sales. *Cornell Hotel Rest Admin Quart*. 2001;42(4):68-72.

19. Wansink B, Payne CR, North J. Fine as North Dakota wine: sensory expectations and the intake of companion foods. *Physiol Behav*. 2007;90(5):712-716.

20. Wansink B, Painter JE, North J. Bottomless bowls: why visual cues of portion size may influence intake. *Obes Res.* 2005;13(1):93-100.

21. Kennedy-Hagan K, Painter JE, Honselman C, Halvorson A, Rhodes K, Skwir K. The effect of pistachio shells as a visual cue in reducing caloric consumption. *Appetite*. 2011;57(2):418-420.

22. Schuster MJ, Carlson JR, Mackenzie JA, Roche JD, Brooks TL, Painter JE. Do premeal to-go boxes affect the amount of food consumed in a restaurant setting? *J Acad Nutr Diet*. 2014;114(9):A62.

23. Zumwalt G, Kennedy-Hagan K, Honselman C, Rhodes K, Painter J. The effect of suggestive selling by wait staff on food consumption. *J Am Diet Assoc*. 2008;108(9 Suppl):A39.

24. Wilcox D, Kennedy-Hagan K, Rhodes K, Wilkinson R, Painter J. The effect of social pressure on the eating habits of college students in a restaurant environment. *J Am Diet Assoc*. 2008;108(9):A40.