

## Numerous Environmental Cues which Influence Food Selection and Consumption

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### Description

Food choice the study of food choice looks into how people choose what they eat. Food choice is a multidisciplinary field that encompasses psychological and sociological facets (such as food politics and phenomena like vegetarianism or religious dietary laws), economic facets (such as how food prices or marketing campaigns influence choice), and sensory facets such as the study of the organoleptic qualities of food.

### Food Selection and Consumption of Vegetarianism and Religious Dietary Laws

Taste preference, sensory attributes, cost, availability, convenience, cognitive restraint and cultural familiarity are all factors that influence food choice. Additionally, environmental cues and larger portion sizes influence food selection and consumption. Food choice is the focus of research in nutrition, food science, food psychology, anthropology, sociology and other natural and social sciences. It is relevant to the food industry, particularly its marketing efforts. Different conceptual frameworks for food choice behavior have been developed by social scientists. Individual and environmental factors play a role in behavior formation or modification in theoretical models of behavior. Social cognitive theory investigates how personal, environmental, and behavioral factors interact with one another. Environmental influences numerous environmental cues influence food selection and consumption, but consumers may not be aware of their effects (see mindless eating). Examples of environmental influences include portion size, serving aids, food variety, and ambient characteristics which are discussed below. Size of portion In the United States, portion sizes have increased significantly over the past few decades. For instance, from 1977 to 1996, salty snacks saw a 60% increase, while soft drinks saw a 52% increase. Importantly, larger product portion sizes and larger servings in restaurants and kitchens consistently increase food intake. Larger portion sizes may even cause people to eat more of foods that are ostensibly unpleasant; serving aids Over 70% of one's total intake is consumed using serving aids, such as plates, bowls, glasses, or utensils. Therefore, serving aids can act as visual cues or cognitive shortcuts that inform us of when to stop serving, eating, or drinking. In one study, teenagers poured and consumed 74% more juice into short, wide glasses compared to tall, narrow glasses of the same volume. Similarly,

veteran bartenders tend to pour 26%. Food variety as a given food is increasingly consumed, the hedonic pleasantness of the food's taste, smell, appearance, and texture decreases, an effect commonly referred to as sensory-specific satiety. As a result, increasing the variety of foods available can increase overall food intake. This effect has been observed across both genders and across multiple age groups, although there is some evidence that it may be most pronounced in adolescence and despite having the same flavor, people ate more M&Ms when they came in ten colors instead of seven. In addition, making a food assortment appear more disorganized rather than organized can increase consumption. It has been hypothesized that this variety effect may be evolutionarily adaptive because complete nutrition cannot be found in a single food and increased dietary variety increases the likelihood of meeting nutritional requirements for various vitamins and minerals. Salience of the environment there is limited evidence that altering the availability and positioning of food options can alter food selection and consumption patterns. Environmental interventions such as taxation, food-benefit programs, and increasing the availability of fruits can reduce the consumption of sweetened beverages. Increased food salience in one's environment (including both food visibility and proximity) has been shown to increase consumption. Regarding visibility, food is consumed at a faster rate or at a greater volume when it is presented. A study in Australian children found that those who watched two or more hours of television per day were more likely to consume savory snacks and less likely to consume fruit compared to those who watched less television. Other distractors such as reading, watching a movie, and listening to the radio have also been associated with increased consumption. Temperature Energy expenditure increases when ambient temperature is above or below the thermal neutral zone (the range of ambient temperature in which energy expenditure is not required for homoeothermic). It has been suggested. However, the majority of the evidence is primarily anecdotal, and there are only a few studies that indicate altered energy intake in response to extreme ambient temperatures.

### Nutritional Requirements for Various Vitamins and Minerals

Energy expenditure increases when ambient temperature is above or below the thermal neutral zone the range of ambient

temperature in which energy expenditure is not required for homoeothermic. It has been suggested that energy intake also increases during conditions of extreme or prolonged cold temperatures. Relatedly, researchers have posited that reduced variability of ambient temperature indoors could be a mechanism driving obesity, as the percentage of US homes with air conditioning increased from 23 to 47 percent in recent decades. In addition, several human and animal studies have shown that temperatures above the thermo neutral zone significantly reduce food intake. However, overall there are few studies indicating altered energy intake in response to extreme ambient temperatures and the evidence is primarily anecdotal. Larger portion sizes may even cause people to eat more of foods that are ostensibly unpleasant; serving aids Over 70% of one's total intake is consumed using serving aids, such as plates, bowls, glasses, or utensils. Therefore, serving aids can act as visual cues or cognitive shortcuts that inform us of when to stop serving, eating, or drinking. In one study, teenagers poured and

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