

**M.L. Axelson**  
**D. Brinberg**

# **A Social-Psychological Perspective on Food-Related Behavior**



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# Social Psychological Perspective On Food Related Behavior

**Elizabeth Frazão**



## **Social Psychological Perspective On Food Related Behavior:**

**A Social-Psychological Perspective on Food-Related Behavior** Marta L. Axelson, David Brinberg, 2012-12-06 Many of the diseases which afflict people in an affluent society like the United States seem to be related to food consumption e g adult onset diabetes mellitus hyperlipidemia and colon cancer In recent years the health related professions have become aware that their exclusive aim of disease treatment must be expanded to include health promotion Professionals in food and nutrition health education social marketing and psychology as well as others have become interested in finding ways to promote healthy behaviors such as appropriate food consumption patterns To modify food related behavior knowledge about why people eat what they eat is required Both biological and sociocultural factors determine people s consumption behavior This monograph however examines only the sociocultural determinants of individuals food related behaviors within their zone of biological indifference The sociocultural variables are divided into two major categories sociodemographic and psychological Sociodemographic variables are often called external variables and include income ethnicity age and the like Psychosocial variables are thought to reflect the individual s internal state and commonly examined variables include knowledge beliefs and attitudes

**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

The Psychology of Nutrition David Booth, 2016-05-06 This title explores the psychological processes involved in the selection and consumption of foods and drink The exposition is firmly linked to research evidence on the cognitive socio economic and physiological influences on the desire to eat and drink The basic theory is that appetite is a learned response to a recognized complex of cues from foods the body and the social and physical environment The volume starts with infant care giver interactions in feeding then moves on to consider how physical and social maturation in Western culture affects attitudes to foods concentrating on the phenomena of ordinary dieting and the extremes of disordered eating The concluding chapters deal with the process within the lives of individual consumers which causes the same eating habits to form in different segments of society It also looks at food technology marketing and governmental regulation The Psychology of Nutrition tackles questions about what goes on in eaters and drinkers minds about the foods and beverages they are consuming and about the cultural meaning of the eating occasion in industrialized cultures

Family Economics and Nutrition Review ,1995

**America's Eating Habits** Elizabeth Frazão, 1999

**Proceedings** ,1999

Social Psychological Perspectives on Stigma John B. Pryor, Arjan E. R. Bos, 2016-04-08 The year 2013 marks the 50th anniversary of the publication Erving Goffman s landmark work Stigma Notes on the Management of

Spoiled Identity Through this edited volume we commemorate the continuing contribution of Goffman's work on stigma to social psychology As Goffman originally used the term stigma implies some sort of negative deviance or in his words an undesired differentness from what we had anticipated Since Goffman's pioneering treatise there have been thousands of articles published on different aspects of stigma The accelerating volume of articles is testimony to the growing importance of stigma research with almost three out of four of the stigma related publications in the research literature appearing in the last 10 years In this volume a collection of up and coming and seasoned stigma researchers provide both theoretical insights and new empirical findings The volume should be of interest to both established researchers and advanced students seeking to learn more about the depth and breadth of stigma research This book was originally published as a special issue of *Basic and Applied Social Psychology*

**Public Health** Jay Maddock, 2012-05-16 Human behavior accounts for the majority of morbidity and premature mortality throughout the world This book explores several areas of human behavior including physical activity nutrition and food addictive substances gun violence sexual transmitted diseases and more Several cutting edge methods are also examined including empowering nurses community based participatory research and nature therapy Less well known public health topics including human trafficking tuberculosis control in prisons and public health issues in the deaf community are also covered The authors come from around the world to describe issues that are both of local and worldwide importance to protect and preserve the health of populations This book demonstrates the scope and some of the solutions to addressing today's most pressing public health issues

Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965-70 *National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1990

**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

**Nutrition Education** Isobel R.

Contento,2015-08-24 The Third Edition of Nutrition Education Linking Research Theory and Practice provides a simple straightforward model for designing effective nutrition education programs that address the personal and environmental influences that affect individuals food choices and assist them in adopting healthy behaviors throughout their lifetime Using a six step process this Third Edition integrates research theory and practice and provides advice and direction on designing implementing and evaluating theory based nutrition education Encyclopaedia of Food Science, Food Technology, and Nutrition

R. Macrae,Richard Kenneth Robinson,Michèle J. Sadler,1993 Social Computing and Social Media Adela Coman,Simona Vasilache,2024-05-31 This book constitutes the refereed proceedings of the 16th International Conference on Social Computing and Social Media SCSM 2024 held as part of the 26th HCI International Conference HCII 2024 which took place in Washington DC USA during June 29 July 4 2024 The total of 1271 papers and 309 posters included in the HCII 2024 proceedings was carefully reviewed and selected from 5108 submissions The SCSM 2024 proceedings were organized in the following topical sections Part I Designing developing and evaluating social media user experience and user behavior in social media AI and language models in social media Part II Social media in learning education and culture social media in business and ecommerce Part III Computer mediated communication social media for community society and democracy

**Nutrition Education: Linking Research, Theory, and Practice** Isobel R. Contento,Pamela A Koch,2020-01-22 Each new print copy of Nutrition Education Fourth Edition includes access to the Navigate Companion Website which includes worksheets in writable PDF format practice quizzes interactive flashcards and interactive glossary The fourth edition of Nutrition Education Linking Research Theory and Practice provides a straightforward user friendly model for designing effective nutrition education programs that address the personal and environmental factors affecting individuals food choices and assists them in adopting healthy behaviors throughout their lifetime Built around the six step DESIGN process the Fourth Edition integrated research theory and practice and provides advice and direction on designing implementing and evaluating theory based nutrition education This text is divided into three parts Part I describes the key elements of success for nutrition education as well as the major theories that can be used in nutrition education intervention Part II features

**Food Safety Issues** Su-ping Chen,1994 *The Process Used by Low-income African-American and Caucasian Consumers to Evaluate Food-related Risks* Angela Mable Odoms,1995 How Adults Construct Food Choice Christine Elizabeth Blake,2006 **Applied Social Psychology** Linda Steg,Abraham P. Buunk,Talib Rothengatter,2008-09-11 Applied social psychology combines the science of social psychology with the practical application of solving social problems that exist in the real world This exciting textbook provides a thorough explanation of how social psychologists can contribute to the understanding and management of different social problems A highly prestigious team of contributors from across Europe and the United States illustrate how social psychological theories research methods and intervention techniques can be successfully applied to social problems encountered in the fields of physical and mental health integration and

immigration issues gender issues organizational issues economic behaviour political behaviour environmental behaviour and education Each field studied features an overview of important problems the role of human behaviour in these problems the factors influencing relevant behaviour and effective ways to change this behaviour This is an essential volume for all undergraduate and graduate students studying applied social psychology      *Nutrition Education: Linking Research, Theory, and Practice* Isobel R. Contento, Pamela A. Koch, 2025-03-11 Nutrition Education Linking Research Theory and Practice provides a straightforward user friendly model for designing effective nutrition education programs that address the personal and environmental factors affecting individuals food choices and assists them in adopting healthy behaviors throughout their lifetime Built around the six step DESIGN process the text integrates research theory and practice and provides advice and direction on designing implementing and evaluating theory based nutrition education

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