

Personalities and Portion Size Don't let your little extrovert serve herself!

Can personality traits influence dining habits in children? Our new study says yes! Children who are introverted are less likely to be influenced by environmental cues and were found to serve themselves the same amount of cereal regardless of the size of the bowl.



Extroverted children, who are more influenced by external cues, serve themselves 33% more cereal when bowl size is increased. Interestingly, when the serving responsibility is transferred to another person introverted children become more likely to underestimate how much is being given to them and inadvertently ask for more.

Because introverted children measure portion size more accurately when they serve themselves, allow them to do so. Alternately, extroverted children may benefit from being served a measured portion size. (*PLOS ONE*, October, 2013)

It's Not Just *What* You Eat Boys benefit most from family dinners

Why not eat dinner in the TV room? Our new study finds that weight is not only linked to what you eat but also to environmental conditions and social interactions!



We looked at the ways in which social and environmental factors of family meals correlate with Body Mass Index (BMI) of both parents and children. BMI is the measure of body fat determined by an individual's height and weight. Parents and children that reported eating meals together at the dinner table with the TV turned off were found to have lower BMIs.

Staying at the table until everyone has finished eating is also linked to lower BMI in boys and adults. Tips from this study for a healthier dining experience: 1. Sit together at a dining room or kitchen table. 2. Engage in positive conversation with the television off. 3. Remain seated until everyone is finished eating. (*Journal of Pediatrics*, October, 2013)

Healthy Foods First! 75% of buffet diners select the first food item in line!

From the mess hall, to the school dining hall, to an all-you-can-eat buffet, people are provided variety and choice in self-serve style eateries. In theory, the food and portion sizes that you select at a buffet are completely deliberate.



In actuality, this study shows that buffet eaters are highly influenced by the order in which the food is displayed.

At a health conference buffet, foods were ordered from healthiest to least healthy in one line and in the opposite order in another line. Despite what line the diners went through, 66% of their meal was comprised of the first three foods offered. Over 75% of diners took at least one of the first three foods. In addition, when the food dish was the most unhealthy option, diners took over 30% more food overall!

These findings show that food order can influence whether a diner selects healthy or unhealthy foods! If the buffet offers the healthiest items first, diners are likely to select them. (*PLOS ONE*, October, 2013)

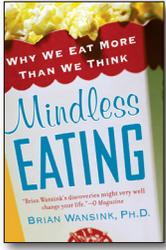
Beware of Drinking More than Intended! Keep your glass narrow and on the table

Do you wonder why the wine bottle empties so quickly? You may unknowingly be pouring too much! A study conducted at Cornell University included 70 wine drinkers and measured how much they poured into their glass with varying conditions: glass size, glass position, and wine color. Each of these variables proved to influence how much drinkers poured into their glass.



The study showed that in a wider glass, traditionally used for red wine, you may pour up to 12% more wine than in a narrow white wine glass. Keeping the glass in hand versus setting in on the table to be filled, can result in pouring 12% more wine. And finally, white wine in a clear glass is less visible than red wine causing you to pour up to 9% more white wine into your glass. Next time you are enjoying or serving wine, be mindful of these optical illusions and avoid accidentally drinking more than you intended. (*Substance Use & Misuse*, Sept. 2013)

Our Mission: To discover and disseminate transforming solutions that help all people eat better



- Intel Inside:**
- Personalities and Portion Size
 - Healthy Foods First
 - It's Not Just *What* You Eat
 - Beware of Drinking More than Intended



A Message From the Director
Dear Friend in Food,

There's some great "news you can use" in this issue. We've gone from schools, to homes, to Happy Hours to discover some of these goodies. Here's what we've learned, and how you can use them.

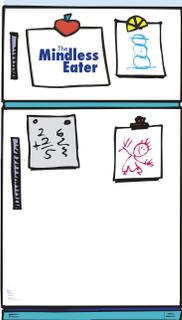
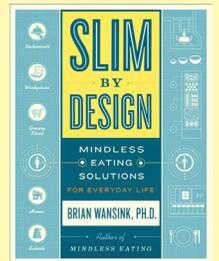
First, if you let your children serve themselves breakfast cereal, they'll serve a quarter more than if you serve them. This is especially true for extroverted children who will pour even more if you give them a big cereal bowl. After discovering this, I try and pour for my extroverted daughter whenever I can. Second, we find people who eat family meals tend to be skinnier than those who don't (especially boys). Third, we discovered Happy Hour wine pourers tended to pour about 9-12% more wine if the wine is white, if the glass is wide, or if they held it in their hand when pouring.

My new solution to possible overpouring: red wine in a white (narrow) wine glass, that's sitting on the table. Last, our study at a big conference buffet showed that the first 3 foods a person sees will end up comprising two-thirds of their plate. If those first three foods are cheesy eggs, bacon, and fried potatoes, that's bad. If they're fruit, yogurt, and granola, that's good! So remember to start at the healthier end of the buffet line!

We hope you and your family can use these easy tricks and tips for a healthier food life.

Stay tuned for our new book, *Slim By Design: Mindless Eating Solutions for Everyday Life*. It's coming out January 2014.

All our best,
Brian Wansink



Tips for your refrigerator: Tips for Hosting Successful Healthy Holiday Get-Togethers

1. Name your dish:

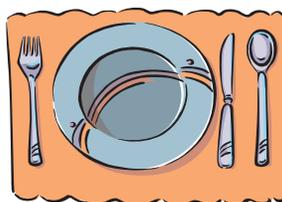
Worried that your family & friends won't eat the healthy dish you prepared? Give it an attractive name! Adding descriptive

words like "steamed, succulent, home-made or fresh" will increase taste expectations and trick guests into enjoying it more. (Wansink, *Mindless Eating* p138)



2. Make the meal go further:

Use smaller serving spoons and set the table with smaller plates. Diners can serve themselves up to 57% less when using smaller plates or bowls and smaller serving utensils. (Wansink, *Mindless Eating* p67)



3. Set the mood:

Spend a few minutes before your guests arrive to tweak the atmospheric details. Soft colors, lights, and music will put your guests at ease and keep them talking about your hospitality and healthy cooking skills for years to come. (Wansink, *Mindless Eating* p138)

