Why are the French skinnier than Americans?

People who use internal cues of satiation when eating a meal are likely to weigh less than people who rely on external cues.


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How do you know when you are done eating?

• 133 Parisians were surveyed and asked how they knew when they were done eating.

• 145 Chicagoans were asked the same question.

French thinking

Normal-weight people were more likely to be influenced by internal cues of meal cessation.

Overweight people were more likely to be influenced by external cues of meal cessation.

The French said they knew they were done eating when the food no longer tasted good or they were full.

Americans said they knew they were done eating when their plate was empty, the group they were eating with finished eating or the TV show they were watching was finished.

What to do now

Relying on oneself for meal cessation, rather than external cues, may provide one important key to energy balance.

Tips on how to find internal cues to meal cessation:

• Eat slowly so your appetite can catch up with what’s been eaten.
• Actively pay attention to how full you feel. When you’re no longer hungry, wrap up your meal for later.
• When involved in a distracting conversation, put your food down so you aren’t eating mindlessly.
“Just for fun”

More on this study, and other Food and Brand lab projects:
http://www.foodpsychology.cornell.edu/
http://mindlesseating.org/


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